

Alzheimer's Association's®  
2011 Alzheimer's Disease Facts and Figures

**Growing impact of Alzheimer's on families**

The new report reveals there 5.4 million Americans living with Alzheimer's disease including 37,000 Nebraskans and 69,000 Iowans shedding light on the growing impact of a disease that currently is the sixth-leading cause of death and the only cause of death among the top 10 causes in America without a way to prevent, cure or even slow its progression.

Most caregivers are family members who take on a tremendous financial, physical and emotional burden to help care for a loved one with Alzheimer's or a related dementia.

**Alzheimer's impact on states**

Alzheimer's has profound implications for future state budgets, and states must prepare now to address the multiple and complex challenges that Alzheimer's poses to individuals, families and state governments, particularly Medicaid.

Medicaid covers nursing home care and other long-term care services in the community for individuals who can no longer afford to pay for long-term care expenses. Ensuring access to Medicaid for those who need it must remain a priority for states as they deal with the escalating Alzheimer crisis.

**Importance of early detection**

Early diagnosis allows affected people, relatives and their caregivers to plan for the future, obtain medical care to manage symptoms and optimize function, and assists Alzheimer's families in taking steps to reduce the risk of accidents requiring further medical care. The new report explores the issue of early detection and outlines the various benefits it provides families, including access to valuable support services and resources and also helping to reduce anxiety among caregivers.

The full text of the Alzheimer's Association's *2011 Alzheimer's disease facts and figures* can be viewed at [www.alz.org/midlands](http://www.alz.org/midlands)

---





**SAVE  
THE  
DATE**

**SATURDAY, MAY 21st**

Watch our [web page](#) for more information coming SOON!!!

---

## Oscar Shines

*by Alisha Palagi, Event Planner*

The Alzheimer's Association Midlands Chapter joined the Hollywood Stars for the 9th Annual Oscar Night America Dinner and Auction at the DC Centre, in Omaha, NE on February 27, 2011. Over two hundred and fifty guests walked the red carpet and posed for pictures before enjoying a night of extraordinary entertainment, dinner and auction. Trips to Costa Rica, Steamboat Springs, an autographed U2 Drumhead, sports memorabilia, fine art and jewelry were featured at the auction. "Vintage Vocalist" Michael Walker entertained the guests, taking the audience back to a time when the Rat Pack ruled Las Vegas and crooning was hot.

The evening was all about raising awareness, friends and funding for the midlands Chapter around the theme of the Academy Awards. Dr. Duane J. Gross, President and CEO of the Midlands Chapter, spoke about the tidal wave increase of Alzheimer's disease as the Baby Boomers age. Currently 5.4 million Americans are living with Alzheimer's and that number is expected to more than double by mid-century.

The event chairs, Daniel and Barbara Bohi, welcomed their guests and thanked them for their generosity. Dr. and Mrs. Bohi encouraged support for education, information and care offered to families affected by dementia by the Midlands Chapter. Special guest, Patrick Bartmess, a caregiver for his mother, provided the audience with a unique perspective as a younger caregiver.

Sponsors for Oscar Night include: **Great Western Bank, Journal Broadcasting, Methodist Health System, US Bank, and First National Bank.** The evening raised in excess of \$80,000.00 in support of the Midlands Chapter. Dr. Gross said that he was confident that support for the evening would continue to grow as awareness about the Alzheimer's disease increases.

For more information about Oscar Night and to join the committee for the 2012 Oscar Night, please call Alisha Palagi, Events Planner, at 402.502.4301 or at [apalagi@midlandsalz.org](mailto:apalagi@midlandsalz.org)



2011 Oscar Night Event Chairs,  
Dr. Daniel Bohi and wife Barbara.

---

## More Evidence That Alzheimer's Disease May Be Inherited from Your Mother

Results from a new study contribute to growing evidence that if one of your parents has Alzheimer's disease, the chances of inheriting it from your mother are higher than from your father. The study is published in the March 1, 2011, print issue of [Neurology](#), the medical journal of the [American Academy of Neurology](#).

"It is estimated that people who have first-degree relatives with Alzheimer's disease are four to 10 times more likely to develop the disease themselves compared to people with no family history," said study author Robyn Honea, DPhil, of the University of Kansas School of Medicine in Kansas City.



For the study, 53 dementia-free people age 60 and over were followed for two years. Eleven participants reported having a mother with Alzheimer's disease, 10 had a father with Alzheimer's disease and 32 had no history of the disease in their family. The groups were given brain scans and cognitive tests throughout the study.

The researchers found that people with a mother who had Alzheimer's disease had twice as much gray matter shrinkage as the groups who had a father or no parent with Alzheimer's disease. In addition, those who had a mother with Alzheimer's disease had about one and a half times more whole brain shrinkage per year compared to those who had a father with the disease. Shrinking of the brain, or brain atrophy, occurs in Alzheimer's disease.

"Using 3-D mapping methods, we were able to look at the different regions of the brain affected in people with maternal or paternal ties to Alzheimer's disease," said Honea. "In people with a maternal family history of the disease, we found differences in the break-down processes in specific areas of the brain that are also affected by Alzheimer's disease, leading to shrinkage. Understanding how the disease may be inherited could lead to better prevention and treatment strategies."

The study was supported by the National Institute on Aging and the National Institute of Neurological Disorders and Stroke.

The American Academy of Neurology, an association of more than 22,500 neurologists and neuroscience professionals, is dedicated to promoting the highest quality patient-centered neurological care. A neurologist is a doctor with specialized training in diagnosing, treating and managing disorders of the brain and nervous system such as Alzheimer's disease, stroke, migraine, multiple sclerosis, brain injury, Parkinson's disease and epilepsy. For more information about the American Academy of Neurology, visit <http://www.aan.com>.

---

## We Welcome Allison Brown-Corson

The Alzheimer's Association Midlands Chapter welcomes Allison Brown-Corson to serve as the Development Director. Allison succeeds Micah Evans as Development Director when he transitioned to another nonprofit in February.

Allison began her professional career working with children and families at Boys Town. She has been raising money and awareness with organizations such as Youth Care & Beyond, Omaha Performing Arts and Planned Parenthood over the past eight years. She earned a Bachelor of Science degree from the University of Nebraska at Omaha.

Allison and her husband, Jim Corson are the proud parents of three teenage children. When Allison is not working, she enjoys spending time with her family, reading and attending as many sporting events as possible. Please join the Board and Staff in welcoming Allison to the Midlands Chapter Family.



Allison Brown-Corson,  
Development Director

---

## Understanding Challenging Behaviors

By Clayton Freeman, Program Director

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. **This month our focus is on unpredictable situations.**

People with Alzheimer's disease can act in different and unpredictable ways. It is important to remember that the person is not acting this way on purpose. Whatever the behavior, try to identify the cause and possible solution.

### Bold behavior

Individuals with Alzheimer's disease may forget that they are married and begin to flirt or make inappropriate advances toward others.

### Inappropriate dressing

The person may forget how to dress or take clothes off at inappropriate times and in unusual settings. For example, a woman may remove a blouse or skirt simply because it is too tight or uncomfortable. Help the person dress by laying out clothes in the order they need to be put on. Choose clothing that is simple and comfortable.



## **Shoplifting**

The person with Alzheimer's may not understand or remember that merchandise must be paid for. He or she may casually walk out of the store without paying - unaware of any wrongdoing.

## **Tips for handling unpredictable situations**

Have your loved one carry a wallet-size card that states that he or she is memory-impaired. This may prevent the person with Alzheimer's disease from feeling embarrassed.

When traveling, your doctor can provide a letter that describes the person's diagnosis and symptoms and explains that the person functions well with the assistance of their caregiver and the importance not being separated. This letter can be given to airport personnel prior to boarding and to hotel staff upon arrival. [The Midlands Chapter can provide you with a letter template to share with your doctor.](#)

Loss of ability to control impulses: When the filters (frontal lobes) are effected by dementia, the ability to react or not to react to thoughts or environmental cues are compromised. When there is unusual, inappropriate behavior, try to distract the person with another activity. Avoid getting angry or laughing at the person. Do not scold, do not persist in conversations that seem to go in circles as they won't be convinced and will lead to high agitation. Maintain routine and structure. Maintain balance between expectations and capacity. Reduce the environmental stimuli lead him or her into a private quiet place.

## **Next month's topic: Sleeplessness and Sundowning**

The Midlands Chapter Help-Line, **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. Alzheimer's Association Midlands Chapter, 1941 South 42nd Street, Suite 205, Omaha, NE 68105 [www.alz.org/midlands](http://www.alz.org/midlands)

## RESPITE 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](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 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.

## **Support Group Facilitators Needed!**

There is growing demand for caregiver support groups within the Midlands Chapter fifteen county service area. One of the challenges the Chapter faces is identification of qualified persons to facilitate the support group. The Chapter is actively recruiting interested persons to serve as support group facilitators and co-facilitators.

The role of a caregiver support group facilitator is to serve as a volunteer with some knowledge and experience with Alzheimer's disease and other dementias. This volunteer can be trained in community resources, caregiver stress, and providing educational information during the meetings. The facilitator does not resolve conflicts but listens and guides participants in a positive direction. The facilitator seeks to provide a safe, non-judgmental



setting for caregivers to share experiences, resources, and guidance about the challenges they face with their loved ones who are afflicted with Alzheimer's disease and other dementias.

Volunteers with a wide variety of backgrounds are being sought. Former family caregivers, those in health related professions, care and case managers, healthcare professionals, experienced persons in aging and social services are ideally suited to service as a caregiver support group facilitator.

Annual training for all support group facilitators is provided by the Midlands Chapter at no cost. If you, a friend, a neighbor, a co-worker, or a family member would be interested in learning more about the opportunity to serve the community as a caregiver support group facilitator or co-facilitator sponsored by the Alzheimer's Association Midlands Chapter, please contact Betty K. Chin at 402.502.4301 or [bchin@midlandsalz.org](mailto:bchin@midlandsalz.org)

---

## Midlands Chapter Wishlist

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

---

## Maintain Your Brain

by Rosalie Shepherd, MS, Educator

### *Hara Hachi Bu*

I love things that have been in the family, so when Mom gave me her yellow dishes decorated with orange poppies, I was thrilled. Old and showing usage, they are still special to me, and I display them prominently in my kitchen.

A characteristic of old dishes is that the dinner plates are smaller than ones we use today. In his book, *Mindless Eating*, Dr. Brian Wansink conducted innovative research on what makes us eat the way we do. His findings show that the amount of food we eat is due more to circumstances-friends, family, packages, plates, shapes, smells, and containers, and less a function of feeling full.

Wansink's lab examined 47 products in an experiment, and he found the size of the plates and glasses we use has a profound impact on how much we consume. "People drink 25-30% more if they drink from a short, wide glass rather than from a tall, narrow one, and 31% more if they eat from a 34-ounce bowl compared to a 17-ounce one."

We also typically consume more from large packages. In another experiment, Wansink gave a group of people either a one-pound or one-half pound bag of M&Ms to eat while watching a video. Those given a one-pound bag ate an average of 137 M&Ms, while those given the half-pound bag ate only 71.

According to Wansink, the problem seems to be that most Americans keep eating until their stomachs feel full, while cultures where people live the longest, stop eating as soon as they no longer feel hungry. In one Okinawan village, before eating the people say what sounds like a blessing, but is actually a reminder to stop eating when their stomachs are 80 percent full. They intone a Confucian inspired adage: hara hachi bu.



This seems to be a painless version of calorie restriction with lots of benefits. Losing just ten pounds helps to lower blood pressure and cholesterol thus lowering the risk of Alzheimer's disease. Dr. Bob Jeffery of the University of Minnesota says "No diet yet studied works for most people-not in the long run." The secret to eating right is to emulate the habits of the world's longest-lived people.

"There is a significant calorie gap between "I'm full" and "I'm no longer hungry." says Wansink, "We gain weight insidiously, not stuffing ourselves, but eating a little too much each day - mindlessly." Maybe our plates are too large.



### 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:

**St. Joseph Villa, Omaha, NE**

**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!**

---

**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.