



Caregiver Educational Series

AN OPPORTUNITY TO SHARE INFORMATION,
EDUCATION AND SUPPORT

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

Tuesday Evenings

4:30 to 6:00 p.m.

Nye Legacy • 3210 North Clarkson Street • Fremont, NE

Save These Dates:

- **May 24th—Memory Loss, Dementia and Alzheimer's disease: The Basics**
Clayton Freeman, BA, Midlands Chapter Program Director
- **May 31st—Current Treatments for Alzheimer's disease and Other Dementias**
Erin Cooper, MD, Fremont Family Care
- **June 7th—Protecting Your Assets**
Cindy S. Bojanski, CFP Trust Officer, Pinnacle Bank, Fremont, NE
Jeff S. Arnold, CFP Vice President and Trust Officer, Pinnacle Bank, Fremont, NE
- **June 14th—Legal Issues**
Margaret Badura, Attorney At Law, Badura Law Office, Omaha, NE
- **June 21st—Communication and Behaviors: "A Caregiver's Toolbox"**
Diane Hendricks, CMSW, Geriatric Assessment Center UNMC
- **June 28th—Stress and Health Management**
Hylean McGreevy, 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 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 **TODAY!**

8th Annual Benefit Ride to Remember Saturday, May 21st

Whether you ride a Harley, Ducati, BMW, or Triumph, you'll want to Ride for a great cause at the **Ride to Remember on Saturday, May 21, 2011**. 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 Quaker Steak and Lube.

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 www.alz.org/midlands

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



MedicAlert® + Alzheimer's Association Safe Return® Helps You Plan Ahead for Safety This Summer Season

As warmer weather approaches, families begin to think of traveling and planning outdoor events. These activities can bring enjoyment, but they can also bring anxiety and fear if your family member with Alzheimer's disease or dementia becomes lost. When a memory-impaired individual is missing, a quick response is critical in locating, identifying and returning the person safely. The [MedicAlert® + Alzheimer's Association Safe Return®](#) program can help.

MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service to assist individuals with dementia who become lost or have a medical emergency. The program provides a stainless steel identification bracelet or necklace, wallet card and other materials. These identification products are engraved with:

- a 24-hour emergency response phone number
- the term "memory impaired" and other critical medical condition or allergy
- an identification number specific to the individual



When someone in the community discovers a missing person and calls the emergency number, the MedicAlert operator accesses a database and immediately notifies the primary contact person that the individual has been found. The system also allows a caregiver to report a missing individual, which initiates an alert system to emergency responders and the local chapter of the Alzheimer's Association.

If your family member is already registered in the MedicAlert® + Alzheimer's Association Safe Return® program and you plan to travel this summer, please call the registration line at 1.888.572.8566 to inform them of where you can be reached. Contact names and phone numbers can be temporarily changed so that you can be reached immediately in case of a wandering incident while you are traveling.

For more information about enrolling in [MedicAlert® + Alzheimer's Association Safe Return®](#) and safety issues for people with Alzheimer's, please call our 24/7 Helpline at 1.800.272-3900 or visit www.alz.org/midlands

Some Facts about Wandering Behavior and Alzheimer's disease:

- Wandering is aimless or purposeful movement that can cause a person with Alzheimer's Disease (AD) to become lost, leave a safe environment or intrude in inappropriate places.
- Approximately 60% of people with AD will wander or become lost at some point during the course of the disease.
- People with AD not only wander by foot, but also by car or other modes of transportation.
- People with AD are usually found within a half-mile radius from where they disappeared.
- 46% of people with AD may die if not found within 24 hours.
- People with AD do not usually cry out for help.
- People with AD do not usually respond to shouts.
- People with AD may be in search of something from their past, i.e., a former workplace or a childhood home.



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

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!](http://www.alz.org/midlands)



Please Consider Including the Midlands Chapter in Your Will

by Allison Brown-Corson, Development Director, Midlands Chapter

Large or small, your bequest will make a difference. If you choose to include Alzheimer's Association Midlands Chapter in your will or trust, here is the suggested wording:

I give, devise, and bequeath to the Alzheimer's Association @ Midlands Chapter, A non-profit corporation, located at 1941 South 42nd St Suite 205, Omaha, NE, the sum of \$ _____ (or, ___ percent of my estate, or, ___ percent of the residue of my estate) to be used for such purposes as the Board of Trustee is determines at the time this bequest becomes effective.

Alzheimer's Association Midlands Chapter Tax ID # 47-0648438

For more information please contact Allison Brown-Corson at 402.502.4301 or abrown-corson@midlandsalz.org

New Caregiver Support Groups Added

by Betty K. Chin, Program Staff

Please welcome our newest support groups:

- 1. New Life Assembly of God in Lyons, NE**, which meets every 2nd Thursday of the month at 3:30 pm. Their first meeting was April 14, 2011. Contact June Small at 402.349.5387 for information. Sandy Johnson has joined as new co-facilitator.
- 2. Memorial Community Hospital in Blair, NE**, which meets every 1st Monday of the month at 6:30 pm. Their first meeting will be June 6, 2011. Contact Evonne Sherer at 712.642.3170 for more information.
- 3. Stanton Health Center in Stanton, NE** will start in June. Date/time to be announced later. Contact Amy Kleinschmit at 402.439.2111 for more information.



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

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

Maintain Your Brain, Protect Your Head

by Rosalie Shepherd, BS, Program Staff

As I drove past a couple on a motorcycle last night, I noticed their colorful helmets. I thought to myself, "Good for you." The helmets looked as though they would be heavy, hot, and cumbersome, but this pair chose to protect their head even though they may prefer the freedom of the wind in their face.

The Alzheimer's Association's® [Ten Ways to Maintain Your Brain program](#) includes ways to protect your brain to avoid head trauma. Severe head injuries have been associated with increased risk for later development of Alzheimer's disease and other dementias.

I recently read some startling statistics about retired professional football players. According to a survey done by the National Health Interview Survey, researchers found that players ages 30 through 49 had 19 times more dementia-related disease than the national average.

Even more startling is the recent CNN story about the suicide of former Chicago Bears safety David Duerson who left behind a note requesting his brain be studied for evidence of a disease striking football players. Duerson had been a bright, articulate man who eventually had trouble forming coherent sentences. He had suffered a minimum of 10 known concussions, some involving loss of consciousness.

Dr. Robert Stern, co-director of the Center for the Study of Traumatic Encephalopathy said that Duerson's brain tissue showed evidence of CTE a dementia like brain disease afflicting athletes exposed to repeated brain trauma.

Brain injuries should be a great concern for any child on a skate board, or playing football, just as much as an adult on a motor cycle.

Our brain weighs only 3 lbs. but is the most important organ in the body. Protect it!





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 Facebook & LinkedIn

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

LinkedIn

Congratulations and THANK YOU

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

Crossroads of SW Iowa,
Missouri Valley, IA

★

St. Joseph Villa
Omaha, NE

★

SilverRidge Assisted Living and Memory Support
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!**

