

alzheimer's association®

Midlands Chapter Perspectives

Research · Support & Care · Reduce the Risk
September 2011 Issue Serving Northeast Nebraska & Southwest Iowa

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

Presenting Sponsors



Omaha Walk



METHODIST

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The END of Alzheimer's disease starts HERE.

Join the Alzheimer's Association® Walk to End Alzheimer's™ and unite in a movement to reclaim the future for millions. Since 1989, we've mobilized millions of Americans in the Alzheimer's Association® Memory Walk; now, we ask you to register for Walk to End Alzheimer's™, the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Together, we can END Alzheimer's disease the nation's sixth-leading cause of death. Sign up for a Walk in your community!

To create or join a team or find out more information please go to www.alz.org/midlands TODAY!

Please contact Alisha toll free at 800.272.3900 or apalagi@midlandsalz.org

- Sunday, September 25, 2011 at Chalco Hills, Omaha, NE
 - Saturday, October 1, 2011 at Midland University, Fremont, NE
-



9.21.11
alzheimer's action day

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Guest Speaker: Lt. Governor Rick Sheehy will speak about the impact of the disease on our families and communities. Nearly 40,000 Nebraskans have been diagnosed with Alzheimer's disease. Alzheimer's disease is the sixth leading cause of death in the United States.

What: Light the State Capitol in PURPLE -- See the light END Alzheimer's disease.

Where: State Capitol, North Steps

When: Wednesday, September 21, 2011 at 6:45 p.m.



world
alzheimer's month

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**The END of Alzheimer's Starts With Me . . .
. . .and YOU!**

September is World Alzheimer's Month. Join us in the fight against Alzheimer's by honoring the heroes that fight against the disease every day -- and become a hero by helping to raise awareness. Visit our World Alzheimer's Month page to meet our heroes, share your story and learn how you can inspire others to help END Alzheimer's.

[Learn more about World Alzheimer's Month>>](#)

**Remember the
Alzheimer's Association® Midlands Chapter
Leave a Legacy**

By Dr. Duane Gross, CEO

Planned Giving provides lasting benefits through programs of care and support for those suffering from Alzheimer' disease and fosters research to find the cure for Alzheimer's. Please consider leaving your legacy of support by making a planned gift to the Alzheimer's Association® Midlands Chapter. Planned gifts allow you to meet your charitable giving goals along with your estate and financial planning objectives. For more information on Planned Giving, please call me toll free at 800.272.3900 or at 402.502.4301 x212. Thank you for your consideration!

4th Annual Benefit for the
alzheimer's association®
Midlands Chapter

Oktoberfest

Friday, November 4, 2011

Festivities Begin at 7:00 p.m.

German American Society
3717 South 120th Street
Omaha, NE

\$75 per person

To make reservations please go to www.alz.org/midlands
or send an email to foleyclan@cox.net TODAY!

Beer/Wine • German Food
Silent Auction • Music • Raffle

Please forward this invitation to your friends!

Our Generous Sponsors:

Marcotte Insurance • Parson's House on Eagle Run • Spaghetti Works



Respite Care Grants Available

Through the Midlands Chapter

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

1. Log on to www.alz.org/midlands find the Respite Care 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)



Nominate a Special Caregiver TODAY!

Recognizing the immense unpaid contribution made by family members, friends, volunteers, and neighbors....that's what the 2011 Caregiver of the Year is all about.

On Thursday, November 10, 2011, HELP Adult Services will recognize nominated caregivers of adults caring for a loved one who has a chronic illness. The event is will be hosted at Fontenelle Forest's Forest Room (1111 N. Bellevue Blvd). The event is free to nominated caregivers and their family members.

Nominate a caregiver today who:

- Provides dignified, respectful and safe care
- Promotes physical, social and mental interaction
- Stimulates conversation and companionship
- Balances their needs with the needs of the person he/she is caring for



To receive a nomination form or ask a question, call Emily at HELP Adult Services, 402.341.6559, x100. Nomination forms are also available online at www.helpadultservices.org.

Alzheimer's Awareness Night

The Alzheimer's Association@ Midlands Chapter is sponsoring an Awareness Night on Tuesday, October 11, 2011 from 6:00 - 8:45 p.m. at the TAC Center, Room 5072, 3215 Cuming, Omaha, NE.

Learn the basics of Alzheimer's disease and other dementias, identify how Alzheimer's disease affects African-Americans, and understand the legal issues and documents involved in caring for an individual with Alzheimer's disease or other dementias.



There is no cost to attend this event. A light meal is also provided. Please RSVP to Gloria at 800.272.3900 or you may register online at www.alz.org/midlands by Thursday, October 6, 2011.

Please contact Betty K. Chin at 800.272.3900 if you have any other specific questions regarding this program.

Consider Becoming a Support Group Facilitator

The Alzheimer's Association Midlands Chapter in Omaha serves over 30 caregiver support groups in a 15-county territory in northeast Nebraska (Douglas, Sarpy, Dodge, Washington, Burt, Cuming, Wayne, Stanton, Knox, Cedar), and southwest Iowa (Pottawattamie, Shelby, Mills, Harrison, Fremont). There is a growing demand for support groups, so we are always searching for caregiver support group facilitators.

A facilitator is a volunteer, knowledgeable about dementia, community resources, and understands caregiver stress personally and/or professionally. A facilitator is NOT expected to resolve issues, but to listen and guide participants in a positive direction regarding the issues presented.

Former family caregivers, care and case managers, healthcare professionals, and aging and social services are usually suited as facilitators.

If you are interested in learning to become a facilitator or co-facilitator, please contact Betty K. Chin at 800.272.3900 or bchin@midlandsalz.org for more details. Training is provided upon selection.

Two New Support Groups To Begin in October

Ralston Senior Center, 7301 Q Street, Ralston, NE will meet on the 1st Monday of each month starting on October 3, at 9:30 AM.

Rand Community Senior Center, 100 S. 4th Street, Missouri Valley, IA will meet 4th Tuesday of each month starting on October 25, at 2:30 PM. Contact Betty K. Chin at 800.272.3900 for details.

For a current list of support groups please visit the [Support Group page](#) on our web site.

Caregiver Educational Series

AN OPPORTUNITY TO SHARE INFORMATION,
EDUCATION AND SUPPORT

This series is made possible in part through a gift from the Midlands Chapter Community Education Fund.

Tuesday Evenings
4:30 to 6:00 p.m.

Location:

American Red Cross Building * 705 North 16th Street * Council Bluffs, IA

- **October 4th:** Memory Loss, Dementia and Alzheimer's disease: The Basics-- Rosalie Shepherd, BS--Midlands Chapter Program Staff
- **October 11th:** Current Treatments for Alzheimer's disease and Other Dementias--Gary DeVoss, MD--Internist and Geriatrician
- **October 18th:** Protecting Your Assets: What to Do When the Forecast Calls for Rain--Cathy Wyatt, CS, Ben Koley and Dale Percival--Financial Visions, LLC
- **October 25th:** Legal Issues--Jack Ruesch, JD--Telpner, Petersen, Smith, Ruesch, Thomas & Simpson, LLP
- **November 1st:** Communication and Behaviors: "A Caregiver's Toolbox"--Diane Hendrix, CMSW--Geriatric Assessment Center UNMC
- **November 8th:** Caregiver Panel--Nancy Young, Caregiver; Mike VanSickle, Chief of Operations for Bethany Lutheran Home; Joni Vallier, Hospice of Southwest Iowa

To make a RESERVATION for one or more of the dates in this Educational Series, please contact Gloria at the Midlands Chapter Headquarters at 800.272.3900 or register on-line at www.alz.org/midlands **TODAY!**

Wellness Wisdom

by Rosalie Shepherd, Program Staff

Loss of Old Skills

"I knew something was dreadfully wrong when I could no longer spell simple words." lamented Ann. "I used to be a beautiful speller, and now I can't spell anything." Ann and her husband John came to the office because they suspected that she had dementia. "Ann used to be a bookkeeper, but now she doesn't know what the numbers are." said John. "It broke her heart when she could no longer manage her own checkbook."

Ann did have one of the signs of dementia: difficulty with old skills. The inability to do things we used to do easily can be very frustrating for the person with dementia. Sometimes people lose their ability to do familiar tasks because they are not as easy as one would think. Many of the tasks we do almost automatically are really quite complicated.

Patience and knowledge is required by the caregiver to understand what is happening in the brain to effectively deal with this change. We should not expect that the person with dementia could do the tasks if only they tried harder. Many tasks that we do automatically all our lives take several parts of the brain to accomplish--a skill that may be compromised.

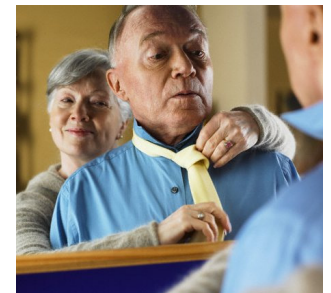
Making a peanut butter sandwich for example, may take thirty separate steps to accomplish. Someone with dementia may no longer accomplish "easy" tasks because certain parts of their brain have been destroyed by the disease. It is possible that they may no longer recognize bread or know what to do with peanut butter.

We can help with the loss experienced by persons living with dementia by looking for what remains rather than what is lost in the following ways:

- Concentrating on the strengths that remain and offering opportunities to use them.
- Providing needed help without taking over the task and encouraging independence when possible.
- Breaking down directions into simple steps and offer only one at a time.

It is also important to keep the person with dementia active in their own activities of daily living for example dressing, feeding and grooming themselves. Doing as much as possible with your help, will give them a better quality of life for a longer period of time.

Please check out our resource library for valuable information on activities like Bathing Without a Battle or go online at www.alz.org/midlands "100 Things to do With Someone with Dementia". For more information call our 24/7 Helpline at 800.272.3900.



***** **SAVE THIS DATE** *****

Wednesday, November 9th

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Midlands Chapter

Annual Meeting

**Tip Top Ballroom
1502 Cuming Street
Omaha, NE**

For sponsorship opportunities, tickets,
or more information please call 800.272.3900

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 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

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

Congratulations and THANK YOU

to the following community facilities who have 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 careworkers, please contact **Clayton Freeman** by [e-mail](#) or call **402.502.4301** for more information TODAY!
