

alzheimer's  association®

Midlands Chapter
Perspectives

Research · Support & Care · Reduce the Risk

November 2011 Issue Serving Northeast Nebraska & Southwest Iowa

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

84th Annual Academy® Awards

OSCAR NIGHT®
AMERICA

Sunday, February 26, 2012

DC Centre, Omaha, NE

A Benefit For:

alzheimer's  association®

Midlands Chapter

An evening celebrating the magic of Hollywood and the Academy Awards, featuring extraordinary silent and live auction items, sparkling entertainment, cocktails and dinner.

www.alz.org/midlands

New Report Captures Nation's Insights on Challenges a National Alzheimer's Plan Must Address

A new report, "Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address," offers the insights, perspectives and views from individuals across the country who participated in the Alzheimer's Association public input process. Building on the commitment to provide a platform for those directly affected by Alzheimer's disease, the Alzheimer's Association Midlands Chapter held three "Listening Sessions" in late summer. "Alzheimer's from the Frontlines" provides a rare and unique window into the real, unrelenting challenges the disease forces on families year after year. Currently the sixth leading cause of death, Alzheimer's disease is the only cause among the top 10 in the U.S. without a means to prevent, cure or even slow its progress.

From July to October, the Alzheimer's Association gathered public input through online submissions, a Telephone Town Hall and over one hundred public input sessions across the United States. More than 43,000 individuals from all 50 states, the District of Columbia and Puerto Rico engaged in the public input process, including people living with the disease, caregivers, families, researchers, health care professionals, community leaders and many more.



"Today more than 5 million Americans are living with Alzheimer's disease - including as many as 110,000 right here in Nebraska and Iowa," said Duane Gross, Midlands Chapter CEO, "By 2050 as many as 16 million Americans will have the disease. Now is the time to do what we can to address the public health crisis of the 21st century. This is why we were proud to host three Listening Sessions and our new report, "Alzheimer's from the Frontlines," is the result of an Alzheimer's community galvanized by the historic opportunity of creating a National Alzheimer's Plan to finally change the trajectory of the disease."

Ten key challenges emerged throughout the public input process, among them increasing awareness of the impact of Alzheimer's, fostering an environment that offers more effective treatments faster, providing better care throughout the disease process, ensuring better support for caregivers today and reducing the disparities that exist among diverse and underserved communities.

"The Alzheimer's Association stands alongside these advocates who are committed to letting the nation's leaders know in order to confront one of America's most feared and costly diseases. Real, transformational action is urgently needed," said Dr. Gross. The full text of the Alzheimer's Association's "Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address" report can be viewed at www.alz.org/napa.



Know the Ten Warning Signs of Alzheimer's disease BEFORE Heading Home for the Holidays

Early Detection Empowers Families to Plan for the Future

The holiday season is a time families gather and spend quality time with loved ones. It is also a time that can raise questions about the cognitive health of aging family members. With Alzheimer's disease in particular, it is important to know what it is and what it is not normal aging. Below is a list of warning signs along with examples of normal aging. If you notice any of the warning signs in your aging family members, it is recommended that you see a doctor.

Alzheimer's Association 10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. **What's typical:** Sometimes forgetting names or appointments, but remembering them later.

- 2. Challenges in planning or solving problems.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. **What's typical:** Making occasional errors when balancing a checkbook.
- 3. Difficulty completing familiar tasks at home, at work or at leisure.** People with Alzheimer's often find it hard to complete daily tasks. **What's typical:** Occasionally needing help to use the settings on a microwave or to record a television show.
- 4. Confusion with time or place:** People with Alzheimer's can lose track of dates, seasons and the passage of time. **What's typical:** Getting confused about the day of the week but figuring it out later.
- 5. Trouble understanding visual images and spatial relationships.** For some people, having vision problems is a sign of Alzheimer's. **What's typical:** Vision changes related to cataracts.
- 6. New problems with words in speaking or writing.** People with Alzheimer's may have trouble following or joining a conversation. **What's typical:** Sometimes having trouble finding the right word.
- 7. Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places. **What's typical:** Misplacing things from time to time, such as a pair of glasses or the remote control.
- 8. Decreased or poor judgment.** People with Alzheimer's may experience changes in judgment or decision-making. **What's typical:** Making a bad decision once in a while.
- 9. Withdrawal from work or social activities.** A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. **What's typical:** Sometimes feeling weary of work, family and social obligations.
- 10. Changes in mood and personality.** The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. **What's typical:** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Anyone with questions about Alzheimer's disease and/or seeking information should contact the Alzheimer's Association Midlands Chapter's 24/7 toll-free helpline at 800.272.3900. Experts are available to take calls from individuals concerned with their own cognitive health as well as from family members and friends who may be concerned about a loved one and are seeking resources. You may also visit us [on-line](#)

Connie Keck Joins the Midlands Chapter

We are pleased to welcome Connie Keck to the Midlands Chapter Family! Connie joined the Alzheimer's Association Midlands Chapter as Development Director on November 4, 2011. Ms. Keck has worked in sales and fund raising over the past 20 years. Prior to moving to Omaha, she worked for ten years with Wayne State College as the Director of the Bureau for Community and Economic Development. Since coming to Omaha, Connie has served as the Vice President of Advancement and Major Gifts Officer for College of Saint Mary, Executive Director of the United Way of the Midlands Foundation and in development work for The Salvation Army.

Having witnessed the impact Alzheimer's disease can have on family and friends, Connie is truly dedicated and passionate about securing funding for programs and services the Alzheimer's Association Midlands Chapter provides throughout the region. Connie makes her home in Omaha and enjoys her four children and grandchildren.





Dementia and Driving Resources

Driving demands quick reaction time and fast decision making - because of this, a person with Alzheimer's will eventually become unable to drive. Ideally, families should talk openly about driving soon after a diagnosis of Alzheimer's. Making decisions about when it is time to stop driving can be difficult, but dealing with the issue early on can help ease the transition. For more driving tips please go on-line to:
http://www.alz.org/safetycenter/we_can_help_safety_driving.asp



YAlzA! **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 send an e-mail to yalza.midlands@gmail.com for more information.



Saturday, December 3rd - 11am until 3pm

Make a charitable donation to the Alzheimer's Association and volunteers from Colliers International will wrap your holiday gifts!
 Gift wrapping boutique located in the Garden Café party room.

ROCKBROOK VILLAGE - 108th & CENTER

Thank you to our friends at Colliers International!



Heritage Society

by *Connie Keck, Development Director*

"Gifts to Fund the Future"

Many of us from time to time have misplaced our car keys or have forgotten our grocery list and left it at home. These things happen sometimes and are referred to as "senior moments." But what if a member of your family or a dear friend, once the keys or grocery list had been found could not make the connection as to how to use either of these items.

Alzheimer's takes its toll not only on people who have the disease but also takes its toll on the care givers of these individuals. Supporting the Alzheimer's Association® Midlands Chapter puts your money to work - not only for today but for the future.

When you name the Alzheimer's Association® Midlands Chapter in your will or estate plan you create a lasting legacy that will support programs and services well into the future. It is an effective way to help yourself and the Midlands Chapter. The Alzheimer's Association® Midlands Chapter mission statement has three parts: foster research, provide care and support for persons with dementia and their family, and lower the risk of dementia.



As you create your will or estate plan you can work with your financial advisor to realize tax considerations of benefit to you.

These are some of the ways you can make a legacy gift:

- An outright gift, such as cash, stock, tangible property, and gifts of real estate where the Alzheimer's Association® Midlands Chapter generally has use of the asset immediately.
- A bequest, where the donor retains the use of the asset during his/her lifetime and the Alzheimer's Association® Midlands Chapter receives the bequest after the donor's passing.
- A lifetime income gift, where an asset is donated to the Alzheimer's Association® Midlands Chapter during the donor's lifetime but the donor continues to receive income from the asset for life.

I would welcome the opportunity to talk with you about becoming a member of our Heritage Society and how your gift would benefit the Alzheimer's Association® Midlands Chapter.

Please contact me today. I would be happy to set up a meeting to talk with you. Also, if you have already included the Alzheimer's Association® Midlands Chapter in your will or estate plan, please let me know of your generous gift.

I look forward to hearing from you. You can call me at 800-272-3900. You can also send an [e-mail](#) message . Thank you!

Medicare Open Enrollment for Medicare Part D Ends December 7, 2011

The Open Enrollment period for Medicare Part D drug and existing Advantage Plans began on October 15th and **ends on December 7th**. It is in every Medicare beneficiary's best interest to shop around and find the best plan that meets their needs. It's worth it to take the time to compare - let Medicare help!

For more information go to: www.medicare.gov or call 1.800.MEDICARE or 1.800.633.42273. Volunteers Assisting Seniors is hosting Medicare Part D Enrollment Events. Call 402.444.6617 for event locations.

A purple rectangular poster with white text and decorative floral patterns on the left side. The text is centered and reads: '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'.

Wellness Wisdom

by Rosalie Shepherd, Program Staff

Warning Signs - Common Language Problems

How many of us have been speaking to someone, and couldn't think of a particular word. Even though we think of it later, it can be pretty frustrating as we wonder if it could be a sign of serious memory loss. However, there is a difference between age related memory loss and dementia. People with dementia would have no memory of the conversation at all.

One doctor explains it this way. There is a part of the brain that holds our words that he calls our 'dictionary'. When affected by dementia, it is like the dictionary has been taken out of the brain, torn up and placed back in. Consequently, people with dementia have great difficulty with word finding.

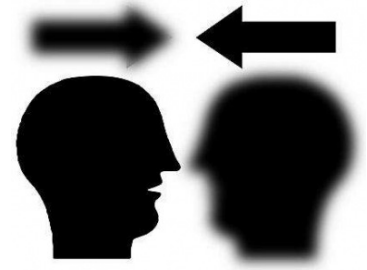
People with dementia have other language problems besides word-finding difficulties that caregivers don't always understand: For instance, they can't speak in complete sentences, and may not understand what we say to them. In other cases, they may understand but can't talk. They may even forget English if it is a second language and lose the ability to read or write. Each case is different depending upon which part of the brain is being affected.

It is interesting that even if they can't speak, individuals with dementia may be able to sing songs or recite prayers because that involves different parts of the brain. Kathy Mattea, award winning singer relates that her mother had not spoken for years when one day she was tuning her guitar, and mom started singing all the verses to You Are My Sunshine. Kathy states that through music she can now communicate with her mother.

What can we do to help? Even though it may be difficult for the individual to communicate, never stop trying. We should never underestimate what they understand. In spite of their language losses, people with dementia are good at understanding body language, tone of voice and facial expressions. This skill continues almost to the end.

In order to understand these behaviors in their loved one, caregivers need to understand what is happening to the brain, and that the individual with dementia is not 'just doing that' or 'could do that if they tried harder'. Their brain is being ravaged by Alzheimer's disease, and it is no surprise they are experiencing language and other problems.

To see how Alzheimer's disease affects the body's most powerful organ, take our interactive brain tour on the [website](#)



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**



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



facebook

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

Stop by our brain gym

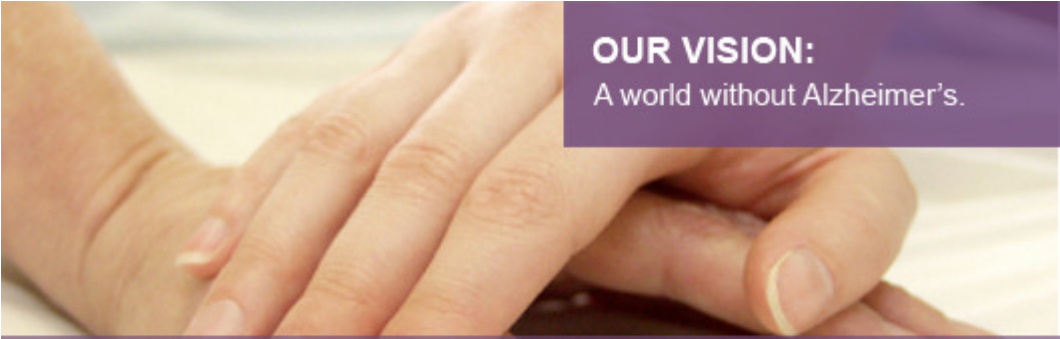
Exercise your brain and test your skills.

Solve today's puzzle ▶▶



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.

Congratulations and THANK YOU
to the following community facility who has recently completed modules within our
Foundations of Dementia Care
training program:

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** at clayton.freeman@alz.org or **call 402.502.4301 for more information TODAY!**
