

## Midlands Chapter Perspectives

March 2009 Issue

Serving Northeast Nebraska & Southwest Iowa

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### Walking to End Alzheimer's

*Dr. Padala's Memory Walk Family Team 'We Care' Receives Plaque for Raising the Most Money*

Alzheimer's Association Midlands Chapter President and CEO, Dr. Duane J Gross (right) was proud to present a plaque to **Dr. Prasad Padala** (left) for the most money raised by a family Memory Walk team. Dr. Padala joined the Midlands Chapter last September at the **Omaha Memory Walk** with his family team, the **We Care Team**, walking in support of the Midlands Chapter. Dr. Prasad is a member of the Midlands Chapter's Med-Sci committee, and currently serves in the community psychiatry division at the University of Nebraska Medical Center as well as the VA Medical Center. His interests include management of the behavioral and psychiatric symptoms of Alzheimer's disease.



With spring fast approaching, it's not too soon to begin thinking about the [September Memory Walk](#). **Now is the perfect time to begin forming your team** - all you need is to be passionate about our cause and own a pair of sneakers. Call three friends to join you, and have them bring three friends. Now you've got a Memory Walk team! Mobilize your co-workers - or your entire company - to form a team and make a huge impact in the fight against Alzheimer's. We recognize our top teams at our Annual Meeting, a luncheon held in November during Alzheimer's Awareness month.

Call Jana at 402.502.4301 if you'd like to serve on the Memory Walk committee, or if you want to get involved today. Move for a cause. Use your voice for those who can't. **Walk to end Alzheimer's disease.**

The Midlands Chapter would like to recognize these companies whose generous support helps underwrite our programs throughout 2009.

[Pharmaceutical Technologies, Inc.](#)

[Hillcrest Health Systems](#)

For more information about supporting educational programming, please contact Micah at (402) 502-4301 or e-mail at [mevans@midlandsalz.org](mailto:mevans@midlandsalz.org).

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## Fulfilling Our Mission

by Micah Evans, Development Director

A caregiver in desperate need for consultation and education doesn't wait until after the holidays or regular business hours. A loved one affected by Alzheimer's doesn't choose the optimum time to wander. Caring for a loved one with Alzheimer's is a 24-hour job, and when you need help, you need to know someone is there for you.



For over 27 years, the Midlands Chapter has been there for you. The demand for services continues to grow. This depressed economy and the growing numbers of those with dementia are increasing demand for support and service. Like other non-profit organizations, the Midlands Chapter is feeling the pinch of tough economic times. We have become more creative in our collaborations with other organizations and scrutinized our spending.

We are proud to report that we have not reduced a single program during the current economic downturn. Our Call Center continues to be staffed 24 hours per day, taking calls when you need help and advice. Our educators continue to provide the latest evidence-based training to caregivers. In

fact, they are busier than ever!

We meet this continued demand for programs and education through **your generous donations**. Now more than ever, we need your support to continue to offer quality training and education, one-on-one consultations, and public programs. Whether you choose to support us with a check, a Memory Walk team, a planned gift, or a tribute in honor of a loved one, please make a donation to the Midlands Chapter today. *Won't you help make a difference for a loved one affected by Alzheimer's disease?*

Please contact Micah Evans at 4023.502.4301 or by e-mail at [mevans@midlandsalz.org](mailto:mevans@midlandsalz.org) to talk about ways your donation can help us continue to fulfill our mission of **research, care, and prevention**.

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## Oscar Night 2009 Huge Success



Shelly Lerner  
and  
Dr. Lourdes  
Secola

Sandy and  
Dr. Jeff  
Passer,  
Event Chairs

Oscar Night 2009 was a stunning success! 250 guests joined the Midlands Chapter for an elegant evening of surprises and fun. Singer **Michael Walker**'s velvet voice brought the audience back to the Golden Age of the Rat Pack, Camelot, and a time when crooning was cool. Guests were treated to a chocolate fountain, champagne, and a gourmet dinner at **Harrah's Council Bluffs Hotel and Casino**, and KFAB personality **Tom Becka** helped emcee this wonderful evening.



Mike and Susan Booth (2nd couple from left) and Oscar Night guests.

Guests had the opportunity to bid on a beautiful citrine pendant from Borsheim's, a backyard football party, a stunning limited edition print by Thomas Mangelsen, Husker football tickets, a Buddy 50 scooter, and much more!

The Midlands Chapter would like to extend a special thanks to our Chairs, **Dr. Jeff and Sandy Passer**, who helped make Oscar Night 2009 such a magical evening. We would also like to recognize our committee, who's tireless efforts have grown Oscar Night into one of the most popular events of the year. We'd also like to recognize **Tom Hurst** and **Kathy Tewhill**, who spoke eloquently and passionately about their struggles with Early Onset Alzheimer's, and so poignantly reminded us why we were together that evening.

We are already working on a bigger and better Oscar Night 2010, and you can get involved right now! Please call Jana at 402.502.4301 or e-mail her at [jana@midlandsalz.org](mailto:jana@midlandsalz.org) if you'd like to join the committee. You can also help us by donating silent or oral auction items for next year. We desperately need:

- Timeshare stays and vacation packages
- Football tickets
- Party packages
- Gift baskets
- Artwork



Toby Fellman (center) and Oscar Night guests.

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## Support Groups On The Rise

Alzheimer's support groups provide many benefits to loved ones of those with Alzheimer's or other forms of dementia. Whether you've received the diagnosis or have a loved one who has, the journey associated with Alzheimer's can be long and arduous. In addition to providing educational information around this still elusive disease, support groups help to build a network of friends who are on the same journey. Often it is simply enough to know that you're not alone.



There are currently [34 locations](#) with active caregiver support groups. These groups are running in eight separate counties in Nebraska and seven counties in Iowa. Of these groups, there are five who have recently formed or are scheduled to begin in April:

**House of Hope:** The House of Hope support groups have been split into two separate meetings. One meeting is for spouses of individuals with Alzheimer's or other form of dementia; the other is for adult children of individuals with Alzheimer's or other form of dementia. Meetings are held on the 2nd Tuesday of every month. Adult day facilities are available onsite.

**Skyline Villa:** The support groups meeting at Skyline Villa is a brand new group forming in Omaha, NE. The first meeting will be held April 14th, with monthly meetings on the 2nd Tuesday

of every month going forward.

**Pathfinder House / Nye Legacy:** This is a brand new group that has formed in Fremont, NE. Meetings are held on the 3rd Wednesday of every month; the location alternates between Pathfinder House and Nye Legacy. Activities are available for those with the diagnosis while the caregiver(s) attend the meeting.

**Good Samaritan Center:** The Good Samaritan Center is also hosting a brand new group recently formed in Scribner, NE. Meetings are held on the 3rd Thursday of every month.

**Early Stage Support Group:** The Early Stage Support Group was recently formed in Council Bluffs, IA, for those who have received the Early Stage diagnosis and their caregiver(s). It begins with a 6-week educational series and continues with nine months of support group meetings. This is a wonderful opportunity for, not only the caregiver to build a network, but also those who are dealing directly with the diagnosis. Reservations are being taken now for this new group. Meetings begin on April 15th. Contact LeAnn Fechner from the Midlands Chapter at 402.502.4300 to reserve your spot or get more information.

A [complete listing of the groups](#), along with location and times, can be found on the Midlands Chapter website at [www.alz.org/midlands](http://www.alz.org/midlands)

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## Join Us Saturday, May 30th

Be a rebel with a cause on Saturday, May 30th at our annual **Ride to Remember**. The Ride to Remember begins at **Dillon Brothers Harley Davidson** at 17402 West Maple Road or at **Ducati Omaha** at 3615 South 149th Street. Registration is from 9:00 to 10:30 a.m. and the Ride begins at 10:30 a.m. at both locations. Registration is \$25 per person or \$35 per couple. There will also be:

- Complimentary **lunch provided by Mable Rose Estates**, 4609 Hilltop, Papillion, NE
- Complimentary commemorative **T-shirts**
- Complimentary **appetizers** provided by Prestige World Class Lounge, 810 169th Street, Omaha, NE at the conclusion of ride along with live **Auction** and **Raffles**

For more information and sponsorship opportunities, please call the Midlands Chapter office at 402.502.4301 or e-mail [jana@midlandsalz.org](mailto:jana@midlandsalz.org).

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**Respite Care Grants  
Are Available Through the Midlands Chapter**



Making an application for Respite Care is as easy as 1, 2, 3 . . .

1. Log on to [www.alz.org/midlands](http://www.alz.org/midlands), find the Respite Grant Application form and print it.
2. Return the completed Application Form to the Midlands Chapter either by mail, fax to 402.502.7001 or bring it to our office.
3. You will be contacted by Chapter staff when the application and approval process is complete.

**We are here to offer help and hope.  
All day. Every day.**

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## Understanding Dementia: What You Need to Know and Where to Go

The Midlands Chapter is offering opportunities for caregivers and families to learn about Alzheimer's disease, community resources, and to ask questions from our educators. There is no fee but reservations are required. You may register on-line for any of the presentations by clicking on the date you are interested in attending and it will take you to the website:

[Tues, March 31st](#) 5:30-7:00 pm

[Wed, April 8th](#) 1:00-2:30 pm

[Wed, April 29th](#) 5:30-7:00 pm



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## Maintain Your Brain

*By Rosalie Shepherd, Program Staff*



"Let food be your medicine." This simple statement by the father of medicine, Hippocrates, was made some 2,000 years ago, and today modern medicine has proven time and again that wholesome food can build immunity to disease.

Look at the record: rickets, once a bone crippling disease in children, now totally immunized with the lactic acid in milk. Scurvy, for centuries a destroyer of gums and teeth, now totally immunized by citrus fruits. Beri-Beri, another deadly disease of the digestive system, was totally immunized by the enzymes in red meat. These are only a few examples of the immunizing powers made possible, not by pills, nor capsules, nor injections, but by the enzymes in natural foods.

*Feed your brain* is one of the ten steps in the Maintain Your Brain program. In search of the fountain of youth, researchers keep coming back to the fact that what we eat has a tremendous impact on our health and longevity. A brain healthy diet is one that reduces the risk of heart

disease and diabetes, encourages good blood flow to the brain and is low in saturated fat and cholesterol that clog the arteries causing a greater risk for Alzheimer's disease.

Free radicals have been called the greatest risk to our health and longevity. Antioxidants which prevent free radicals from attacking the cells can be found in dark-skinned fruits and vegetables. Cold water fish contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna. Some nuts like almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

Fruits and vegetables with high antioxidant levels should be on your shopping list, as well. Fruits include prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes, cantaloupe and cherries.

Dark colored vegetables like spinach, Brussels sprouts, broccoli, beets, red bell pepper, onion, eggplant and sweet potatoes are nutritional all-stars. Incorporate at least 5 servings of these fruits and vegetables into your daily meals.

Eating delicious foods like these while keeping your brain healthy is a real no brainer. For a recipe for brain healthy sweet potatoes check out [my page of brain healthy recipes](#) on the [Midlands Chapter web site](#). Until next month--*here's to healthy eating!*

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## Brain Matters

By Bonnie Lingard, Program Staff



Congratulations, **Rita Bianchi** of **Omaha, NE** for being our puzzle winner in February! Your prize, a copy of David Hoyt's book *Boggle Brainbusters*, is on its way to you from Amazon.com compliments of an anonymous donor who is a *lover of brains*. The answers to last month's contest can be found on the [Brain Gym page](#) at our web site as well as the puzzle for this month.

[E-mail](#) your answers to us by Friday, April 10th to enter the March contest. The prize this month is a copy of *Magnificent Mind At Any Age* by Daniel G. Amen, MD--a *must read* suggestion by our own

*Maintain Your Brain* girl here at the Midlands Chapter, Rosalie Shepherd.

**Good luck and keep those beautiful brains working!**

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## Stop by our brain gym

Exercise your brain and test your skills.

[Solve today's puzzle](#) ►►



### Our vision

A world without Alzheimer's disease.

### Our mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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