

Midlands Chapter

Perspectives

Research · Care · Prevention

April 2010 Issue Serving Northeast Nebraska & Southwest Iowa

Diane Hendricks to Present at International Conference

The Alzheimer's Association Midlands Chapter is especially proud to announce that Diane Hendricks will present at the International Conference on Alzheimer's disease (ICAD) in Hawaii this July. Diane is a social worker with the Midlands Chapter.



The title of her presentation is: Applications and implications of a Two Year Consumer Directed Demonstration Grant targeting Young Onset Alzheimer's disease (YOAD). Her talk centers on the results of a two year demonstration grant funded by the Agency on Aging and the role of caregivers for individuals with YOAD. This study employed a three-pronged approach: awareness, assessment and education about the challenges of the YOAD population. Participants in the study received intensive case management, educational opportunities, and consumer directed funds to pay for items like prescription drugs, diagnostic testing, personal counseling and medical and non-medical respite services.

Key issues to be explored in the presentation are:

- Un-met needs in caring for individuals with YOAD
- Tools and case management to select and direct the services that best support persons with YOAD and their caregivers
- Awareness of YOAD through programs that support education, wellness and advocacy for persons with YOAD

The International Conference on Alzheimer's disease is sponsored by the Alzheimer's Association to share groundbreaking information and resources on the etiology, pathology and treatment of Alzheimer's disease and other dementias. Each year the Conference brings together leading experts in dementia research to engage in an international and multidisciplinary exchange of ideas. ICAD serves as a catalyst for generating new knowledge about dementia and fostering a vital and collegial research community.

The Midlands Chapter continues to provide outstanding services for individuals with YOAD and their care partners. The Chapter is grateful to ICAD for highlighting the unique challenges of this segment of the population.

For more information about ICAD, visit <http://www.alz.org/icad/>

The Key to Success is . . . YOU!

Please plan to join the Staff and Board on Wednesday, April 28, 2010 for a Volunteer Appreciation Open House from 4:00 until 6:00 p.m. at the Midlands Chapter office. We'll serve hors d' oeuvres, beverages, and a big helping of appreciation!

Throughout the year, volunteers are essential to making 4 Memory Walks, the Ride to Remember, Oscar Night, support groups, Board meetings, committees, community education presentations, and a host of other programs a success. The success of these programs and events is directly related to our wonderful volunteers, and we want to recognize your valuable contribution of time and talent.

Please e-mail Alisha at apalagi@midlandsalz.org if you are attending. We'll see you at our 3rd Annual Volunteer Appreciation Open House.

We always need and welcome volunteers with a wide range of talents and skills. To find out what volunteer opportunities are available, call Alisha at 402.502.4301.



Volunteers are essential to the success of every event.



This year, more than ever, we need your participation and support at the **Alzheimer's Association Memory Walk!** Invite your friends, family, co-workers, neighbors, and members of your church or synagogue to get on the **MOVE** to end Alzheimer's disease. Participate in the Alzheimer's Association Memory Walk and join the nationwide fight against the devastating disease. Alzheimer's is an escalating health epidemic. If left unchecked, 16 million Americans will develop Alzheimer's disease.

But there is something we can do. We can walk with a purpose to end Alzheimer's. When you walk, you raise essential funds that benefit research, support, and care. Your support moves us closer to better treatments and a cure.

We can **MOVE** a nation to end Alzheimer's. Sign up for a Memory Walk in your community today! **Go to www.alz.org/midlands and scroll down to Memory Walk to find out more or to create or join a team.** Please call Alisha at 402.502.4301 or apalagi@midlandsalz.org for more information.

- **September 11, 2010**
Harlan, IA
Pioneer Walking Park
- **September 12, 2010**
Fremont, NE
Clemmons Park
- **September 18, 2010**
Council Bluffs, IA
Mid-America Center
- **September 26, 2010**
Omaha, NE
Chalco Hills Recreation Area

Join the Midlands Chapter benefit, *Ride to Remember*, on Saturday, June 5th



Whether you ride a Harley, Ducati, BMW, or Triumph, you'll want to Ride for a great cause at the **Ride to Remember on June 5, 2010**. Join hundreds of bikers for lunch with the residents at Mable Rose Estates in Papillion, a ride through the beautiful Loess Hills of Iowa, followed by beverages, food, and fun at Prestige.

The Ride is a benefit supporting the Alzheimer's Association Midlands Chapter programs in northeast Nebraska and southwest Iowa. Tickets are \$25/rider or \$35/rider and passenger. You can register for the Ride to Remember at <http://ride2010.kintera.org>.

For more information, call Alisha at 402.502.4301 or e-mail apalagi@midlandsalz.org.

Join the Memory Walks on Facebook

Did you know that each Memory Walk can be found online? If you're on Facebook, you can join the Walks, share your stories about why you Walk, post pictures, reach out to team members, and get connected with hundreds of other walkers in your area.

Just click on the following links:

[Harlan, IA Walk](#) [Council Bluffs, IA Walk](#) [Fremont, NE Walk](#) [Omaha, NE Walk](#)



Your Legacy

By *Micah Evans, Development Director*

Have you considered the legacy you leave behind for future generations?

Not too long ago, a letter from a bank came to the office, announcing that the Alzheimer's Association Midlands Chapter would receive an annuity from a gentleman who had recently passed away. I had not heard of the gentleman, and I quickly found that he had made a few donations at random times over the last few years. I don't know whether he had Alzheimer's disease or was a caregiver for a loved one affected by dementia, but I do know that his legacy will continue that fight to end Alzheimer's and dementia.

The Alzheimer's Association exists to provide care and support for all affected, to advance research to eliminate the disease and to improve the quality of care of individuals with Alzheimer's by education and training caregivers. Those who are affected by dementia know they can turn to the Alzheimer's Association 24 hours a day, seven days a week, 365 days per year for a friendly ear, for advice and care, or to share a story that may be helpful to others. One caregiver recently called up simply to say thank you for being there as Dad progressed through the different stages.

As the numbers of those afflicted by Alzheimer's continue to grow, the Midlands Chapter continues to address the need for research, care, and prevention. Millions of lives are affected, but by investing in our mission, you provide essential services to those who struggle, you provide dignity to those who are lost and suffer, and you lend a voice to those who can no longer speak for themselves?

Have you considered the legacy you leave behind for future generations?

Please take a positive step in joining the fight to end Alzheimer's disease by leaving a bequest to the Midlands Chapter. It's a legacy millions will remember.

Please call Micah at 402.502.4301 or e-mail at mevans@midlandsalz.org for information about how you can leave a lasting legacy and join the fight to end Alzheimer's disease.

Respite Care Reimbursement Is Available Through the Midlands Chapter



Respite care reimbursement is available for caregivers of persons with dementia living in Douglas or Sarpy Counties in Nebraska. Make application TODAY by filling out the forms at www.alz.org/midlands or call 402.502.4301 for more information.

Midlands Chapter Wish List

The Alzheimer's Association Midlands Chapter welcomes donations of gifts in kind from our donors. Your generosity helps fulfill our mission and can provide a valuable tax deduction for you. Currently, the Chapter has need of the following items:

- Flat screen television for educational programs and presentations
- Board room chairs
- Brochure rack for the Family Resource Room
- Portable flip chart and stand
- Digital Camera
- Funding for the Respite Care Reimbursement Program
- A vehicle for staff travel

Virtual Library on Alzheimer's disease and Other Dementias Now Available 24/7

The Alzheimer's Association Green-Field Library's new [Virtual Library](http://alz.org) at alz.org helps answer questions about Alzheimer's and related dementias for professional and in the home care givers. You now have access to the Greenfield Library's collection of over 5,000 books, journals, audio cassettes, videos and CD-ROMs. Green-Field staff can direct users to evidence-based information and tools to help with the care giving needs of persons with Alzheimer's disease and other dementias.



The Green-Field Library is a national, privately funded resource facility providing information, materials and services on Alzheimer's disease. Located in the Alzheimer's Association's national office in Chicago, it is the nation's largest library and resource center specifically devoted to increasing knowledge about the clinical, scientific and social aspects of Alzheimer's and related dementias.

What you'll find in our Virtual Library:

- Use the Online Catalog to find out if we have the materials you're looking for in our collection.
- Explore Popular Searches, Resource Lists, Databases and Links to find even more resources and materials that interest you.
- Go to Association Publications to access over 140 brochures, fact sheets and reports on Alzheimer's disease.
- Keep track of your favorite books, videos and Web sites through Social Bookmarking.
- Learn how to borrow materials from the Green-Field Library or yours.
- Additional sections include Popular Searches, Social Bookmarking, Alzheimer's Association Publications and more. There is also a feedback link on every page.

For more information go to www.alz.org and visit the virtual library today.

Maintain Your Brain

By Rosalie Shepherd, Program Staff

One of the steps in the Maintain Your Brain program suggests that the use of Vitamin E, C, B-12 and folate may be important in lowering the risk of developing Alzheimer's disease. While research shows vitamin usage does not stop the disease once started, prevention is a vital part of a combination believed to be the best hope in dealing with the disease. According to Dr. John Morris of Washington University, St. Louis, there is no medication alone that can stop dementia, but a 'cocktail' of early detection, prevention, and medication may be the answer.



No pun intended, but it did my heart good to hear a doctor support the use of vitamin supplements. "If you can tell me that carrot was grown organically without pesticides; was not on a truck for 2 days; was not in the grocery store for 2 or 3 days; was not in your fridge another 2 days; and that you didn't cook them and leave the vitamins in the water, then I would say you might not need to take supplements."

Personally, I believe in supplementation since the day I learned about a report from the U.S. Department of Agriculture which stated that our soil was deplete of the trace minerals needed for optimum health. The doctors and scientists who wrote the report presented it to congress asking that something be done about the over farming, use of pesticides and chemicals on the soil. No action was taken by congress. Consequently, according to the USDA's own numbers, the vitamin and mineral content has dramatically plummeted.

The story doesn't end there. A report from the University of Texas in Austin, tracked the decline of nutrients in produce. They found significant drops in a wide range of produce across the board, including a 20% decline in Vitamin C and a 38% plunge in Vitamin B2.

So do we get the nutrients that we rely upon for good health from that carrot? It is studies like this that indicate we do not, and gives us a good reason for supplementing our diet with at least a good vitamin/mineral supplement that contains Vitamin E, C, B-12 and folate.

Join Us On

facebook

Stay up-to-date with the latest events and activities at the Midlands Chapter!
Follow us on [Facebook](#) or [LinkedIn](#) TODAY!!

LinkedIn

Vision

A world without Alzheimer's disease.

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.