

Endangered Person Advisory Developed in Iowa

On November 9, 2010, the Midlands Chapter held a press conference at their Council Bluffs office to announce the **Iowa Endangered Person Advisory (EPA)**. Partnerships were developed among the four Iowa Chapters of the Alzheimer's Associations, the Dept. of Public Safety, the Dept. on Aging, the Sheriffs and Police Chiefs Association and the Iowa Broadcasters' Association.

This structured advisory system was cooperatively created to help local law enforcement alert their local media and communities when an endangered person goes missing. Occasionally, Iowans with cognitive impairments or seniors with medical conditions like dementia or Alzheimer's unexpectedly wander away from their home or care-givers. These events cause stress and fear for family who are frantically looking for their loved one and can be life-threatening for the individual who goes missing. This advisory system has a set of criteria and procedures that may be utilized by local law enforcement to decide when public and media notification is necessary. The Endangered Persons Alert is designed to provide improved safety for vulnerable adults in Iowa.

The Midlands Chapter is pleased to have been an integral part of this process over the past two years and will provide training for law enforcement officers in safely handling vulnerable adults wandering from their homes and care facilities. The Chapter will provide training on communication and behaviors for persons with Alzheimer's disease and other dementias.



Dr. H. Edsel Buchanan, Dr. Duane Gross, and Dr. Betty Foster (left to right)

4th Annual Awareness Luncheon a Success!

On November 10, 2010, 150 guests joined the Midlands Chapter staff and Board for the **4th Annual Awareness Luncheon**. This annual luncheon, held during National Alzheimer's Disease Awareness Month, is an opportunity to reflect back upon the successes of the past year and the challenges of the coming year. Clay Freeman, Program Director, was pleased to report on the success of the 2010 Dementia Education Conference, a 98% satisfaction rating from the National Alzheimer's Association based on reviews of Chapter education programs, the passage of the Uniform Guardianship Act, and support for caregivers through the respite program. Micah Evans, Development Director, reported on increased awareness of Alzheimer's through media coverage, Facebook followers, and increased attendance at all Chapter events.

This year, the Midlands Chapter was honored to recognize **Dr. H. Edsel Buchanan** for his Outstanding Volunteer Service, as both coordinator for the Men's Support Group and a member of the Nebraska Advisory Committee. **Dr. Betty Foster** was recognized as Friend of the Chapter, as a past Board

chair, Advisory Committee member, and donor. Publisher **Tom Schmitt** and Managing editor **Jon Leu** received recognition on behalf of the **Daily Nonpareil** as Outstanding Media Sponsor for their coverage of Alzheimer's disease through the special November insert section, the Faces of Alzheimer's coverage in August and September, and numerous articles about Chapter programs and activities.

University of Nebraska Assistant Athletic Director **Mike Kemp** gave the keynote address, moving the audience with a personal story of caring for his mother. Mike Kemp reminded the audience that Alzheimer's disease does not discriminate and that we are all caregivers for loved ones until a cure is found.

Please join the Midlands Chapter in expressing appreciation to our sponsors for the Annual Meeting, whose generous support helped underwrite the luncheon: **Blue Cross Blue Shield of Nebraska, US Bank, and Nebraska Methodist Health System.**

Please plan to join us for the 2011 annual Awareness Luncheon, tentatively scheduled for Wednesday, November 9, 2011.

Tips to Enjoy the Holiday Season

We receive many calls this time of year with questions regarding care-giving, and many center around planning for the holidays. This season offers busy and often remote families an opportunity to gather and spend time with loved ones who they may only see occasionally during the year. While visiting, family members might notice changes in a relative that raise questions about their health. In fact, the number of people who express concern about a loved one's health tends to increase after the holiday season.

The Midlands Chapter's information and referral line at 1-800-272-3900 offers, especially at this time of year, answers to your questions about warning signs and finding a medical professional and/or resources available to help you understand more about Alzheimer's Disease and other Dementias. It's important to seek guidance and support as soon as possible if you notice cognitive changes that disrupt daily life in yourself or someone else. Early detection of Alzheimer's disease gives people with Alzheimer's the opportunity to plan for their future and take advantage of the resources that are currently available to them. The holidays are a time when family and friends come together and share memories, laughs and good cheer. But for families living with Alzheimer's, the holidays can also be a difficult time.

Caregiving responsibilities layered on top of keeping up with holiday traditions can take its toll on Alzheimer families, especially the caregiver. The person with Alzheimer's may also feel a sense of loss during the holidays. With some planning and adjusted expectations, your celebrations can be filled with joy and magical moments to cherish forever.

Adjust your expectations

No one, including yourself, should expect you to maintain every holiday tradition or event.

- Give yourself permission to do only what you can reasonably manage
- Choose holiday activities and traditions that are most important to you
- Host a small family dinner instead of a throwing a big holiday party
- Consider serving a catered or takeout holiday meal. Many grocery stores and restaurants offer meals to go
- Start a new tradition. Have a potluck dinner where family or friends each bring a dish

Involve the person in the festivities

There are many manageable activities the person and you can do together, such as:

- Wrap gifts
- Bake favorite holiday recipes together. The person can stir batter or decorate cookies.
- Set the table. Avoid centerpieces with candles and artificial fruits and berries that could be mistaken for edible snacks.
- Talk about events to include in a holiday letter
- Prepare simple foods such as appetizers
- Read cards you receive together
- Look through photo albums or scrapbooks. Reminisce about people in the pictures and past events.
- Watch a favorite holiday movie
- Sing favorite carols or read biblical passages

When the person lives in a care facility

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

- Consider joining your loved one in any facility-planned holiday activities
- Bring a favorite holiday food to share
- Sing holiday songs. Ask if other residents can join in.
- Read a favorite holiday story or poem out loud

For more information download our Holiday Tips for Caregivers booklet [here](#). This booklet is also available on our [web site](#) along with many other brochures for caregivers and families.



Making a Difference

by Micah I. Evans, Development Director

The holidays are a wonderful time when we gather with friends, family from near and far, and enjoy the comforts of home, an extraordinary Thanksgiving or Christmas dinner, and the warm feeling of seeing our loved ones. Caregivers worries don't take a holiday, and as we look around the corner toward the New Year, we predict in 2011, two hundred families will meet with program staff for problem solving and planning. Nearly 2000 individuals will meet in monthly support groups, and provide one another with comfort, support, and care while trading tips about providing the best care for their loved ones. Over 1,000 individuals will receive assistance 24 hours/day, 7 days/week through the Information & Referral line. And over 700 advocates will contact local, state, and federal lawmakers to promote legislation designed to protect and enhance the care for their loved ones afflicted with dementia.

It is thanks to the generosity of our community partners, philanthropists, and you, our donors that we are able to provide community education, programs, support, and care to our families desperate for information.

Please continue to support our mission of research, education and care, and prevention to our most vulnerable seniors. This year, as you reflect on your own health and well-being, please remember the families who struggle to care for loved ones whose lives have been turned upside down by dementia. **Your donation makes a significant difference in providing these services, and we ask for your continued philanthropic support this holiday season.** We've been fortunate to weather the economic storm, but we need your help to continue serving Nebraskans and lowans with dementia.

You can support families in northeast Nebraska and southwest Iowa through the PayPal links on this e-mail or by sending your donation to:

Annual Appeal
Alzheimer's Association Midlands Chapter
1941 South 42nd Street, Suite 205
Omaha, NE 68105



Together, we've made a significant difference in the lives of thousands of families over nearly thirty years. Please support us as we continue to work toward our vision of: *a world without Alzheimer's disease.*

Community Outreach in Northeast Nebraska

The Midlands Chapter provides information, education and support to rural communities throughout 15 counties in Northeast NE and Southwest IA. Recently, twenty-three nursing homes and assisted living facilities in Knox, Stanton, Burt, Cuming, Cedar, and Wayne counties in Nebraska received a personal visit from Midlands Chapter staff. In order to bring about increased awareness of Midlands Chapter's services, facility administrators and staff were provided informational packets about Chapter services.

From October 26-28, Clayton Freeman and Betty Chin had the opportunity to travel to rural counties in Northeast NE offering educational programs to professional and in-home caregivers. The program for professional caregivers, Foundations of Dementia Care, was offered at, Careage of Wayne, in Wayne, NE. Positive relationships were established and opportunities for future events and training sessions were discussed. The Basics of Dementia Care, an in-home caregiver educational program, was hosted by The Oaks Senior Living Community in Wayne. Chapter staff were well-received by more than 40 people who attended this evening event. The staff traveled to Hartington, NE and presented, The Basics of Dementia Care, at the Golden Living facility. Attendees were encouraged to ask questions and were provided consultation opportunities.

After traveling to six counties and meeting many wonderful people, Clay and Betty reported that many relationships were built and strengthened. They received positive feedback and extended their invitation for future events including community, professional and in-home caregiver educational opportunities, Memory Walk, and plan to establish new support groups in three counties that do not currently have a support group. "The three-day adventure" was an outstanding opportunity to strengthen existing relationships and develop new ones. Betty and Clay thank all those who graciously welcomed them into their community and look forward to the next opportunity to enhance awareness of Midlands Chapter services in rural counties.



Heavy Smoking Doubles Alzheimer's disease

Heavy smoking in midlife is associated with a 157 percent increased risk of developing Alzheimer's disease and a 172 percent increased risk of developing vascular dementia, according to a Kaiser Permanente study published in the Archives of Internal Medicine.

This is the first study to look at the long-term consequences of heavy smoking on dementia.

Researchers followed an ethnically diverse population of 21,123 men and women from midlife onward for an average of 23 years. Compared with non-smokers, those who had smoked more than two packs of cigarettes a day had more than a 157 percent increased in risk of Alzheimer's disease and 172 percent increased risk of vascular dementia during the mean follow-up period of 23 years. Vascular dementia, the second most common form of dementia after Alzheimer's disease, is a group of dementia syndromes caused by conditions affecting the blood supply to the brain.



The Gift That Gives

With the holidays around the corner, think of a gift that supports education, information, support, and care in the heartlands. For \$10, you can purchase 15 beautiful note cards with the quotation "the richness of our life lives on forever," (*card pictured above*) meaning that so long as we remember our loved ones who are struggling with dementia, their lives will never lose their beauty, dignity, and meaning.

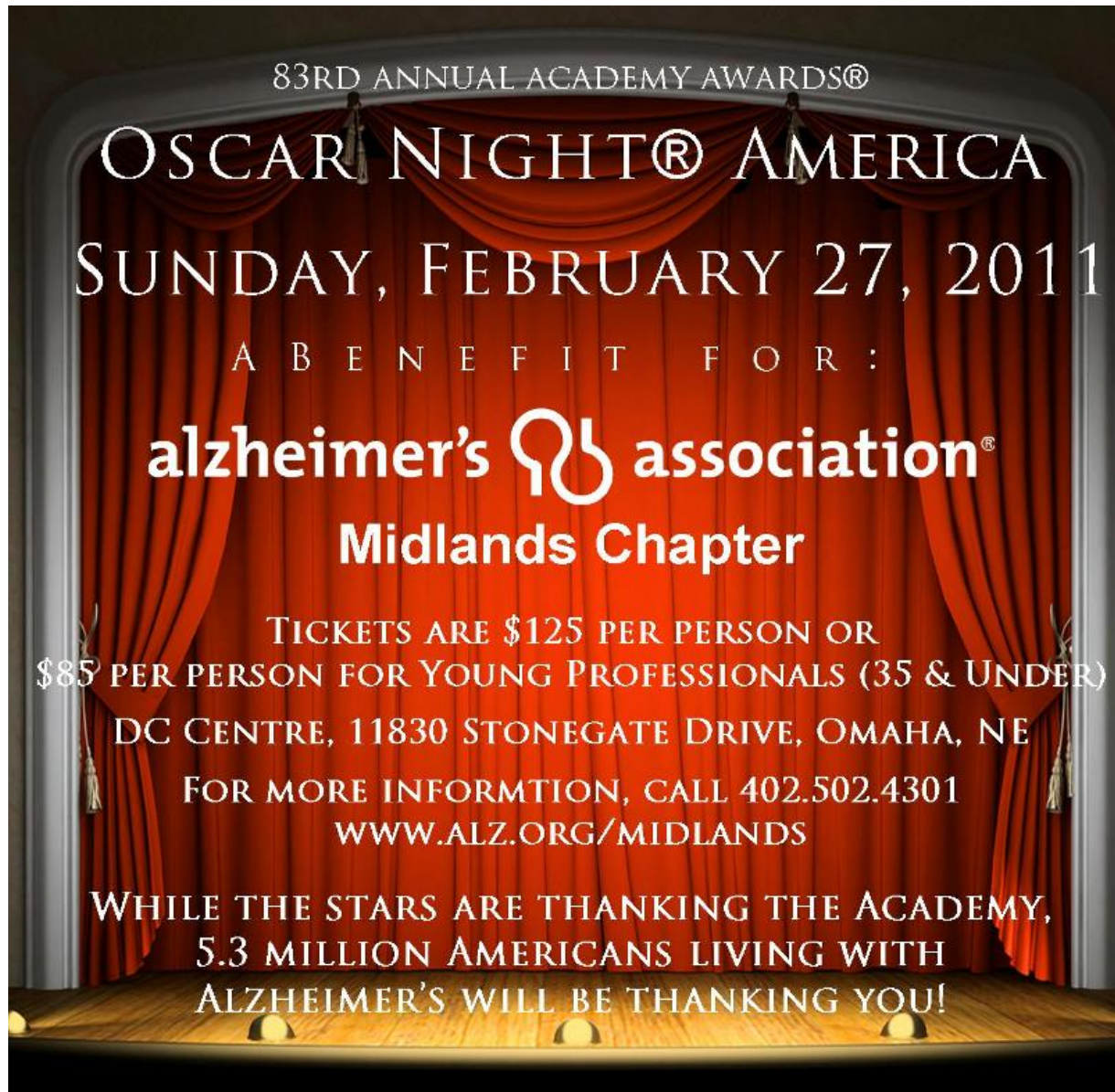
Your purchase of these beautiful note cards supports the Community Education Fund, providing information and care right here in Iowa and Nebraska.

Price: 15 cards for \$10 - while supplies last.

Hollywood isn't the only place that shines in February. Walk down the red carpet, smile for the cameras, and take your seat among the stars at **Oscar Night America!**

Join Oscar Night Chairs, **Dr. and Mrs. Daniel Bohi**, on February 27, 2011 to celebrate the magic of the Academy Awards while supporting the Alzheimer's Association Midlands Chapter and the Community Education Fund. This elegant evening features complimentary cocktails, gourmet dinner and extraordinary silent and live auction. The evening culminates with the Academy Awards.

Tickets are \$125 per person and \$85 per person for Young Professional (ages 35 and under). Please call Alisha at 402.502.4301 or e-mail apalaji@midlandsalz.org for an evening to remember.




83RD ANNUAL ACADEMY AWARDS®

OSCAR NIGHT® AMERICA

SUNDAY, FEBRUARY 27, 2011

A B E N E F I T F O R :

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Midlands Chapter

TICKETS ARE \$125 PER PERSON OR
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DC CENTRE, 11830 STONEGATE DRIVE, OMAHA, NE

FOR MORE INFORMATION, CALL 402.502.4301
WWW.ALZ.ORG/MIDLANDS

WHILE THE STARS ARE THANKING THE ACADEMY,
5.3 MILLION AMERICANS LIVING WITH
ALZHEIMER'S WILL BE THANKING YOU!

Why Give Thanks for Alzheimer's?

By Bonnie Lingard, Program Staff

Each year on the fourth Thursday in November we get together with family and friends to celebrate and give thanks for all we have. Why would anyone give thanks for Alzheimer's disease? Perhaps being thankful is just another way of looking at the disease.

First of all, there are promising treatments being discovered daily. New drugs are discovered to hold back the more severe symptoms of the disease. We now live in a time when the disease is recognized and treated, and not swept under a rug or brushed off as just part of someone getting old. We are more understanding of the disease and treat the individuals with the disease with more respect and kindness.

We can focus on the fact that our loved one is still with us and that we can touch their hand, look into their smiling face, hear their laughter, embrace them or just share an ice cream sundae with them.

Be thankful that you still have time to tell your loved one all the things that need to be said. You can tell them how important they are to you, tell them how much you love them, how you appreciate all the loving things they did for you when you were small like teaching you how to bait a fish hook or drive a car, thank them for just being there for you.

We can be thankful that our loved one is not in physical pain, the majority of Alzheimer's individuals are in excellent physical health and do not have to endure that sort of suffering. Be thankful for that blessing.

Be thankful that you have access to good medical care and information, support groups, caring family members and friends to help you, and the love of an individual who can't help how they are thinking and acting but still love you all the same just like before the disease came along. Be thankful you can be that **special someone** to that Alzheimer's individual who relies upon you to make what time they have left on this earth safe, nurturing and happy.

Being a caregiver is a rewarding experience and also the hardest job you will ever have. Its hard work and you might not think the individual is aware of the hard work you are doing for them but I believe in my heart that the person with Alzheimer's, in some way, knows that they are cared for and loved. And best of all, YOU know what you are doing and have done and that will bring you much comfort when your loved one is no longer with you. Treasure all your moments together and find comfort in them. **You are blessed.**



Public Library Hosts Awareness Table During Awareness Month

In recognition of **National Alzheimer's Disease Awareness Month**, the Omaha Public Library, W. Dale Clark downtown branch, will host an Alzheimer's disease awareness table throughout November. Library patrons can pick up information about Alzheimer's disease, Chapter services, programs, and events, and check out books on a range of topics, including caregiving tips, activities for persons with dementia, and the latest in research and clinical trials. Please stop by the downtown branch of the Omaha Public Library and visit our table.



Maintain Your Brain

By Rosalie Shepherd, Program Staff

They are only circles on the map drawn in blue ink, but for Dan Buettner, author of the book *Blue Zones*, it meant years of scientific research on the secrets of longevity. What he found should be very interesting to anyone that wants to live a longer healthier life.

A Blue Zone is a culture where the proportion of healthy 90 or 100 year olds to the overall population is unusually high. Scientific studies suggest that only about 25 percent of longevity is dictated by genes. The other 75 percent is determined by our lifestyles and the choices we make. Buettner set out to identify those lifestyle characteristics by studying the habits of centenarians in the Blue Zones themselves, the Barbagia region of Sardinia in Italy, Okinawa in Japan, the community of Loma Linda in California, and the Nicoya Peninsula in Costa Rica.

Buettner and crew traveled the world profiling the areas with concentrations of some of the world's longest-lived people. Population studies indicated that these five areas were places where people lived the longest, healthiest lives. The people managed to reach the age of 100 at a rate up to three times higher than Americans, and suffered a fifth the rate of heart disease.

The book *Blue Zones* is packed with insights from centenarians about living life well. Buettner believes that it is no coincidence that the way these people eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yields them more good years of life. From them, we can learn how to create our own personal Blue Zones and start on the path to living longer, better lives.

To be continued. Don't miss the secrets of the longest living people in the world revealed in next month's column.



A Blue Zone is a region of the world where people commonly live active lives past the age of 100.

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
- 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



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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Congratulations and THANK YOU

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

Alpine Village Retirement Center / Verdigre, NE

*

Birchwood Manor / North Bend, NE

*

Careage of Wayne / Wayne, NE

*

Good Shepherd Lutheran Community / Blair, NE

*

Nebraska Masonic Home / Plattsmouth, 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!**

Vision

A world without Alzheimer's disease.

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.

[Forward email](#)