

alzheimer's  association®

Midlands Chapter
Perspectives

Research · Support & Care · Reduce the Risk

January 2012 Issue Serving Northeast Nebraska &
Southwest Iowa

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

A Benefit for the
alzheimer's  association®

Midlands Chapter

**OSCAR NIGHT
AMERICA**

Sunday, February 26th
DC Centre* - Omaha, NE - 5:00 p.m.

2012 Chairs:

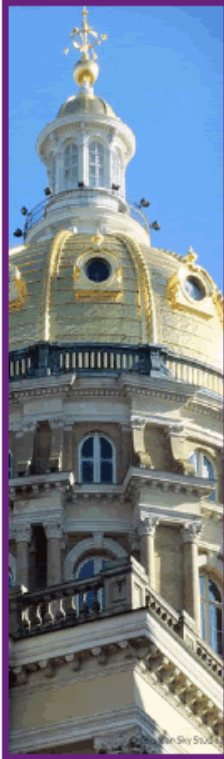
**Viv and John Ewing
Robin and Joe Donovan**

For more information or to
purchase your tickets TODAY go to:

www.alz.org/midlands



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day at the hill

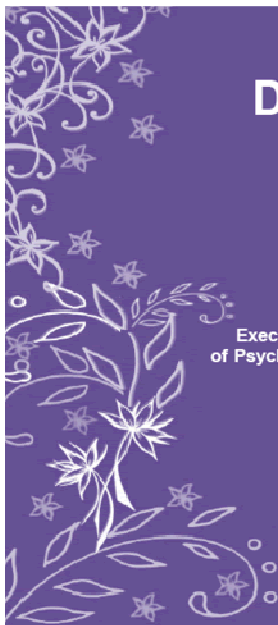
Tuesday, February 21, 2012

State Capitol in Des Moines, Iowa

Advocacy training in the morning followed by meetings with
legislators in the afternoon.

For more information please call 800.272.3900

Or visit us at www.alz.org/midlands



REGIONAL DEMENTIA CARE CONFERENCE

For Physicians and Healthcare Professionals

Friday, March 23, 2012

Featuring: Eric M. Reiman, MD

Executive Director at the Banner Alzheimer's Institute and Professor and Associate Head
of Psychiatry at the University of Arizona, and Director of the Arizona Alzheimer's Consortium.

For conference information contact the

alzheimer's  association®

Midlands Chapter

800.272.3900 or www.alz.org/midlands

Alois Society Membership

by *Connie Keck, Development Director, Midlands Chapter*

You are invited to consider membership in the Alois Society of the Alzheimer's Association® Midlands Chapter. The Alois Society is named for Dr. Alois Alzheimer, who first described the symptoms of Alzheimer's disease in 1906. The purpose of the Alois Society is to significantly move forward the mission of the Alzheimer's Association®.

To qualify for membership in the Alois Society, individuals make an annual personal gift of \$1,000 or more, or cumulative gifts totaling \$1,000 or more in any fiscal year-July 1st through June 30th. The cumulative gift may include memorial contributions, tribute gifts, research donations or net donation to Chapter events.

Benefits of membership include: an invitation to the annual Alois Society recognition gathering; a subscription to Perspectives and other special announcements related to advocacy, research, and events; recognition in Chapter publications including the Annual Report and for gifts of \$10,000 or more, donors will be recognized on a permanent display at the Chapter. Membership includes the satisfaction that you are supporting one of the greatest causes in the whole world!

Alois Society membership offers the following annual giving levels:

- Benefactor Gift \$1,000 - \$4,999
- Patron Gift \$5,000 - \$9,999
- Leadership Gift \$10,000 - \$24,999
- Sustaining Gift \$25,000 and up

For additional information about making a gift to the Alzheimer's Association® Midlands Chapter, please contact Connie Keck at ckeck@midlandsalz.org or call 800.272.3900. Thank you!



**THANK
YOU**

Everyone at the Midlands Chapter appreciates your annual financial support of our efforts. We welcome your memorial giving, gifts to honor a special person or occasion, support of research and gifts to support Chapter events. We encourage you to continue your generous financial support for years to come. Your charitable gifts allow us to provide needed services everyday to persons with dementia and their caregivers, foster research and help lower the risk for dementia.

We also ask that you please consider planned giving that would support the Alzheimer's Association® Midlands Chapter into the future. Including the Alzheimer's Association® Midlands Chapter in your will or estate plan is essential to providing the breadth and depth of services to people in our area for years to come.

We promise to be good stewards of your financial support and encourage your partnership with us to serve those suffering from Alzheimer's disease and dementia along with those who care for them. For additional information on gifting opportunities, please contact Connie Keck at ckeck@midlandsalz.org or call 800.272.3900.

Stand Up: Maddie Cunningham



Maddie Cunningham

*Everybody can be great because **anybody can serve**. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. **You only need a heart full of grace, a soul generated by love.** --Martin Luther King Jr.*

Maddie Cunningham is one of our youngest volunteers at the Midlands Chapter. She has walked at every one of the Chapter's Walks since 2004. She has raised nearly \$11,000 in that time. Why does she do it? For a very special lady she calls Grandma Carrie (Caroline Macaitis), her grandmother.

Grandma Carrie started showing signs of Alzheimer's disease in 2004. It was then that Maddie decided she wanted to try to do something to help find a cure for Alzheimer's.

Maddie has made a beautiful video about her Grandma Carrie and Alzheimer's disease. Please follow the YouTube link at the end of this article to watch this touching video. We believe Maddie is truly a person who has "a heart full of grace and a soul generated by love." Thank you, Maddie for everything!!!



The Midlands Chapter Announces The 2012 RESPITE CARE REIMBURSEMENT GRANTS

We're here to help and offer hope. All day. Every day.

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

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 68105
3. You will be contacted by Chapter staff when the application and approval process is complete.

TWO Caregiver Educational Series

To Begin in January

On Thursday Evenings from 4:30 p.m. to 6:00 p.m.
January 12th thru February 16th (For Six Weeks)

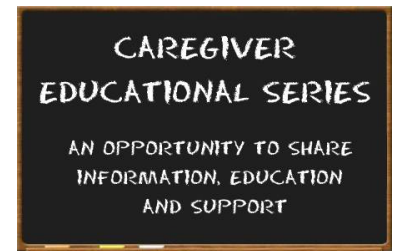
Home Instead Center for Successful Aging

730 South 38th Avenue • Omaha, NE 68105

On Tuesday Evenings from 4:30 p.m. to 6:00 p.m.
January 24th thru February 7th (For Three Weeks)

Carter House Assisted Living

1028 Joann Drive • Blair, NE 68008



This series is made possible in part through a gift from the **Midlands Chapter Community Education Fund**. To make a donation to the Community Education Fund, contact Connie Keck at 800.272.3900 or at ckeck@midlandsalz.org

Wellness Wisdom

by Rosalie Shepherd, Program Staff

Personality Changes

"He's just not the same person," says Kate of her Grandfather Sargent Shriver. Grandpa was the best storyteller Kate had ever known. "Now he seems different. He repeats himself, becomes easily frustrated and sometimes he even forgets who I am." says Kate in Maria Shriver's book, "What's Happening to Grandpa." Sargent Shriver died in 2011.

Changes in personality and behavior in the Alzheimer's patient can be one of the most distressing aspects of the disease for family and care givers. It is not unusual for the person to suddenly exhibit the exact opposite behavior and personality as they have shown throughout their lives. In addition, previously hidden or controlled personality traits such as spiteful behavior, a tendency to anxiety, nervousness or aggression (both verbal and physical) can surface mainly in the later stages.

In her book Maria Shriver describes some of the personality changes her father Sargent Shriver was experiencing. When he couldn't find the car keys, he banged around the house opening drawers. Then when he was told he wasn't allowed to drive, he threw his books, yelled and slammed the door. This behavior wasn't like her father at all. He was always kind, charming, funny, and considerate of others.



Sargent Shriver

The biggest challenge that personality changes pose to caregivers and relatives is to remember that it is the disease that is causing this behavior. Kate and her family learned to understand that Grandpa doesn't mean to be annoying. His brain isn't working the same way it used to, and he struggles to remember things.

How can we help people with personality changes? Understand that they can't help it; be patient and recognize the physiological cause (brain damage) behind the emotions expressed. They're dealing with many losses and frustrations.

- Listen to the frustration and focus on feelings
- Don't get angry; provide reassurance
- Involve the person in appropriate activities
- Modify the environment; limit distractions
- Use memory aids
- It is important to maintain the individual's dignity at all times

For a copy of the book, for more information on caring for a person with Alzheimer's disease and other dementias, please visit our website at www.alz.org/midlands or call 800.272.3900.

Join the Young Alzheimer's Advocates

As young people wanting to make a difference in the quest to end Alzheimer's, we are organizing a brand new "under 40" committee. Whether you know someone with Alzheimer's or just want to be an advocate, this is an opportunity to get involved with the group from the ground level. Our focus is on awareness, education, and public service. Find us on [FaceBook](#) or for more information e-mail us at yalza.midlands@gmail.com



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**



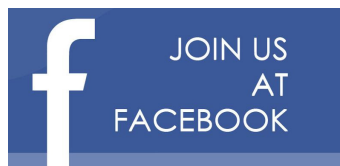
©bin Art



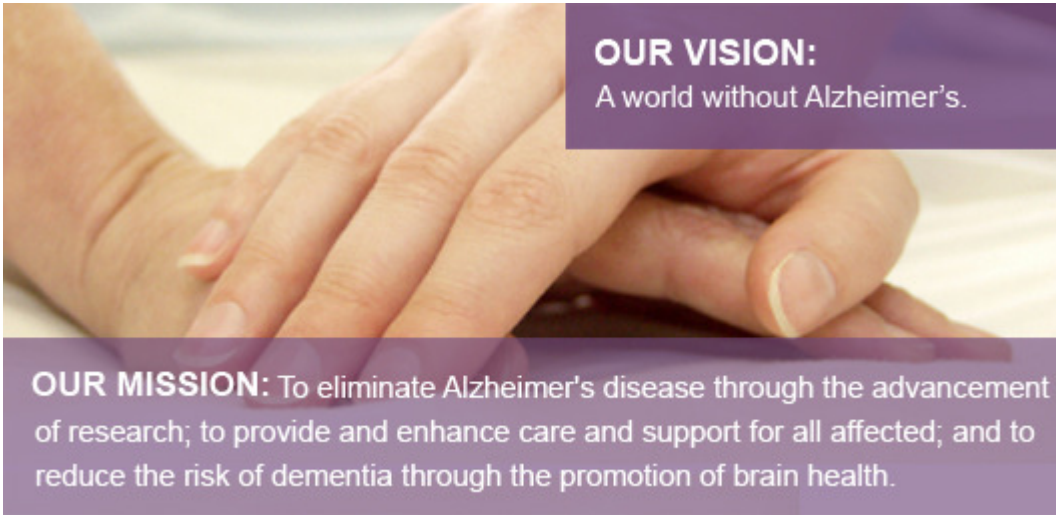
Please Share Our e-Newsletter

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 friends and families and invite them to receive our newsletter each month or to 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



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



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

Congratulations and THANK YOU

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

SilverRidge Assisted Living and Memory Support--Gretna, NE

VODEC--Council Bluffs, IA

If you are interested in finding out more about our **Foundations of Dementia Care** training program for healthcare professionals and careworkers, please contact **Clayton Freeman** by [e-mail](#) or call **800.272.3900** for more information **TODAY!**