

## Hope & Answers: Town Hall Meetings Held in Minnesota

In a concerted effort to help more people with Alzheimer's disease, their families, friends and caregivers, the Alzheimer's Association of Minnesota – North Dakota, in partnership with Twin Cities Public Television (TPT), is providing "Hope and Answers," a series of town meetings about Alzheimer's disease.

Local experts will address Alzheimer's-related issues at these meetings, with information also available regarding volunteer opportunities, becoming an advocate and "Maintaining Your Brain."

With Alzheimer's disease in the United States predicted to reach epidemic proportions in the next 40 years, it is more important than ever to share information about current treatments, research, care options and prevention, and to connect people with resources that meet their

specific needs. We invite you to join us for an informative evening of "Hope and Answers" at one of the town meetings near you:

- Tuesday, April 27, 7-9 p.m., Jewish Community Center, St. Paul, MN
- October 2004, Bethlehem Lutheran Church, St. Cloud, MN
- Monday, May 24, 7-9 p.m., Immanuel St. Joseph's Hospital, Mankato, MN

Town meetings are an excellent opportunity for family members and caregivers to speak with knowledgeable professionals as well as other caregivers. For more information, please contact Laura Rosen at 952-857-0532 or visit us at [www.alzmdak.org](http://www.alzmdak.org). If you need a respite care referral, please call the Helpline® at 1-800-232-0851. ●

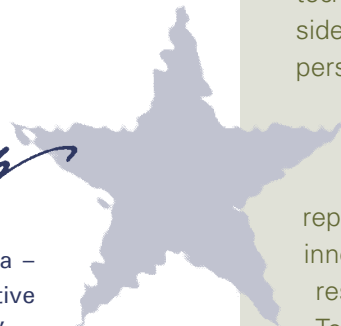
## New Year Rings in New Alzheimer's Look

A brand new year often inspires changes. Individuals make resolutions to exercise more, make that job change or eat healthier foods. Not to be outdone, the Alzheimer's Association launched a new look in February that creates a clear, strong brand identity and builds upon its 24 years of successfully fulfilling its mission. The goals of the new brand are to create greater national public awareness and recognition of association programs and services, distinguish it from other organizations and connect it with those who do not know that it is the world leader in Alzheimer's research and support.

The symbol between the words "Alzheimer's" and "association" represents the high touch/high tech combination of services. One side of the symbol represents a person and the many ways the organization delivers personalized care for individuals. The other side represents a lab beaker and the innovations taking place in research and development. Together they present a complete package for those with Alzheimer's disease and the people who care about them.

*Remembering our Stars*

On April 17, 2004, the Alzheimer's Association Minnesota – North Dakota will celebrate its silver anniversary with a festive evening of "Remembering Our Stars: Celebrating 25 Years." Celebrate the progress we've made enhancing the quality of life for those with Alzheimer's disease, their families and caregivers. See page 7 for more information. **Please join us!**



## From the Executive Director

My first several months as executive director have proven the old adage that nothing is constant except change. Staff and volunteers have worked hard to serve more individuals and their families affected by Alzheimer's disease, introduced a new initiative, Maintain Your Brain™, and reconfigured our Web site ([www.alzmindak.org](http://www.alzmindak.org)).

The most significant impact on the organization has been the airing of "The Forgetting: A Portrait of Alzheimer's" on Twin Cities Public Television. This powerful documentary has touched many in our community, and our organization has met the demand for information and resources at a breakneck pace. This ground-breaking production has launched us to new heights and offered unprecedented opportunities to inform the community about the fight we are engaged in. We are extremely grateful for this partnership with TPT and look forward to increasing our outreach and effectiveness.

From my perspective, we have just begun to fight. It is true that significant progress has been made in the last 25 years in diagnosing, treating and caring for people with Alzheimer's and their families, friends and caregivers. Yet conquering this disease is going to require more vision, talent and determination than we've seen in the past 25 years. As we envision a world without Alzheimer's, we invite you to join us in the following ways:

**Maintain Your Brain.** Take steps to manage your blood pressure, cholesterol, blood sugar and body weight. Eat

foods high in vitamin E and C and rich in omega-3 fatty acids. Get plenty of exercise and rest, and stay in touch with family and friends. Take a class, learn to meditate, go for walks and talk with your doctor about your health and concerns.

**Become an advocate.** Help us lobby to increase funding for Alzheimer's research. Support local initiatives that improve dementia care for our loved ones. Promote policies that lead to new ways to ensure access and quality services for all.

**Volunteer.** Work with people in your faith community to offer respite to a caregiver. Volunteer at your local Alzheimer's Association office. Join a Memory Walk™ team in the fall. Check in on caregivers whom you know in your neighborhood. Ask what you can do to help them.

**Donate to the Alzheimer's Association.** Help us provide compassionate care for people with Alzheimer's, their caregivers, families and friends. Help us continue to make strides toward a cure so that this disease does not bankrupt families and our health care system.

It is up to all of us to continue the progress, hope and momentum. There is no better time to become involved and take action. With your help, we can make Alzheimer's just a memory. ●

Mary Birchard joined the Alzheimer's Association, Minnesota - North Dakota, as Executive Director in October 2003.

*A \$100 contribution provides one hour of care consultation for individuals who have been diagnosed with Alzheimer's disease and/or their family members and caregivers.*

## Ellen Johnson: Champion of Health

Ellen Johnson was awarded the Blue Cross Blue Shield of Minnesota Champions of Health award in November. This is a statewide recognition program to identify and honor individuals who have gone the extra mile to make their communities healthier places to live. Ellen is an active volunteer in the Alzheimer's Association speakers' bureau, public policy activities and program services.



*from left: Nancy Sailer, Ellen Johnson, Nancy Thomes, Tom Lee*

## Support Groups

“Support group provides a sense of community. It’s a place where you can go and, without saying a word, be understood. It’s a bond, a community, a trust you have for each other.”

- Harriet Adelstein, MA, OTR

One of the most highly used resources the Alzheimer’s Association provides is a support group. These safe, confidential groups meet monthly to offer ideas and education as well as support. Care partners often remark on how they anticipate the next meeting, learn new ways to approach a problem and gain strength for the caregiving journey.

There are a number of support groups that offer free respite for the loved one with the diagnosis, and those are listed below. This means that care partners can take a loved one to the day center while they attend a support group at the same location. We hope by highlighting this service more care partners will benefit from support groups. Those groups offering this free service follow.

### Support Groups Providing Respite

**Bloomington**, 952-888-5405  
Creekside Community Center

**Bloomington**, 952-948-5154  
Martin Luther Manor

**St. Cloud**, 320-252-0010  
St. Benedict’s Senior Community

**St. Louis Park**, 952-922-1147  
Altercare

**St. Louis Park**, 952-935-0333  
Plaza Health Care Center

**St. Paul**, 651-774-6574  
Wilder Adult Day Health

**Shakopee**, 952-233-8855  
Emerald Crest

**Spring Park**, 952-472-0014  
Sojourn Adult Day Care

A second benefit of support groups is the opportunity for the person with the diagnosis to have some social and cognitive stimulation while away from the home. As care givers, we often forget these individuals enjoy spending time with other people. Attending a day program can be a great way to increase or maintain cognitive ability, provide interesting activities and be a bridge between living at home and getting ready for possibly living in a group setting. It can be a transitional experience.

There are other support opportunities for those with special needs, including adult children, young spouses, men’s, women’s, and those with the diagnosis and their care partners. These groups supplement the traditional caregiver groups. The incidence of Alzheimer’s disease is rapidly growing and so will the need for support. If there is no special needs support group in your area, please consider a caregiver group.

### Special Needs Support Groups

#### Early-Stage

Eden Prairie, 952-949-3126  
St. Louis Park, 952-993-5848  
White Bear Lake, 651-232-1862  
Duluth, 218-726-4819  
Rochester, 507-284-4059

#### Late-Stage

Minneapolis, 612-879-2294

#### Age 65 and Under

Brooklyn Park, 952-929-1533

#### Adult Children

Bloomington, 952-857-0523  
Burnsville, 952-854-6122  
North Oaks, 651-482-8111  
St. Louis Park, 612-598-0024  
Shoreview, 612-863-5771

### Male Caregivers

Rochester, 507-284-4059

### Female Caregivers

Rochester, 507-284-4059

### Spouses

North Oaks, 651-482-8111

For more information about support groups in your area, or for a more complete listing, visit our Web site at [www.alzmdak.org](http://www.alzmdak.org) or call our 24/7 Helpline at 1-800-232-0851. ●

## Regional News

### Rochester 2004 Spring Education Series

The Spring Education series will run every Tuesday from 5:30 to 7:30 p.m., April 6 to May 25, at the Mayo Clinic in Rochester. Call 507-289-3950 for more information.

### Albert Lea Conference

The 14th annual Alzheimer’s and Dementia Conference will be held on April 21, 2004, from 8:30 a.m. to 4:00 p.m. in Albert Lea. For more information or to register, please call 507-289-3950.

### Benefit Concert in Fergus Falls

The annual Benefit Concert for the Alzheimer’s Association, Minnesota - North Dakota, will be held March 27 at 7:30 p.m. at A Center for the Arts in downtown Fergus Falls. This year’s entertainers include local favorites Wendy Erlandson and Dylan Hagberg, along with the featured entertainer, pianist Mary Beth Carlson. Tickets are available at Nordic Galleri in Fergus Falls. For more information, contact Darlene Akerman at 218-739-2760.

## Callers Light Up Helpline After “The Forgetting”

“The Forgetting,” a powerful documentary on Alzheimer’s disease shown on Twin Cities Public Television (TPT) in January, created enormous desire for information on the Alzheimer’s Association, stimulating important conversations in homes, churches and businesses. Twenty families even hosted house parties to watch the documentary with family and friends. Use of the Alzheimer’s Association Web site increased from 360 sessions on average to 690 overnight, and online inquiries came from several states. Within hours after the airing, callers to our 24/7 Helpline increased tenfold.

### Individuals wanted to know about the following:

- How and where to receive a diagnosis
- New medication information memantine (Namenda)
- Driving concerns
- How to find residential placement
- Family issues

Callers represented all ages, income levels and areas of residence. Many were long-distance caregivers and members of blended families. Some were adult children and grandchildren who realized the problems they were seeing in family members were not due to normal aging and requested immediate help. Those who suspected they had the disease called. A man in his 40s said “The Forgetting” was the light of his life because he now realized the changes in his mother over the last four years were probably related

to Alzheimer’s disease. He convinced a sibling that they needed to seek medical help and called the association for information several times over the next week. A grieving 80-year-old woman called in tears because she was caring for both her husband and her 60-year-old daughter. An elderly woman from a nursing home called because an entire floor in her facility was dedicated to those with dementia, and she felt if she learned more about the disease she could be of help.

Increasingly, individuals who feel alone, live in remote areas and struggle because they lack information are finding someone who will listen to their story. Skilled Alzheimer’s Association staff members identify areas of concern, assist with problem solving and send materials to support and empower callers as they plan care for themselves or a loved one. As one man said at the end of a Helpline call, “If I had known you were there, I would have called sooner.” He echoed many of our callers.

### Helpline Volunteer Positions Available

If you have professional experience related to Alzheimer’s disease and have daytime hours available, please consider joining our talented group of volunteers who assist us on our Helpline. Current openings include mornings beginning at 8 a.m. and shifts from 3 to 5 p.m. For more information please contact Nancy Thomes, director of Volunteer Programs, at 952-857-0520, 1-800-232-0851 or via e-mail at [nancy.thomes@alz.org](mailto:nancy.thomes@alz.org). ●

### Gifts to the Alzheimer’s Association

The Alzheimer’s Association, Minnesota - North Dakota, sends out just two mailings a year, spring and fall, asking for your support. The return address for these mailings is Edina, Minnesota, and your gift stays in Minnesota and North Dakota to help people with Alzheimer’s disease and their families, friends and care givers in our region.

The national office of the Alzheimer’s Association sends out many more mailings, and the return address is St. Paul, Minnesota. Gifts that go to the post office address in St. Paul support the national Alzheimer’s Association, not the Minnesota - North Dakota center.

### Workplace Giving and Payroll Deduction

There are two ways you can take advantage of the convenience of payroll deduction and make a gift to the

Alzheimer’s Association, Minnesota - North Dakota. If you work for a business that conducts a workplace giving campaign with United Way, please note on the pledge card you are given the space to write in the name of a non-profit. Write in Alzheimer’s Association, Minnesota - North Dakota, and your gift will be processed through United Way and sent to the Alzheimer’s Association.

If your workplace giving campaign includes Community Health Charities Minnesota (CHCM), please note that the Alzheimer’s Association is a member of CHCM. Again on the pledge card you are given, find the place where you can write in the Alzheimer’s Association and more of your gift will help provide support services for people with Alzheimer’s disease and their families.

For information, contact Sheila Bayle-Lissick, Development Director, [sheila.lissick@alz.org](mailto:sheila.lissick@alz.org) or 952-857-0536. ●

## Safe Driving Project Named Innovation of the Year

The S.A.F.E. Driving Mobility project won this year's Innovation of the Year award at the February 5, 2004, Minnesota Health and Housing Alliance conference in Minneapolis. This project works with families to make sure that driving is a safe option for loved ones. If driving is no longer an option, information, support and education can be provided. For more information, please call 888-404-7768.

The National Highway Transportation and Safety Association (NHTSA) recently released these statistics in a report on driving and dementia ([www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)):

- Eighty-six percent of mildly demented subjects reported no problems with their driving ability.
- Seventy-one percent of caregivers for this group reported concern about the subject's driving ability.
- Persons with Alzheimer's disease tend to drive until a crash occurs. More than 80 percent of those experiencing a crash continued driving up to three years following the event and during this time, more than one third had at least one more crash!

Driving and dementia is an explosive issue frequently heard on the 24/7 Helpline. Manager Kay Nelson took an interest in the problem and has been a resource for the S.A.F.E. Driving project for the past two years. On April 17, she will present at the 2004 ASA-NCOA Joint Conference in San Francisco, and be one of 15 national panelists addressing The Santa Monica Crash: Strategies to Reduce Future Occurrences. ●



*Safe driving is important to these individuals, from left to right: Janet Green, Minnesota Health and Housing Alliance; Kathy Woods, Complete Mobility Systems; Peter Krump, SPOT Rehabilitation; Larry Ouellette, Minnesota Highway Safety and Research Center; Bruce Glanzer, The Good Shepherd Community; Bill Schultz, The Good Shepherd Community; Kay Nelson, Helpline and Safe Return® Manager, Alzheimer's Association, Minnesota - North Dakota.*

## Maintain Your Brain

Maintaining a healthy brain should be important to everyone, not only those at risk for dementia-related diseases. Here are some steps you can take to help you in your efforts to "maintain your brain."

### Understand how much has been accomplished in the fight against Alzheimer's disease and why there is hope.

Most of what we know about Alzheimer's has been learned in the past 15 years. During this exciting time, medical researchers have uncovered many secrets of Alzheimer's, removing much of the mystery behind the disease.

### Take care of your brain.

There is increasing evidence that healthy lifestyle habits, such as managing blood pressure, cholesterol, blood sugar and body weight, contribute to healthier aging and may also decrease the risk of Alzheimer's. Individuals who take good care of themselves have a better chance of avoiding Alzheimer's in their later years.

**Get involved, advocate and donate.** Though the Alzheimer's Association goal of delaying the disabling symptoms and eventually preventing Alzheimer's disease now appears to be scientifically feasible, we continue to need your help. There are many ways to become involved. For more information, please call our 24/7 Helpline at 1-800-232-0851.

## Family Education – Partnering With Your Doctor

“Partnering with Your Doctor” is a new training program launched by the Alzheimer’s Association to teach participants how to develop a partnership between their doctor, a care receiver and a care partner. This workshop specifically addresses tips for communicating with the doctor, how to organize and prepare for visits and ways to get questions answered. We also offer additional education programs throughout our regions.

For more information or specific class dates, please contact the Alzheimer’s Helpline at 1-800-232-0851 or visit the Web site at [www.alzmdak.org](http://www.alzmdak.org).

## Speakers’ Bureau

Trained speakers are available to present to churches, community groups and civic organizations. Topics include:

- Understanding Alzheimer’s Disease
- Understanding Caregiving
- Communication and Disease Stages

For more information or to schedule a speaker, please contact Nancy Thomes, Director of Volunteer Programs, at 952-857-0520, 1-800-232-0851 or via e-mail at [nancy.thomes@alz.org](mailto:nancy.thomes@alz.org).

## Ask the Doctor

This answer was provided by Bradley Boeve, M.D., a neurologist at the Mayo Clinic and a board member of the Alzheimer’s Association Minnesota-North Dakota Chapter.

**“I have Alzheimer’s disease in my family. I’ve heard it may be genetic, and I wonder how I might find out if I will get it.”**

Many individuals are concerned about the risk of developing Alzheimer’s disease for themselves and their relatives. It is true that the risk of developing the disease is increased if one or more first-degree relatives (e.g., parent, sibling) has or had the disease. But the genetic issues relating to Alzheimer’s are complex, and all individuals who are concerned about these issues should review some excellent sources, which provide detailed information on Alzheimer’s genetics: <http://www.alzheimers.org/pubs/genefact.html> or <http://www.alzheimers.org/pubs/conv10n3and4.pdf>

## Smart Alex Run

The fifth annual Smart Alex 5K and 10K run will be held this year on

June 12 at Highland Park in St. Paul. All of the proceeds from this event benefit the Minnesota – North Dakota Alzheimer’s Association. Last year’s run raised approximately \$5,000!

Thanks to the following Smart Alex sponsors: Augsburg College Physician Assistant Studies, Kowalski’s Markets, St. Paul Corner Drug and Suburban Sportswear. We would also like to thank the runners and volunteers who helped make the 2003 Smart Alex run absolutely wonderful.

For more information about Smart Alex contact Tiffany Burrall, 952-857-0541, or [tiffany.burrall@alzmdak.org](mailto:tiffany.burrall@alzmdak.org).

## Delicious in Bismarck

In Bismarck, North Dakota, Cathy Kraft is having a Tastefully Simple Open House to benefit the Alzheimer’s Association. Saturday, April 24, from 1 until 4 p.m., you will have the opportunity to taste some fabulous fare. The Open House is at Sunrise of Bismarck, 114 North Third Street.

For more information about this event please contact Cathy Kraft at either 701-258-0932 or Cathy at [cathy\\_kraft@yahoo.com](mailto:cathy_kraft@yahoo.com).

*We appreciate our “partners in service.”  
Volunteers socializing at this year’s metro area volunteer recognition event, from left to right, are: Kanada Stull, Tim Siebrecht, Pat Gaylord, Bob Lindsey, Mary Keithahn, Merilyn Berke, and Norma Leary.*



**2004 Gala Set for April 17**

*Remembering our Stars*



On April 17, 2004, the Alzheimer's Association, Minnesota – North Dakota will celebrate its silver anniversary with a festive evening of "Remembering Our Stars: Celebrating 25 Years."

This magnificent fundraising event at the Marriott City Center in Minneapolis will include live and silent auctions of items such as a three-course gourmet dinner for eight, prepared in the winner's home by Marshall Field's Design Cuisine chef. Entertainment will be by George Farber and the Icons, featuring Connie Evingson.

More importantly, the 2004 Gala will celebrate the significant progress made by the Alzheimer's Association in providing vital services to enhance the quality of life for those affected by Alzheimer's disease and for their families and caregivers.

Please join us for a magical evening as we celebrate what the association has accomplished over the last 25

years and look toward the work that still needs to be done. Jim Campbell, former chairman and chief executive officer of Wells Fargo, will serve as the master of ceremonies, and Dr. Ronald Peterson of the Mayo Clinic's Alzheimer's Disease Research Center will provide an update on current research.

Sponsorship opportunities ranging from a diamond sponsorship at \$20,000 to pearl participants at \$800 are still available. Become one of our stars by sharing your resources to help support those in need.

If you are interested in attending the 2004 Gala, or would like more information on sponsorship opportunities for this exciting evening, please return the form below or contact Laura Rosen at 952-857-0532 or 1-800-232-0851. You may also access information online at [www.alzmnndak.org](http://www.alzmnndak.org).

**Auction Preview List:** Beauty Cocktail Party for 15 couples including cocktails, makeovers and private shopping at Neiman Marcus. Romance package for two from St. Paul Hotel, including deluxe room, dinner at the St. Paul Grill, chilled wine and continental breakfast. Three-course dinner and accompanying wine for eight guests prepared in your home by a Marshall Field's chef. Cayman Island getaway. Solera private dining for five couples. Dante Culpepper signed and numbered Vikings' football. Vince Flynn book discussion on his new novel. Toro Lawnmower. Las Vegas airfare for two from Minneapolis. One-night stay in deluxe room with four waterslide passes at Arrowhead Resort. Randy Moss autographed Vikings' jersey. Spa packages. Vikings' season tickets. \$1000 toward cosmetic eye surgery. Year's supply of Caribou Coffee. Chris Hovan autographed Vikings' jersey. Gourmet foods gift basket from Byerly's. Sports memorabilia. Triple Espresso tickets. WILD hockey tickets. Autographed artwork. Portraits and sessions for families, children and even pets. Brett Favre signed Super Bowl edition Wheaties box. Minnesota Orchestra tickets. Harmon Killebrew autographed Minnesota baseball artwork. Dinner packages. Quilt specially made for the Alzheimer's Association. Endless NHL autographed memorabilia. Family membership at Northwest Athletic Club. Hawaiian framed photographs. Twins Tickets. Cherie of Wayzata gift basket. Family Movie Night Fun gift basket. Wine, wine, and more wine!

**Remembering Our Stars: Celebrating 25 Years  
April 17, 2004 – Marriott City Center**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Email \_\_\_\_\_

\$1500 (table for 10) or \_\_\_\_\_ individual tickets @ \$150 each  
 We cannot attend but wish to contribute \$ \_\_\_\_\_ to support the work of the Alzheimer's Association.  
 My check is enclosed  
 Please charge my (circle) VISA MasterCard # \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

Please print name \_\_\_\_\_ Signature \_\_\_\_\_

"Until our first Alzheimer's survivor stands beside us, we will be right here serving those who need to be served." For more information, contact Laura Rosen at 952-857-0532. When completed, this registration form can be faxed (952-830-0513) or mailed to the Alzheimer's Association, Minnesota - North Dakota, 4550 West 77th Street, Suite 200, Edina, MN 55435.

**Event Calendar**

Spring gala “Remembering Our Stars,” April 17, 2004

Town Meeting on Alzheimer’s, April 27, 2004, St. Paul, MN

National Hospice Association Teleconference, April 28, 2004

Town Meeting on Alzheimer’s, May 24, 2004, Mankato, MN

Annual Meeting, June 17, 2004

Como Park Memory Walk, September 18, 2004

Professional Update Conference, November 5, 2004

Family Matters Conference, November 6, 2004

National Alzheimer’s Month, November, 2004

**So That’s Why They Act That Way!**

Understanding how Alzheimer’s disease changes everything—communication, behavior, interpretation of the environment and relationships—helps professionals better respond to the needs of those with the diagnosis. The Alzheimer’s Association delivers training that incorporates knowledge of the disease with models for preventing or reducing negative behaviors and methods for increased patient participation in self care. Additional presentations include Maximizing Strengths Through Music, Fulfilling the Person Not Just Filling the Day, Communication and Behavior, Enhanced Activities of Daily Living, Late Stage Dementia Care. For more information about training in your area call 1-800-232-0851 or visit [www.alzmdak.org](http://www.alzmdak.org).

**Metro Regional Center**

4550 West 77th Street, Suite 200  
Minneapolis, MN 55435  
952-830-0512

**Northern Minnesota Office**

202 Ordean Bldg., 424 W. Superior St.  
Duluth, MN 55802  
218-726-4819

**Southern Minnesota Office**

1001 14th Street NW, Suite 800  
Rochester, MN 55901  
507-289-3950

**Western Minnesota Office**

210 North Cascade  
Fergus Falls, MN 56537  
218-739-2760

**North Dakota Office**

4357 13th Avenue SW, Suite 203  
Fargo, ND 58103  
701-277-9757

**24/7 Helpline: 1-800-232-0851 | [www.alzmdak.org](http://www.alzmdak.org)**

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