



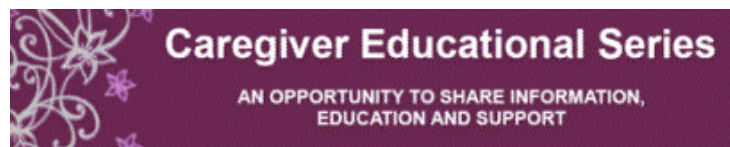
Walk to END Alzheimer's

This year, more than ever, we need your participation and support at the **Alzheimer's Association® Walk to END Alzheimer's!** 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 Walk to END Alzheimer's and join the nationwide fight against this 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 Walk in your community today! **Go to www.alz.org/midlands and scroll down to Walk to END Alzheimer's to find out more or to create or join a team.** Please contact Alisha at 402.502.4301 or apalaji@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

Register TODAY at www.alz.org/midlands



The Caregiver Educational Series is designed for family members, friends and caregivers of persons with Alzheimer's disease and other dementias.

June 28th, Tuesday Evening at 4:30 to 6:00 p.m. -- Nye Legacy - 3210 North Clarkson Street - Fremont, NE

Topic:

Caregiver Health & Stress Management

HyleanMcGreevy, LIMHP, LADC Program Manager, Senior Solutions, Fremont, NE; Mandy Leamon, LCSW, LADC Therapist, Senior Solutions, Fremont, NE

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!**



New Caregiver Support Groups Added

by Betty K. Chin, Program Staff

New Support Group Added in Stanton, NE

Stanton Health Center, 301 17th Street, Stanton, NE, will start a new support group on June 23, 2011. They plan to meet every 4th Thursday of the month at 7:00 p.m. Contact Amy Kleinschmit at 402.439.2111 for details.

Changes Made to Two Current Support Groups

A new caregiver support group started last month at the Memorial Community Hospital in Blair. Starting on July 11, the group will meet on the 2nd Monday of the month at 6:30 p.m. Subsequent meetings are August 8, September 12, October 10, November 14, and December 12, 2011. Contact Evonne at 712.642.3170 or Betty Chin at 402.502.4301 for information.

The caregiver support group at Fountain View Senior Living, 5710 S. 108th Street, Omaha has a new meeting date and time. They will meet every 3rd Thursday at 6:30 p.m. scheduled to start on June 16, 2010. Contact Sabrina Kusek at 402.596.9033 for more information.

Early Stage Support Group

The early stage support group at New Cassel Retirement Center, 900 N. 90th Street, Omaha meets every 2nd Wednesday from 4:30 - 6:00 p.m. This group is designed for those individuals 65+ years of age who are in the early stages of Alzheimer's disease or other dementia. Meetings include those with a diagnosis of dementia and their caregivers. Contact Betty Chin at 402.502.4301 for details.

Walnut Grove in Millard Has a Caregiver Support Group

Come visit the Millard's caregiver support group at Walnut Grove, 4901 S. 153rd Street in Omaha. The meeting is held on the 1st Thursday of the month at 2:00 p.m. Next meeting is July 7, 2011. Contact Kathy at 402.895.1518 or Betty at 402.502.4301 for information.

You may go to the [Support Group page](#) on our [web site](#) and download and entire list of support groups.

Thoughtful Estate Planning

by Allison Brown-Corson, Development Director

Retaining assets for future generations and providing significant support your favorite charities are the result of careful long-term planning. Losing all of our assets to taxes and fees is usually the result of having no plan and often unintentional. Thoughtful financial planning then is the key to controlling monetary and property assets for the future.

Here are several methods to consider when determining your asset designation within a will or trust document:

- An Outright Bequest is probably the most popular type of charitable designation. With an Outright Bequest, one simply specifies dollar amount to a specific person or charity.
- A Specific Bequest is another method to leave control of an asset. With a Specific Bequest, one designates named asset to a person or charity.
- A Residual Bequest is used to give a charity all or a portion of one's property after all expenses and designations have been made.



If you have questions about long-range planning, charitable designations and protecting your assets, please contact me at 402.502.4301 or by email abrown-corson@midlandsalz.org.

I am happy to provide you with assistance and planning suggestions.

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.

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

Midlands Chapter Celebrates 8th Annual Ride to Remember

The Alzheimer's Association ® Midlands Chapter hosted the 8th annual Ride to Remember on May 21st, as an estimated 65 riders helped raise thousands of dollars for programs, support groups, family consultations, and community education for the families affected by Alzheimer's disease in northeast Nebraska and southwest Iowa.

Undaunted by a stormy forecast, over 60 riders departed from **Dillon Brothers Harley Davidson** and five members of Desmo Omaha, the Ducati riders club, departed from **Ducati Omaha**. The riders received a warm welcome at **Mable Rose Estates**, their first stop, where they met the residents, gave them rides, and enjoyed lunch as the guests of Mable Rose and **Hillcrest Health Systems**.

"I'd like to offer a huge thank you to all the riders and supporters of the Ride to Remember, who have come out to show their support for families whose lives have been affected by Alzheimer's. We could certainly hear them as they came through the front gates!" said Clay Freeman, Midlands Chapter Program Director.

After enjoying lunch, riders took a scenic ride through the Loess Hills of Iowa, ending the day at the **Quaker Steak and Lube** in Council Bluffs, Iowa, where they enjoyed appetizers and silent auction items. Many bikers rode in support of their own parents, loved ones who were affected by Alzheimer's, and the Midlands Chapter programs.

The Midlands Chapter staff and board would like to thank **CLH Architects**, **Bank of Nebraska**, **Dillon Brothers Harley-Davidson**, **www.nebraskamedicaidplanning.com**, as well as **Ducati Omaha**, **Mabel Rose Estates**, and the **Quaker Steak and Lube** for their sponsorship and support for the Ride.

The Midlands Chapter is looking for volunteers to organize the Ride to END Alzheimer's as a third party event. If interested please contact Alisha Palagi at 402.502.4301 or e-mail apalagi@midlandsalz.org





Clayton Freeman, Program Director, Duane Gross, President and CEO, Charles Ellsworth, Aide to Senator Ben Nelson, Heather and Sarah Stauffer, Midlands Chapter Advocates

Midlands Chapter Advocates Visit Capitol Hill, Ask For Support in Fight Against Alzheimer's

Wrapped in purple sashes, advocates from Nebraska and Iowa visited lawmakers asking their support for the Alzheimer's Association's 2011 federal priorities. The visit to Capital Hill was the culminating event of the Annual Public Policy Forum held in Washington, DC May 15-17, 2011. The three pieces of legislation that advocates focused on in their visits were:

1. The Alzheimer's Breakthrough Act (H.R. 3286/S.1492), which would increase significantly research funding for Alzheimer's disease at the National Institutes of Health.
2. The **HOPE** for Alzheimer's Act which will provide if enacted Medicare reimbursement for services to increase the detection and diagnosis of Alzheimer's disease and other dementias and provide access to information and support for newly diagnosed patients and their families.
3. Implementation of the National Alzheimer's Project Act. The National Alzheimer's Project Act that was signed into law and launches a campaign within the federal government to overcome Alzheimer's disease. An inter-agency Advisory Council will be established to create a coordinated National Alzheimer's Disease Plan to comprehensively address the federal government's efforts on Alzheimer research, care, institutional services and home- and community-based programs.

Duane Gross, President and CEO, Clayton Freeman, Director of Programs and Public Policy and Heather and Sara Stauffer, Chapter advocates and caregivers for their mother visited the offices of Nebraska Representatives Lee Terry, and Jeff Fortenberry and Senator Ben Nelson and introduced the issues, each sharing their personal experiences with the disease and outlining a specific piece of legislation. Duane Gross, Clayton Freeman and Marian Johnsen, Advocacy coordinator for the Iowa Chapter Network visited Congressman Steve King.

A Key component of our work in Public Policy and Advocacy is the recruitment of advocates. The Chapter currently has over 800 advocates and we need to continue to increase this number. Currently advocates receive monthly action alerts from the Chapter. Please encourage your family, friends and co-workers to join our advocacy network by visiting our website at www.alz.org/midlands

Scoular Corporation Presents Donation to Midlands Chapter



Clayton Freeman, Midlands Chapter Program Director (left) accepts a check for \$1,600 from Robin Stauffer, Caregiver and Midlands Chapter Advocate from the Scoular Corporation. On behalf of our staff and volunteers the Midlands Chapter thanks Scoular for their generous support of the people and programs of the Alzheimer's Association® Midlands Chapter.

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:

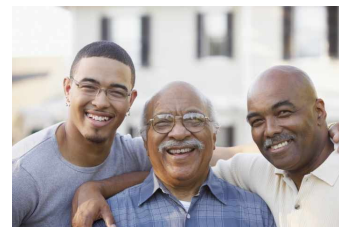
- Flat screen television for educational programs and presentations
- Board room chairs
- Brochure rack for the Family Resource Room
- Folding machine
- Portable flip chart and stand
- Digital camera
- Frequent Flyer Miles for Staff
- A vehicle for staff travel
- Financial Support for the Respite Care Reimbursement Program
- Financial Support for the Community Education Fund

What You Can Do To Make a Difference *Caregiving Tips That Might Save Your Sanity*

by Rosalie Shepherd, BS, Program Staff

"Mom could do that if she tried harder," I remember saying to my sister. I could not understand why she wouldn't do what she always did. Was she just wanting attention or trying to manipulate us?

The answer is a resounding no! The fact is, she couldn't help it. She had a disease called vascular dementia, and it was robbing her of her memory. It was very difficult for the family to watch a strong, high functioning lady, now almost helpless because of the small strokes affecting her brain. It took awhile, but we learned how to be more understanding of the disease process and therefore, better caregivers.



People with dementia will have memory loss, because the disease affects the hippocampus, a part of the brain that holds our short term memory and ability to make new memories. We call it the "five minute memory", and it can be absolutely frustrating to deal with. That is why it is so important to learn about the disease, and ways to manage the behaviors that come with it.

How you handle the behaviors makes a difference in whether you have a good or a bad day. Following are a few tips to help deal with memory loss.

- Accept the memory loss; don't think that, if the person tried harder, they would remember. They can't.
- Answer questions each time as if it was the first time they were asked. Learn to distract and redirect the behavior to something they would enjoy doing.
- Think ahead if you know the person is going to lose things. (Example: eyeglasses can be marked and put away every night)
- You won't win an argument with them. Don't try. It just accelerates the anxiety on both sides. Instead, go with it, and change the subject to a positive note.
- Visit our Resource Lending Library and check out books and DVDs like "He's Doing This to Spite Me."

The Alzheimer's Association@ Midlands Chapter serves caregivers in many ways including our online brochures that specifically relate to behaviors and communication. I believe one of the most valuable services we offer is our educational programs where the caregiver receives information about the disease, and how to handle behavior and communication issues.

Our next six week caregiver education series will begin in late July. Information on the location and session topics will be posted on our web site, www.alz.org/midlands. If you need any assistance please call our 24/7 help line at 800.272.3900.

(Next column on importance of activities of daily living.)



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.



Join Us on Facebook & LinkedIn

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



Congratulations and THANK YOU

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

Good Shepherd Lutheran Community
Blair, NE

★

Stanton Health Center
Stanton, 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!**

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.