

alzheimer's association™

Minnesota-North Dakota Chapter Newsletter
Summer 2010

www.alz.org/mnnd
24/7 Information Helpline: (800) 272-3900



Memory Walk 2010: Help Us Reach One Million Dollars!

Last year, more than 8,500 people participated in the Minnesota and North Dakota Memory Walks and raised more than \$960,000. This year, help us walk to end Alzheimer's and reach the million dollar mark to raise even more awareness of this disease and funds for support, education, advocacy and research.

alzheimer's association  memory walk '10®

Join us today by signing up for a 2010 Memory Walk near you:

- **Bismarck, ND**
Saturday, September 18
- **Brainerd, MN**
Saturday, September 25
- **Dickinson, ND**
Saturday, September 11
- **Duluth, MN**
Saturday, October 2
- **Fargo, ND**
Saturday, September 18
- **Grand Forks, ND**
Saturday, September 11
- **Mankato, MN**
Tuesday, September 14
- **Minot, ND**
Saturday, September 25
- **Red Wing, MN**
Saturday, October 9
- **Rochester, MN**
Saturday, September 11
- **St. Cloud, MN**
Saturday, October 2
- **Twin Cities, MN**
Saturday, September 25
- ***NEW* Williston, ND**
Saturday, October 2
- **Winona, MN**
Saturday, September 25

Steps to Join

1. Sign up for Memory Walk at www.alz.org/mnnd
2. Set up your Personal Page
3. Start a Team and Recruit Members
4. Fundraise Online
5. Use Social Networking to Spread the Word

New Tools Available This Year!

- Facebook applications that help you meet and exceed your goal
- Matching gift information for thousands of companies nationwide
- Sample recruitment and donation ask letters
- Tip sheets on how to raise \$500 or more in 10 days

All of these and more are available at www.alz.org/memorywalk.

Determined Teen Raises Alzheimer's Awareness in Brainerd Lakes Area

By Kim Gaetz, Alzheimer's Association Volunteer

Bailey Wachholtz was only 13 years old when her family was informed that her father, Duane, had been diagnosed with Alzheimer's disease. Finding herself scared and ill-prepared forced this teen into action. She quickly looked up any information she could find about Alzheimer's to help her understand just what was happening to her father. But educating herself wasn't quite enough. Bailey was moved to action to help stop the disease.

The more Bailey learned about Alzheimer's, the more determined she became to do something about it. In September 2009, the Wachholtz family chaired the first-ever Memory Walk in the Brainerd Lakes area. In all, 500 walkers raised more than \$39,000 for the Alzheimer's Association—a staggering success for a first-annual Memory Walk.

But Bailey wasn't finished there.



Bailey Wachholtz

Bailey saw a need in her community for an Alzheimer's disease education program geared toward elementary school children. Approximately once per month, Bailey attends local elementary schools to share the child-friendly educational program she developed for individual classrooms. During this time, she talks to kids about her dad, Alzheimer's disease, and the importance of Memory Walk. She reads to the kids from Maria Shriver's book *What's Happening to Grandpa?* and leaves a copy of the book in each school's library so kids can check it out at a later time. Bailey also engages the kids in a question-and-answer session by pulling random questions from her presentation to quiz the children. In doing so, Bailey has found how quickly her students learn and how eager they are to share their newfound information. Many times, she has been amazed by the small details kids pick out of her presentation. Bailey usually attends to five to six classrooms per visit and upon leaving each room, she leaves kids smiling with a gift of a brain-shaped pencil eraser.

By sharing her story with others, Bailey hopes to help kids understand the process of Alzheimer's disease and how much of an impact just one person can have in fighting it. She encourages students to get involved with the Memory Walk, as she has, to help fight Alzheimer's disease.

"I will see a cure for Alzheimer's in my lifetime—if it's the last thing I see," she said.

For more information on Bailey's efforts, visit her website at www.beonthemove.weebly.com.



Bailey, Duane and Pam Wachholz cutting the ribbon at the 2009 Brainerd Memory Walk.

Please Don't Toss This Newsletter!

We encourage you to "recycle" your newsletter. Share it with a friend, doctor's office, house of worship or club. Contact Carla Zbacnik at carla.zbacnik@alz.org or (952) 857-0526 if you'd like to be removed from our mailing list or would like to receive this newsletter via e-mail.

This newsletter is published twice each year by the Alzheimer's Association Minnesota-North Dakota, a nonprofit, tax-exempt corporation.

Your newsletter comments and ideas are always welcome. Please send them to:

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Golf Tournaments Benefit Alzheimer's Association

The Alzheimer's Association is teeing up for a great summer of golf! The Association has been chosen as the beneficiary of two outstanding golf tournaments, both of which are open to the public.

On Friday, August 20, 2010, Allianz will host its annual "Driving to Donate" Golf Tournament at Bunker Hills Golf Course in Coon Rapids, MN. The tournament includes a 9:00 a.m. shotgun start and best-ball format. The 18-hole entry fee is \$125 per person (\$500/foursome) and includes green fees, ½ cart and lunch.

"At Allianz, we are dedicated to sharing our resources, talent and volunteer time to sustain a strong, vibrant quality of life," said Allianz Community Relations Specialist Laura Juergens. "Our employees are passionate about supporting non-profit organizations that help our community."

For additional information or to register, contact Laura Juergens at (763) 582-6571 or laura.juergens@allianzlife.com. Registrations are encouraged by July 20, 2010.

Univita (previously known as Long Term Care Group) hosts its third-annual Golf Scramble for Alzheimer's Disease on Friday, August 20, 2010, at Braemer Golf Course in Edina, MN. A 2:00 p.m. shotgun start will kick off the event.



Univita Golf Scramble for Alzheimer's Disease, 2009

The 18-hole entry fee is \$135 and includes a boxed lunch, cart, green fees, Univita logo polo shirt, dinner, two drink tickets and door prizes.

"The Univita Golf Scramble for Alzheimer's was created as a charitable and fun way for our employees to raise money for the Alzheimer's Association Memory Walk. This year's event is sure to be the most successful yet as we are expecting over 150 players and 60 volunteers," said Lynne Ferrell of Univita.

For information or to register, contact Lynne Ferrell at (651) 501-4304 or lferrell@univitahealth.com or download a registration form at www.alz.org/mnnd. Univita is the Alzheimer's Association Minnesota-North Dakota's 2010 Angel Sponsor and, as such, the company and its employees graciously raise more than \$25,000 annually for the Alzheimer's Association.

Association Applauds Social Security Administration for Adding Early-Onset Alzheimer's to Its Compassionate Allowance Initiative

In its effort to improve and expedite the disability determination process, the Social Security Administration (SSA) has announced that it will add early-onset (younger-onset) Alzheimer's disease to its Compassionate Allowance Initiative. Individuals with Alzheimer's disease have previously struggled to navigate the complex Social Security application process and have frequently been denied, faced long delays and experienced a lengthy appeal process.

"The diagnosis of Alzheimer's indicates significant enough cognitive impairments to interfere with daily living activities, including the ability to work," said Harry Johns, President and CEO of the Alzheimer's Association. "This decision will help a significant number of Alzheimer's families. It will also help the SSA, since long delays and appeals in the

disability determination process are costly for the agency."

A delegation of nine (persons with the disease, family caregivers and staff from the Minnesota-North Dakota chapter) attended the Compassionate Allowance Hearing held in Chicago, to speak directly to the challenges they have faced during the disability application process.

The SSA's proactive efforts to "fast track" certain conditions will help reduce the backlog of disability claims and, more importantly, ensure those claims that fall under this initiative will be decided on within days instead of months or years.

For more information on the SSA's Compassionate Allowance Initiative, visit www.socialsecurity.gov or call (800) 772-1213.



Exercise Study for Adults with Alzheimer's Disease Available

By Fang Yu, PhD, GNP-BC, RN
Assistant Professor, University of Minnesota School
of Nursing

Aerobic capacity is pivotal for functional independence and quality of life and reduces all-cause mortality in older adults. However, aerobic capacity declines about 5-10 percent per decade as individuals advance to older age if they do not participate in regular aerobic exercise. Older adults with AD are particularly vulnerable to a drop in aerobic capacity because AD symptoms often result in functional decline and increasingly sedentary daily routine. This triggers a downward spiral of decreased ability to do aerobic exercise, causing further decline in aerobic capacity.

A supervised aerobic exercise program is probably more suitable for older adults with AD. Researchers at the University of Minnesota are conducting a six-month stationary cycling study, which allows older adults with AD to exercise with a personal trainer and receive transportation assistance and monetary compensation. It also provides family members respite periods. To learn more about the study or get enrolled, please contact Dr. Fang Yu at (612) 624-5435 or Christine Peterson at (612) 626-9669.

Caller's Connection

INSIDE THE INFORMATION HELPLINE

QUESTION: My mom has Alzheimer's disease and is residing in a nursing home, where she receives 24-hour care. She has always liked to go out to eat, to concerts, shopping, to holiday parties, etc. Our family wants to include her in as many family celebrations and other outings as possible, but we have concerns about what is best for her.

For example, we took her to church and then to our home for Easter Sunday. She was really quiet for most of the time and then became upset when the little grandchildren were running around hunting for eggs. What should we do? Is it better to take her out or should we go to visit her in the nursing home?

ANSWER: Each person with Alzheimer's disease or a related dementia is different, so there is not one correct or consistent answer to your question. Here are some things to take into consideration when making a decision:

- Use your past experiences to guide you. If the person has consistently been unhappy or distressed during an outing, you may want to refrain from that particular type of outing.
- Consider the length of the outing as a person's endurance level and attention span diminish over time. Are there opportunities for attending just a portion of the event?
- Consider the nature of the event. Will there be a crowd of people and perhaps too much stimulation, creating more confusion for the person?
- Are you able to adapt the event so that it can be experienced by the person within their own residence if needed? (e.g., watch a video of a wedding, have the family member drop by in their prom dress, graduation gown, sports uniform, etc.)
- Are you able to plan ahead for making others aware of the disease process and how to respectfully respond to the person to maintain their dignity? Some families use "please be patient" cards to discreetly inform others of the person's condition without embarrassing the person. Do you have a plan for someone to be able to escort the person home if needed?
- Is the event or visit primarily for the enjoyment and meaningful involvement of the person with the disease, or is it perhaps more focused on your wishes for them to be involved as they once were?

To receive an informational packet or to talk with an expert about your situation, contact our 24/7 Information Helpline: (800) 272-3900.

Mild Cognitive Impairment

A way station along the road to Alzheimer's

By Ronald C. Petersen, MD, PhD
 Chair, Alzheimer's Association Minnesota-North Dakota
 Medical and Scientific Advisory Council
 Director, Mayo Clinic's Alzheimer's Disease Research Center

An unprecedented global shift toward an aging population has brought with it an increase in the occurrence of cognitive impairment such as Alzheimer's disease (AD). With the baby boom generation beginning to arrive at the age of risk, this issue may be approaching crisis proportions that may bankrupt the health care system as we know it.

There is likely a continuum from normal aging through a stage often called Mild Cognitive Impairment (MCI) on to dementia. The challenge for clinicians lies in assessing the question: "How much forgetfulness is too much?" Some incidental episodes of forgetfulness—"Where are my car keys?"—are likely common expressions of normal aging. However, when individuals begin to forget important information such as doctors' appointments and, most importantly, when they do this on a repeated basis, and when a person's friends and family begin to notice forgetfulness in the individual, it is time to seek medical attention.

How MCI Relates to Dementia

A great deal of research in aging and dementia is now focused on MCI—a clinical condition in which people are more forgetful than they used to be, and more than they ought to be. And although their function around the community may be relatively normal, when these individuals seek a medical evaluation, the degree of forgetfulness exceeds what would be expected for that person's age and education.

At Mayo Clinic in Minnesota, investigators are pursuing these issues in the Mayo Clinic Study of Aging. This project is a study over time of 2,000 persons randomly sampled between the ages of 70 to 89 years old. At each annual visit, information is acquired, including MRI scans, blood samples for DNA and plasma proteins, historical data on cognitive and intellectual activities, dietary information, a quantitative assessment of gait and a measure of olfactory functioning, which can be associated with degree of dementia in AD.

The long-term goal of this project is to describe trajectories of successful aging, typical aging, and impaired aging from a cognitive perspective. Ultimately, we hope to identify a model that might be useful at predicting who is going to follow which of the three aging trajectories. When disease-modifying therapies become available, this model could help clinicians decide when and how to intervene with individual patients. It may well be that studies performed in Minnesota will inform the worldwide community about this pending crisis. For details on the findings so far, visit www.alz.org/mnnd.

(Full article reprinted with permission, Minnesota Health Care News, March 2009, Volume 7, Issue 3)

Area Researcher Participates in Alzheimer's Breakthrough Ride

From July 15 to September 21, 2010, dementia researchers will cycle across the country as part of the first Alzheimer's Breakthrough Ride, a journey from coast to capital to raise awareness and funds for the fight against Alzheimer's disease. Local researcher Michael A. Walters, PhD, with the University of Minnesota, will be participating in the Madison-Chicago leg of the ride.

As riders cross the country, they'll be collecting 50,000 signatures in support of the Alzheimer's Breakthrough Act, which calls for a significant increase in funding for Alzheimer research at the National Institutes of Health (NIH). On September 21, World Alzheimer's Day, all riders will gather in the nation's capital to deliver the signatures to Congress.

"I'm participating in the ride because it is important that scientists help raise awareness at a national level about the debilitating effects of this disease. I am hoping that by participating in this ride I will be able to help others support the Alzheimer's Association in their push for passage of the Alzheimer's Breakthrough Act, which authorizes a significant increase in funding for Alzheimer's research at the National Institutes of Health," said Dr. Walters.

For more information about the ride, visit www.alz.org/breakthroughride. If you're a researcher who'd like to participate, contact breakthroughride@alz.org.



Allen Hamilton, Ali Dachis and Andre Samples

Theatre Production Benefits Alzheimer's Association

Join the Association at Park Square Theatre's production of *The Last Seder* on Saturday, September 11, 2010, at 7:30 PM, and \$10 of your \$20 ticket will benefit the Alzheimer's Association. *The Last Seder*, by Jennifer Maisel, tells the story of four daughters home for Passover, and a family facing their Dad's journey with Alzheimer's disease with irreverent bravado.

For tickets, visit parksquaretheatre.org or call (651) 291-7005 or (877) 291-7001 (toll-free) and use the code ALZ10. If you're unable to attend on Sept. 11, use the special code for any tickets you purchase during the show's run (Sept. 10–Oct. 3, 2010) and \$10 of each ticket purchased will benefit the Association.

[Mature themes, strong language, nudity, and portrayal of mid-to-late-stage Alzheimer's disease. Best for those 17+.]

"Four daughters home for Passover: an aimless wanderer, a pregnant lesbian, a fiancée, and a single gal with a random guy from Penn Station. Mom's taken up swearing and dad's forgotten to wear his pants again, so this dinner will be unlike any other. This family's saucy wit and passionate emotion remind us that love comes along at every age."

— Park Square Theatre on *The Last Seder*

Vehicle Donations Provide Help, Hope

Did you know you can donate your car, truck, RV, boat, motorcycle, snowmobile, personal water craft or trailer to benefit the Alzheimer's Association? Not only is donating your vehicle easy, it also offers additional benefits.

- Donated vehicles may be tax-deductible.
- Donating eliminates the hassle of selling or towing your vehicle.
- Your gift helps the Association provide help and hope to those in Minnesota and North Dakota facing Alzheimer's and related diseases.

To donate or receive more information, please contact Eliseo Campos at campos@carprogram.com or call the Donate-A-Car processing center at (800) 240-0160. The Association has partnered with Car Program, Inc. to process vehicle donations. The company will accept most vehicles, running or not, and can pick up vehicles nationwide.

Young Onset Alzheimer's & Dementia Caregiver Connection Meetup

Do you know someone younger than 65 who has memory loss or has been diagnosed with MCI, Alzheimer's disease or a related disorder? Have you ever wished that you could connect with others in the same boat? Then this "meetup" group is for you. By joining this group on-line at www.meetup.com/young-onset-alzheimer-dementia-care-giver-connection, you will connect with other caregivers and be invited to monthly social gatherings located in the Twin Cities.

2010 Conference Sponsors

The Alzheimer's Association is grateful for the generous support of *A Meeting of the Minds Dementia Conference 2010*.

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Remembering Our Stars Gala Raises More Than \$390,000



Michael Tucker and Sharon Isbin

On April 24, the 18th Annual Remembering Our Stars Gala – Lighting the Way brought together more than 800 guests and volunteers to honor those with Alzheimer's and related diseases and raised more than \$390,000 to support the programs and services of the Alzheimer's Association.

Guests enjoyed a solo performance by GRAMMY Award-winning guitarist Sharon Isbin and heartwarming and witty remarks from actor and author Michael Tucker. The program also included a research update from Dr. Ron Petersen, Director of the Mayo Alzheimer's Disease Research Center, and remarks by Association Board member and Alzheimer's Champion David Foster.

Special thanks go to gala chairs Gail and Steve Machov and honorary chairs Carmen and Jim Campbell, as well as to the dedicated volunteer gala committee, sponsors, auction donors and event volunteers.

Next year's gala will be held on April 16, 2011, at the Minneapolis Marriott City Center. For more information, please contact Stephanie Dix at (952) 857-0545 or stephanie.dix@alz.org.

Thank You 2010 Gala Sponsors

The Alzheimer's Association is grateful for the generous support of this year's gala sponsors.

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UNDERWRITERS

Entertainment - The Hoffrogge Family, in memory of George Hoffrogge
Wine - Anonymous
Print - Anonymous

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Community Health Charities

The Alzheimer's Association is a member of Community Health Charities, an alliance of leading nonprofit health research and service organizations, whose mission is to improve lives affected by chronic illness by investing in health research, services and education. www.healthcharitiesmn.org.



Meets Accountability Standards

The Alzheimer's Association Minnesota-North Dakota has undergone a review by the Charities Review Council, which evaluated our public disclosure, financial activities, governance and fundraising. This review determined that the Association meets the Council's accountability standards – demonstrating our integrity and transparency to the people who support us. To see the Council's full report, visit www.smartgivers.org, click on "For Donors," then click on "Charity Search" and search for "Alzheimer."



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