

alzheimer's association®

Midlands Chapter

Perspectives

Research · Support & Care · Reduce the Risk

July 2011 Issue Serving Northeast Nebraska & Southwest Iowa

24/7 Helpline 800.272.3900 * www.alz.org/midlands



The END of Alzheimer's disease starts here.

Join the Alzheimer's Association® Walk to End Alzheimer's™ and unite in a movement to reclaim the future for millions. Since 1989, we've mobilized millions of Americans in the Alzheimer's Association® Memory Walk; now, we ask you to register for Walk to End Alzheimer's™, the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Together, we can END Alzheimer's disease the nation's sixth-leading cause of death. Sign up for a Walk in your community today!

To create or join a team or find out more information please go to www.alz.org/midlands TODAY!
Please contact Alisha at 402.502.4301 or apalagi@midlandsalz.org for more information.

- **Saturday, September 10, 2011 at Mid America Center, Council Bluffs, IA**
- **Saturday, September 17, 2011 at Merrill Field, Harlan, IA**
- **Sunday, September 25, 2011 at Chalco Hills, Omaha, NE**
- **Saturday, October 1, 2011 at Johnson Lake, Fremont, NE**

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Would you like to help in the fight against Alzheimer's Disease?

Right now, the federal government is developing a national plan to fight Alzheimer's disease — and you can help shape it here in your community.

Please join the Alzheimer's Association Midlands Chapter for a listening session in your area. Let us know how Alzheimer's disease has impacted your family and share your ideas on how our federal government can help families facing this devastating disease.

Bring your family, friends and colleagues to tell key decision-makers what is needed as they develop our National Alzheimer's Plan.

Please join us at the locations below:

Wed, August 3rd
Alzheimer's Association
Midlands Chapter
Headquarters Office
1941 S. 42nd St., Suite 205
Omaha, NE
4:30 to 5:30 p.m.

Wed, August 10th
Council Bluffs
Public Library
400 Willow Avenue
Council Bluffs, IA
4:30 to 5:30 p.m.

Thurs, August 11th
Keene Memorial Library
1030 N. Broad Street
Fremont, NE
4:30 to 5:30 p.m.



Go to our web site at www.alz.org/midlands or
call Clayton Freeman at 1.800.272.3900
for more information TODAY!



[Learn more about NAPA here!](#)

www.alz.org/midlands

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Caregiver Educational Series

AN OPPORTUNITY TO SHARE INFORMATION,
EDUCATION AND SUPPORT

This series is made possible in part through a gift from the Midlands Chapter Community Education Fund.

Tuesday Evenings
4:30 to 6:00 p.m.

Location: Lutheran Family Services • 1941 South 42nd Street, Suite 402 • Omaha, NE

- **July 26th—Memory Loss, Dementia and Alzheimer's disease: The Basics**
Clayton Freeman, BA, Midlands Chapter Program Director
- **August 2nd—Current Treatments for Alzheimer's disease and Other Dementias**
Rebecca Wester, MD—UNMC Family Physicians
- **August 9th—Protecting Your Assets: What to Do When the Forecast Calls for Rain**
Cathy Wyatt, CSA; Ben Koley, and Dale Percival — Financial Visions, LLC
- **August 16th—Stress & Health Management**
Jodi McQuillen, LCSW—Randall & Associates
- **August 23rd—Communication and Behaviors: "A Caregiver's Toolbox"**
Diane Hendricks, CMSW, Geriatric Assessment Center UNMC
- **August 30th—Caregiver Panel**
Allan Schur, MS, Caregiver; Patricia Callone, MA, Caregiver and Author;
Kathy Bickerstaff, PMHNP, Support Group Facilitator

TO MAKE A RESERVATION for one or more of the dates in this Educational Series, please contact Gloria at the Midlands Chapter Headquarters Office 402.502.4301 or register on-line at www.alz.org/midlands

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Midlands Chapter

Headquarters Office: 1941 South 42nd Street, Suite 205 • Omaha, NE 68105 • Business Phone: 402.502.4301
Business Phone: 402.502.4301 • Fax: 402.502.7001
Branch Office: Charles E. Lakin Human Services Campus • 705 North 16th Street • Council Bluffs, IA 51501
Business Phone: 712.322.8840 • Fax: 402.502.7001



24/7 Helpline: 800.272.3900 • www.alz.org/midlands



This series is made possible in part through a gift from the Midlands Chapter Community Education Fund.

There is NO CHARGE to attend this series. TO MAKE A RESERVATION, please contact Gloria at the Midlands Chapter Headquarters Office 402.502.4301

or register on-line at www.alz.org/midlands **TODAY!**



Estate Planning and You

by Allison Brown-Corson, Development Director

Estate Planning has many advantages for you:

- It may provide you the opportunity to give with income and estate tax deduction
- It may provide you the opportunity to enjoy either a fixed or variable income
- It may provide you the opportunity to supplement retirement income (e.g. deferred charitable gift annuities and charitable remainder trusts)
- If highly appreciated assets are contributed, it may allow you to avoid or lessen capital-gains tax liabilities
- It may offer you the opportunity for increased income compared to other investments
- It may allow you the competent management of assets transferred as gifts
- It may allow you to pass an asset to an heir after an established period of organizational use
- It also allows you to provide future funds for the Alzheimer's Association Midlands Chapter

I am available to assist you in your Estate Planning. Please give me a call at 402.502.4301 or email me at abrown-corson@midlandsalz.org.

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News from Board of Directors

During their final meeting of the fiscal year on May 25, 2011 the Board of Directors set the stage for the new 2012 fiscal year. H Huerter-Morgan and J Ruesch were approved for a second three-year term on the Board. Connie "CK" Duryea and Matt Driscoll were accepted as new members to the Board. CK shares her talents from working in financial development as an Executive Vice President for World Vision and Matt brings managerial talents from his work as an Executive Vice President with West Corporation. Welcome CK and Matt!

The Board approved their officers for the new fiscal year as follows: Holly Huerter-Morgan as Chair, Robin Donovan as Vice Chair, Kristine Sullivan as Secretary and Jake Holdenried as Treasurer. We thank our Board officers for their gift of leadership.

Ryan Clark and Larry Guenther were recognized as they retire from the Board after completion of their second three-year terms on the Board. Ryan and Larry were presented an engraved piece of crystal as a token of appreciation from the Midlands Chapter. Also, Larry Guenther was recognized for serving as Chair of the Board for the past two years. Thank you, Larry and Ryan!

Special recognition was given to eight of the sixteen Board members (50%) who maintained Perfect Attendance throughout FY11. They are R Clark, G DeVoss, R Donavan, S Flowers, H Hurter-Morgan, J Holdenreid, T McCormack and J Ruesch. Congratulations for Perfect Attendance!

We thank all volunteer Board members for their outstanding service to the people and programs of the Alzheimer's Association® Midlands Chapter.

Respite Care Grants Available Through the Midlands Chapter

Making an application for Respite Care is as easy as one, two, three . . .

1. Log on to www.alz.org/midlands, find the Respite Care 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.

[Please go to our web site to download an application TODAY!](#)



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Alzheimer's Association International Conference on Alzheimer's Disease

The [Alzheimer's Association International Conference on Alzheimer's Disease \(AAICAD\) 2011](#), the world's leading forum on dementia research, begins this weekend in Paris, France. As a supporter of the Alzheimer's Association, we want you to be among the first to know about the groundbreaking news emerging from this prestigious gathering.

Held on an annual basis, this conference serves as a catalyst for new knowledge about dementia and fosters a vital, collegial research community. The content presented at AAIC is created by researchers for their peers, serving to advance the areas of dementia science that are critical to the success of the field and the discovery of scientific breakthroughs leading to methods of prevention, treatment, and ultimately, a cure for Alzheimer's disease.

From July 16-21, nearly 5,000 researchers will share knowledge, thought and theory with their peers in Paris. Each day will feature the release of results of Alzheimer's disease studies and trials completed within the past year. To stay up to date on the latest news from the conference, visit alz.org/ICAD to read summaries, watch expert analysis and view photos.

This year also marks an important transition: As the event begins on July 16, the Alzheimer's Association International Conference on Alzheimer's Disease will formally change in name and logo to the **Alzheimer's Association International Conference (AAIC)**. Since 2000, the Alzheimer's Association has been a major part of making this conference possible. In 2008, the Association acquired the conference, assuming full responsibility for its production. This change will clearly state the Association as the responsible party and conference host.

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Garage Sale to Benefit Midlands Chapter

A garage sale to benefit the Alzheimer's Association® Midlands Chapter will be held on **August 26th and 27th from 9am-4pm**. Manager Dan Van Houten has graciously allowed us to hold the sale in the parking lot of the Council Bluffs office of NP Dodge at **1032 Woodbury Avenue in Council Bluffs**. We are looking for donations of household goods to sell. Many of you may be cleaning out or paring down and want to get rid of things that you no longer use. We can issue acknowledgment letters for those who wish to take a tax deduction for their donations. We can take donations from now until the week of the sale. **Please contact Gloria Ruesch at 402.669.0886 with questions or donations**. The Midlands Chapter will have an information booth to answer questions about Alzheimer's disease and other dementias.

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Lost and Found

A lost pair of sunglasses may be claimed at the Midlands Chapter office.



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

Caregiving Tips

by Rosalie Shepherd, BS, Program Staff

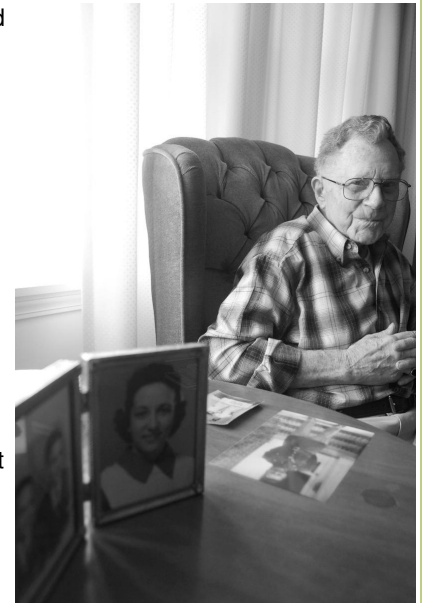
Loss of Old Skills

"I knew something was dreadfully wrong when I could no longer spell simple words." lamented Ann. "I used to be a beautiful speller, and now I can't spell anything." Ann and her husband John came to my office because they suspected that she had dementia. "Ann used to be a bookkeeper, but now she doesn't even know what the numbers are for." said John. "It broke her heart when she could no longer manage her own check book."

Ann did have one of the signs of dementia, difficulty with old skills. The inability to do things we used to do easily can be very frustrating for the person with dementia. Sometimes people lose their ability to do those things because they are not as easy to do, as you would think. Many of the things we do in life automatically are really quite complicated.

For the caregiver, it requires patience and understanding of what's happening to the brain, and to realize that they are not doing this to annoy us. Don't think that they could do the tasks if they tried harder. Many tasks that we do automatically all our lives take several parts of the brain to carry them out.

Take making a peanut butter sandwich for example. We can easily count at least thirty steps it takes to do that familiar task. Someone with dementia can no longer carry out an "easy" task because certain parts of their brain have been destroyed. Maybe they can no longer recognize the bread, or know what to do with the peanut butter. I have used this as a training exercise, and participants many times forget to take the bread out of the wrapper, or forget to use the knife by putting it in the jar.



We can help with the losses in people with dementia by looking for what is left, not what is lost:

- Discovering their remaining strengths and giving them opportunities to use them. We often pay attention only to the losses and not what remains.
- Providing needed help without taking over the task; encouraging their independence where we can.
- Breaking down directions into simple steps and offer only one at a time.

It is also important to keep the person with dementia active in their own activities of daily living for example dressing, feeding and grooming themselves. Doing as much as possible, with your help will give them a better quality of life for a longer period of time.

Stop by the Chapter Office and visit our resource library for information on activities or go online at www.alz.org/midlands, click on the brochures tab to preview resources available for downloading. Our Chapter Care Consultants are available to answer your caregiver questions at 800.272.3900.

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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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Join Us On



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

Stop by our brain gym

Exercise your brain and test your skills.

Solve today's puzzle ▶▶

A close-up photograph of two hands clasped together, one appearing to be an older person's hand and the other a younger person's hand, symbolizing care and support.

OUR VISION:
A world without Alzheimer's.

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.