

President Obama Signs Landmark Legislation Laying the Foundation for a National Alzheimer Strategy

The Alzheimer's Association applauds President Barak Obama for signing the **National Alzheimer's Project Act (NAPA)** into law. NAPA creates for the first time a coordinated national strategy to confront one of America's most feared and costly diseases, a disease that will only plague more baby boomers as they age. NAPA will provide an essential framework within the government that recognizes the Alzheimer crisis is no longer emerging but is here.

NAPA will lead to the creation of a national strategic plan to overcome the Alzheimer's disease epidemic. It would also establish an inter-agency council to work with the Secretary of Health and Human Services to give a full assessment of what needs to be done to address the threat of Alzheimer's on multiple fronts including care, research and support. NAPA ensures strategic planning and coordination of the fight against Alzheimer's across the federal government as a whole. NAPA ensures strategic planning and coordination of the fight against Alzheimer's across the federal government as a whole

The Alzheimer's Association stands with millions of Alzheimer families in thanking President Obama for signing this legislation into law and looks forward to working with the Secretary of Health and Human Services to fulfill the promise of NAPA.



Generous Contribution Encourages Matching Gifts

Recently the Midlands Chapter accepted a generous contribution designed to encourage others to have their gift matched dollar-for-dollar up to twenty thousand dollars. We are grateful to this local philanthropist who shares his support for Alzheimer's education and awareness with the desire to encourage others to experience the joy of giving. The donor asked that the gift be used within the Midlands Chapter for programs and services especially for dementia education for professional and in-home caregivers.

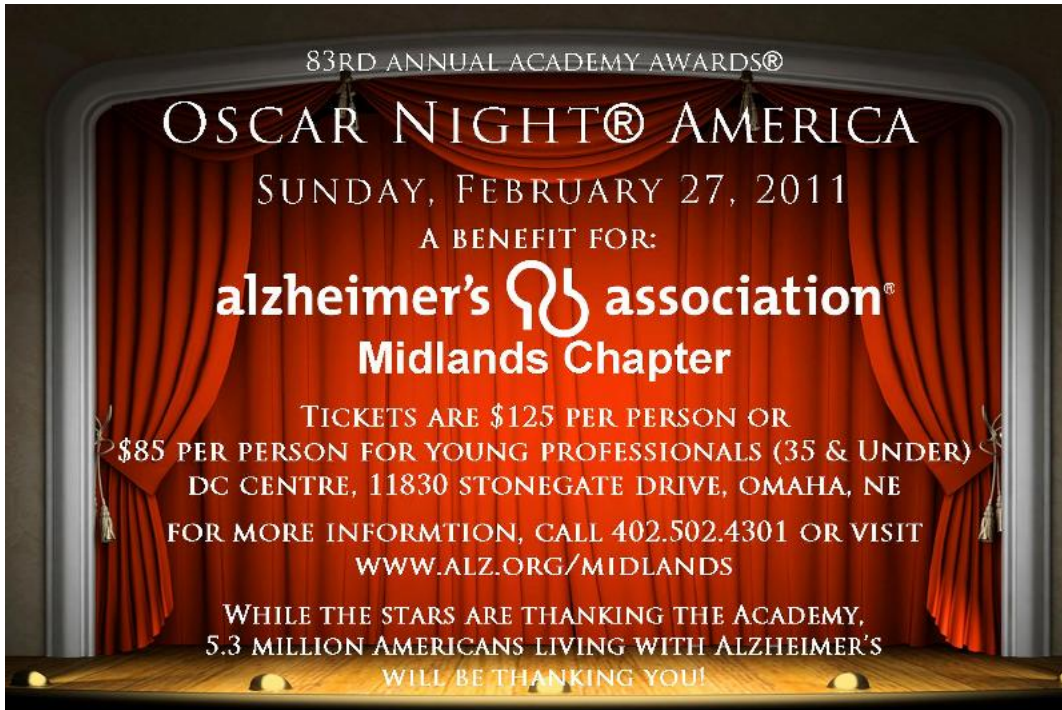
Please consider the opportunity for you to double the impact of your gift by designating your contribution toward this wonderful matching contribution from this donor. Make your check payable to the [Alzheimer's Association Midlands Chapter](#) and ask that it be made part of this matching challenge.

Thanks again for your generous support of the people and programs of the Alzheimer's Association Midlands Chapter.



Rolling Out the Red Carpet

by Alisha Palagi, Event Planner



The red carpet is rolling out in Omaha. The biggest movie event of the year is going to be an unforgettable night, full of Hollywood glamour, energy and excitement. **The Alzheimer's Association® Midlands Chapter's Oscar Night® America** is the next best thing to being at the actual ceremony in Hollywood!

Celebrate the Oscars in style with Friends, Local Stars and Celebrities. Ticket includes: Valet Parking, Admission, Red Carpet Arrival, Dinner, Entertainment and Hosted Bar (Wine, Beer & Cocktails). And wait there is more! The Academy will provide party guests the same official program distributed to guests at the Oscar presentation at the Kodak Theatre at Hollywood & Highland Center® in Hollywood. Omaha's own "vintage vocalist" Michael Walker will entertain you and encourage you to participate in the Silent and Live Auction that boasts of **trips to Costa Rica** and **Steamboat, Colorado**, autographed Hollywood and sports memorabilia, along with many other fabulous items.

Cocktail or Business Attire. Some of our guests will make a real evening of it and wear a tux and a formal, but it's not required!

Please thank our generous sponsors



**ANNUAL REGIONAL
DEMENTIA CARE CONFERENCE**
For Physicians, Healthcare Professionals, and Family Care Partners

Friday, March 18, 2011

Featuring: William Burke, MD
Anna O. Stake Professor of Psychiatry and Vice-Chair for Research of the
Department of Psychiatry at the University of Nebraska Medical Center in Omaha, NE
and Director of the Psychopharmacology Research Consortium at UNMC.

For conference information contact the

alzheimer's association®
Midlands Chapter
402.502.4301 or www.alz.org/midlands



Do You Need a Support Group?

Do you have a loved one who was recently diagnosed with early stage Alzheimer's disease or another dementia?

The Midlands Chapter has an **Early Stage Alzheimer's disease and Other Dementias Support Group** designed for care partners and their loved ones with a diagnosis of an early stage dementia. They participate in a non-threatening environment to discuss issues dealing with emotions affecting the loved one with dementia, the caregiver, the family and others as well as promote ongoing education.

The support group meets at **New Cassel Retirement Center** located at 900 North 90th Street, Omaha, NE on the 2nd Wednesday of each month from 4:30 pm- 6:00 pm.

Contact Betty Chin at 402.502.4301 for more information, questions, or to reserve your spot. Please check the Alzheimer's Association [Midlands Chapter website](http://www.alz.org/midlands) for updates as information is subject to change without notice.

Transition at the Midlands Chapter



Micah Evans,
Development
Director

The Midlands Chapter is saying a regretful farewell to **Micah Evans**, Development Director, who leaves us after more than 3 years. Micah is leaving to serve as Development officer at another non-profit.

In his time with the Midlands Chapter, Micah has helped raise the profile of the Memory Walks, Ride to Remember, Oscar Night, and other Chapter events. Our events grow not because of any one person, but because of a combination of active, involved, and concerned volunteers, staff who share responsibilities for all the events, and truly talented and involved Board members who get personally involved in our mission," Micah said. Fortunately, Micah will remain involved as a volunteer, advocate, and friend of the Chapter. "My grandmother had dementia, and until we find a cure, I will remain committed to the Midlands Chapter."

The Midlands Chapter is actively seeking a new Development Director. Qualified persons should contact [Duane Gross](mailto:Duane.Gross@alz.org), President & CEO, for more information.

Understanding Challenging Behaviors

by Clayton Freeman, Program Director and Rosalie Shepherd, Educator

One of the most common questions asked at caregiver events, in our professional training sessions and through our helpline is related to behaviors. Alzheimer's disease and other dementias can cause a person to act in different and unpredictable ways. It is important to understand that the person may not act out on purpose. In many cases the behavior is related to an unmet need. The person is attempting to communicate and caregivers need tools to respond. In upcoming issues of *Perspectives* we will address some of the most common behaviors, what causes them and tips on how to respond. **This month, our focus will be on agitation.**



A person with Alzheimer's or other dementia may feel anxious or agitated. He or she may become upset in certain places, focused on specific details or restless, causing a need to move around or pace.

Causes of agitation:

Agitation may be caused by a number of different medical conditions, medication interactions or by any circumstances that worsen the person's ability to think. Situations that may lead to agitation include:

- Moving to a new residence or nursing home
- Changes in the environment or caregiver arrangements
- Misperceived threats
- Travel
- Hospitalization
- Presence of houseguests
- Being asked to bathe or change clothing
- Fear and fatigue resulting from trying to make sense out of a confusing world

To prevent or reduce agitation:

- **Create a calm environment.** Remove stressors, triggers or danger; move person to a safer or quieter place; offer rest or privacy; limit caffeine use; provide opportunity for exercise; develop soothing rituals; and use gentle reminders.
- **Avoid environmental triggers.** Triggers include noise, glare, insecure space and too much background distraction, including television.
- **Monitor personal comfort.** Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation; ensure a comfortable temperature; be sensitive to fears, misperceived threats and frustration with expressing what is wanted.
- **Simplify tasks and routines.** Establishing a daily routine is an essential element in providing care for an individual with dementia.

How to respond:

- **Listen to the frustration.** Find out what may be causing the agitation, and try to understand.
- **Provide reassurance.** Use calming phrases such as: "You're safe here;" "I'm sorry that you are upset;" and "I will stay until you feel better."
- **Involve the person in activities.** Try using art, music or other activities to help the person relax. [Check out our 101 things to do with an individual who has Alzheimer's disease in the brochure section on our web page.](#)
- **Modify the environment.** Decrease noise and distractions, or move to another place.
- **Find outlets for the person's energy.** The person may be looking for something to do. Take a walk or go for a car ride.
- **Check yourself.** If the person is agitated, do not raise your voice; show alarm or offense; corner, crowd, restrain, criticize, ignore or argue; or make sudden movements out of the person's view

Next month's topic: Wandering

The Midlands Chapter Help-Line, 1.800.272.3900, is available 24/7 to provide assistance with behavioral issues, related to care-giving, upcoming educational events and information on Chapter services. We are also available 24/7 on-line at www.alz.org/midlands

RESPIRE CARE GRANTS

Available Through the Midlands Chapter



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

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

1. Log on to 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 at 1941 South 42nd Street, Suite 205, Omaha, NE.
3. You will be contacted by Chapter staff when the application and approval process is complete.

Midlands Chapter's



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
- Brochure/letter folding machine
- Portable flip chart and stand
- Digital camera
- Funding for the Respite Care Reimbursement Program
- A vehicle for staff travel
- Financial Support for the Community Education Fund
- Frequent Flyer Miles for Staff

Maintain Your Brain

An American Blue Zone

by Rosalie Shepherd, MS, Educator

Tom Buettner, author of the *Blue Zones*, was shocked to find a spot in the United States with a high proportion of long-lived people. Despite its location in the smoggy orbit of greater Los Angeles, Loma Linda appears to be one of the few places in the United States where a true Blue Zone has taken root.

Buettner and longevity scientists have traveled the world looking for places where there were a large number of centenarians in proportion to the general population. (Blue Zones). Buettner found Loma Linda to be a longevity oasis in the middle of America's second largest city. He set out to find out why.

Loma Linda, Spanish for lovely hill, is made up of a religious group that discourages smoking, alcohol consumption, or eating foods deemed to be unclean. In fact, the religion discourages among other things, the eating of meat, rich foods, and caffeinated drinks.

Because this group has a culture of longevity, a number of important studies have been done on their lifestyle. The American Cancer Society used them as a control group for lung cancer and smoking. Studies were also done on their heart healthy diet. Although there are many factors involved, there were some key Blue Zone lessons about longevity from these studies.

First, Studies showed that not eating meat is clearly important because it seems to have an impact on heart disease and some cancers.

Second, Those who consumed nuts at least five times a week had about half the risk of heart disease. Unlike meat, the fat in nuts is unsaturated fat.

Third, Being a smoker or even a past smoker has an impact on lung cancer and heart disease.

Fourth, Modest but regular physical activity protects against heart disease and certain cancers like breast and colon cancer.

Fifth, and final recommendation is to maintain a fairly normal body weight. Body fat has a huge impact on cardiovascular disease, blood pressure, cholesterol and inflammation.

This New Year, most of us have good intentions of getting more exercise and eating a better diet. For people living in the Blue Zones, this is not a New Year's resolution, but a way of life.



Modest but regular physical activity such as yoga protects against heart disease and certain cancers.



Please Share Our e-Newsletter

Please forward or share our monthly e-newsletter *Perspectives*. Click on the "[Forward e-mail](#)" link at the very bottom of this e-mail to share *Perspectives* with other friends and families and invite them to receive our newsletter each month or get involved. They can click the "[Join Our Mailing List](#)" link in the left column and receive *Perspectives* each month, along with helpful tips, advice, and updates on Chapter events and programs.

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

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Congratulations and THANK YOU

to the following community facilities who have recently completed modules
within our **Foundations of Dementia Care** training program:

SilverRidge Assisted Living and Memory Support, in Gretna, NE

If you are interested in finding out more about our **Foundations of Dementia Care** training program for
healthcare professionals and care workers, please contact **Clayton Freeman** by [e-mail](#) or
call 402.502.4301 for more information TODAY!

