

alzheimer's association™

Minnesota-North Dakota Chapter Newsletter
Winter 2010

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



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



Twin Cities Memory Walk Chairpersons Colene Woog and Sue Hildebrandt and Honorary Chair Congressman Jim Ramstad.



Joni Johnson and Renada Moehnke at the Rochester Memory Walk.



Walkers at the Twin Cities Memory Walk.

Photo: Steve Kane

2009 Memory Walks Raise Almost One Million Dollars!

This fall, the Association held 13 Memory Walks® to raise both awareness of Alzheimer's and related diseases and funds for dementia programs and services benefiting those in Minnesota and North Dakota. More than 8,500 people walked and together they raised more than \$960,000. Thank you to everyone who participated as a walker, donor or volunteer!

Highlights of the Memory Walk season included a new Memory Walk in Brainerd, MN, which attracted more than 500 walkers and raised \$39,000. In addition, 2009 Angel Sponsor Long Term Care Group engaged more than 200 employees and friends to raise more than \$54,000 at the Twin Cities Memory Walk.

Nationally, for the first time in Alzheimer's Association Memory Walk history, we reached a new milestone: 30,000 teams! That's 30,000 teams across the nation walking, raising money and spreading awareness to fight Alzheimer's and related diseases. During the past two years, we have nearly doubled the number of teams participating in this event across the country. We're so grateful – and we couldn't have done it without your support. Thank you!

Volunteer for Memory Walk 2010

Join the planning committee for the 2010 Memory Walk in your area. For more information on volunteering, contact Debra Carlsen at debra.carlsen@alz.org or (952) 857-0520.

Angel Award and Champion Award Presented at the Alzheimer's Association Annual Meeting

Long Term Care Group (LTCG), the nation's largest administrator of long-term care products, recently was honored by the Alzheimer's Association Minnesota-North Dakota with the Association's Angel Award. The award was presented at the Association's annual meeting in November. The Alzheimer's Association's Angel Award recognizes those companies or organizations that have made a significant commitment to support individuals and families in Minnesota and North Dakota



Ted Duley, Lynne Ferrell and Tom Pomeroy pose with the Angel Award presented to Long Term Care Group on November 10 at the annual meeting. *Photo: One On One Photography*

facing Alzheimer's and related diseases. By locally sponsoring the Association's gala and Memory Walk, matching employee contributions and forming an employee Memory Walk team with more than 160 members, Long Term Care Group raised and donated more than \$45,000 in 2008 to support dementia education and support services, advocacy and research.

Please Don't Toss This Newsletter!

We encourage you to "recycle" your newsletter by sharing 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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Alzheimer's Association Board Chair James Hawley (far Left) and Executive Director Mary Birchard (far right) present Gail DeMoe, Karla Hornstein and Lori McIntire (center) with the Champion Award. *Photo: One On One Photography*

The Association also presented its first ever Champion Award to the DeMoe family from Tioga, North Dakota. The DeMoe family is made up of six children, five of whom carry a gene mutation that has resulted in younger-onset Alzheimer's. In response to this devastating news, the DeMoes chose to take action, appearing in HBO's "The Alzheimer's Project" and serving as Grand Marshals for the Minot and Fargo Memory Walks this fall. The Champion Award was created to recognize individuals and organizations that help move our cause forward and inspire the community to understand Alzheimer's disease.

Thank You to the Following Memory Walk Sponsors and In-Kind Donors



- Arthur's White Pines Residential Care
- At Home in Minnesota Healthcare
- Bev & Pat Flaherty
- Breadsmith
- Brookdale Senior Living
- Bruegger's Bagels
- Care Providers of Minnesota
- Clear Channel Radio
- Coborns Delivers
- Colleen Kruse, G.R Anderson and FM107
- Country House
- Country Manor
- CW TV, Fargo
- Diamond Willow Assisted Living
- Dunn Bros Coffee
- Edgewood Vista
- Epsilon Sigma Alpha, International - Minnesota State Council
- Extencicare
- General Mills
- Golden Living Centers
- Good Samaritan Society Communities of Brainerd
- Good Shepherd Lutheran Home
- Grand Forks Herald
- KROC AM
- Harmony House – Horizon Health Inc.
- Lighthouse of Barnum and Cloquet New Perspectives Senior Living
- LTCG
- Lyngblomsten
- New Perspective Senior Living Lighthouse Communities
- Novartis
- Old Dutch
- Order of Red Men No. 31, Red Wing
- Presbyterian Homes
- Sandvold and Associates
- Shorewood Senior Campus
- Specials Delivery Inc.
- St. Benedict's Senior Community
- Sunrise Cottages of Rochester
- Sunrise Senior Living
- The Academy of Holy Angels Dance Team
- Thro Company
- Valley News Live
- WDAY TV
- WDAY 970 Radio
- Westwood/BHC

Create an Online Tribute

Honor a loved one and share memories on a Web page you make

When Alzheimer's disease touches someone close to you, it's natural to want to honor or remember the person in a special way. You can do this by creating a moving and lasting Tribute. A Tribute is a special Web page that enables you to share the story of a loved one with your family and friends. Through your Tribute, others can share their memories, add photos and make online donations to help support the Alzheimer's Association mission.

To get started, visit www.alz.org/mnnd.

Comfort Zone Brings Families Peace of Mind

Alzheimer's Association Comfort Zone™, powered by Omnilink, is a new comprehensive Web-based location management service that provides the entire family peace of mind while giving people with Alzheimer's the freedom and independence they want. Family members can have knowledge of a person's location, while individuals with Alzheimer's can enjoy the emotional security of familiar routines and surroundings.

Working with a tracking device, such as a car-mounted unit, pocket device or wrist-
(Continued on back page)

Purple Pride

Where have you worn your Champion shirt?

To order Champion t-shirts, go to www.alz.org/mnnd. E-mail photos to **Carla Zbacnik** at carla.zbacnik@alz.org.



Carla Zbacnik and Chad Fuenffinger wore their Champion t-shirts to Yosemite National Park while on their honeymoon in July.

Notebook Can Help Caregivers Manage Challenges

The Alzheimer's Association Caregiver Notebook, published by Meredith Corporation, can help a caregiver manage the challenges of caring for someone with Alzheimer's.

The notebook's easy-to-follow format contains tips for care and planning for the future, as well as a list of resources to use when additional information is needed. Each of its eight chapters has a section to write notes or thoughts, making this book a personal record that can be referenced again and again.

Chapters include:

- Taking good care of yourself
- Understanding an Alzheimer diagnosis
- Basics of Alzheimer's disease
- Legal and financial planning
- Caring for a person with Alzheimer's

The notebook is available online through 'Shop for the Cause' (www.alz.org/shop) for \$17.95 plus shipping.

Caller's Connection

QUESTION: My uncle has Alzheimer's disease and he is still driving. Should he be driving?

ANSWER: Driving is one of the most difficult issues for families affected by Alzheimer's disease (AD) or related dementias. The Alzheimer's Association encourages families to contact us as soon as possible after a diagnosis or when concerns or questions arise. Care consultation is a service that can help you and your family develop a road map to navigate complicated and often emotional issues, such as driving.

Here are a few things to consider when dealing with driving and dementia:

- Getting an early diagnosis is important for many reasons. One reason is so that the person living with the disease can participate in planning and making decisions for the future. Talking about driving early and often may be helpful to ease the transition, enabling the person to gradually limit their driving before having to completely retire.
- A diagnosis of AD or a related dementia alone does not necessarily mean that a person is unsafe to drive. However, AD is progressive and it will be necessary for the person with Alzheimer's to retire from driving at some point. The question is not "if", but "when", and developing a plan will help you navigate the situation as it changes over time.
- Be alert for signs of unsafe driving such as forgetting how to locate familiar places, failing to observe traffic signs, making slow or poor decisions in traffic, driving at an inappropriate speed, or becoming angry or confused while driving. Ask yourself if you would feel completely comfortable allowing your child or grandchild to ride with the person with Alzheimer's driving. If not, it's time to intervene.
- As the disease progresses, people with Alzheimer's may have less insight into their driving abilities. Keep a written record of your observations to share with the person, family members and health care professionals. Centers specializing in thorough driving evaluations are available in many communities to give families a better understanding of the skills that may be changing and to help plan for the transition to driving retirement.

THE DOCTOR IS IN

Exercise and Alzheimer's – Getting Connected

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



Dr. Fang Yu

Although we cannot yet cure Alzheimer's disease (AD), people with AD can do activities to strengthen their fight with AD. For example, exercise is increasingly recognized for its brain power, that is, exercise in early life is associated with reduced risk for AD in later life. What can exercise do for you then if you already have AD?

The effect of exercise on the brain is biologically sound. In people with AD, β -amyloid plaques accumulate outside neurons (brain cells), while neurofibrillary tangles crumple neurons from within. As a result, the brain loses its neurons, connections among neurons, and chemicals important for neuronal function. Exercise, particularly aerobic exercise, might reduce the extent of that damage by helping re-grow neurons, their connections and chemicals. What is more exciting is that voluntary running seems to reduce the amount of amyloid plaques and improve memory in transgenic mice that were engineered to have AD. There is also strong evidence that aerobic exercise improves memory in people without dementia.

How exercise affects people with AD is yet an open question because exercise studies in people with AD are few. While some studies showed that exercise improved cognition and other AD symptoms, others failed to show an effect. Whether or not exercise improves Alzheimer's directly, people with AD will reap the many established health benefits from exercise such as a stronger heart, lungs, muscles and bones, and an improved quality of life.

Interested in contributing to our understanding of the exercise–Alzheimer's connection? Join a new aerobic exercise study for people with AD at the University of Minnesota. After a three-step exercise safety screen, people with AD will cycle on stationary bikes three times a week for six months at a local facility. Our experienced exercise trainer will guide and monitor participants'



Alzheimer's Association Director of Development Rebecca Stibbe with SmartAlex Founder Beth Alexander, Association Special Events Manager Ashley Snell and Association Executive Director Mary Birchard at the SmartAlex event.

SmartAlex 5K and 10K Run

The 10th annual SmartAlex 5K and 10K Run took place on June 14 at Hidden Falls Park in St. Paul. The event attracted 115 participants and raised \$7,400. In total, the run has raised more than \$51,000 to benefit the Alzheimer's Association. The Chapter wishes to extend its greatest thanks and appreciation to Beth Alexander and her committee of dedicated volunteers who have led this event for ten years.

The Alzheimer's Association and the SmartAlex 5K and 10K Run wish to thank the 2009 SmartAlex Sponsors:

- Breadsmith
- Brewberry's
- Kowalski's
- Pearson's
- St. Paul Corner Drug
- Taho Sportswear

exercise progression and safety. Transportation and monetary compensation will be provided. Please contact Dr. Fang Yu, the principal investigator, at (612) 624-5435 or Christine Peterson, the exercise trainer, at (612) 626-9669 for more information or enrollment.



Brandon Hults gives a thumbs-up as he races in the Wells Fargo Lake Minnetonka Half Marathon in May. Raising more than \$1,600 for the Association, Brandon finished the race successfully and helped support Alzheimer's research, education, advocacy and support.



The employees of Cruise Holidays gather around an inflatable coffee mug to show their support of the Alzheimer's Association during their coffee break in October.



At their August wedding, Beth and Cody Fechtelkotter showed their support of Alzheimer's Association with their purple bracelets. The couple gave bracelets away as a party favor and they continue to see people wearing them today.

Host a Benefit Event in the New Year

By Bridget Bailey,
Special Events Intern

As you make your New Year's resolution, consider raising awareness of Alzheimer's disease by organizing a benefit event for the Alzheimer's Association. Hosting an event is easy and fun, and the Alzheimer's Association is here to help you each step of the way. In 2009, there were several successful and inspiring benefits that raised funds for the Association's mission of support, education, advocacy and research.

Brandon Hults of Plymouth, MN, ran a half-marathon and raised more than \$1,600 for the Association in honor of his grandmother and grandfather. At only 13 years old, he reminds us that this disease affects people of all ages. Beth Fechtelkotter used her own wedding as an opportunity to raise awareness about Alzheimer's disease. Beth and her fiancé purchased purple Alzheimer's "A Reason to Hope" bracelets for all of their guests as party favors. Beth said, "We see friends today, and they still have the purple bracelet favor around their wrist. It means so much!"

The office break-room also can set the scene for an event. Cruise Holidays recently hosted a "Get Grounded" event raising almost \$3,000. Caribou Coffee donated coffee, and employees had a coffee break that raised funds for the Association and encouraged people to "get grounded" in the facts about Alzheimer's.

One of the larger benefit events last year was the second annual "Rebuilding Memories Golf Tournament." Several community volunteers raised more than \$19,000 for the Association through the tournament, silent auction and dinner this past June.



Golfers at the "Rebuilding Memories Golf Tournament" in June.

Any benefit event, big or small, truly makes a difference. You also don't have to do it alone; ask family, friends and colleagues to help, and turn to the Association for planning help, ideas and tips. For more information on hosting a benefit event, call Ashley Snell, Special Events Manager at (952) 857-0532 or visit www.alz.org/mnnd.

Association Launches Home Care Recommendations

The Alzheimer's Association has released its *Dementia Care Practice Recommendations for Professionals Working in a Home Setting*. This is the fourth set of practice recommendations of the Association's multiyear Campaign for Quality Care, which aims to raise the standard of dementia care through consumer education, staff training and advocacy with long-term care providers and policy makers.

Approximately 70 percent of people with dementia or cognitive impairment are living at home. To better respond to their needs, the Alzheimer's Association joined with more than 20 leading health and senior care organizations to create the recommendations.

The new recommendations provide concrete suggestions for addressing issues unique to people with dementia living in the community, including:

- Communication and decision making
- Understanding behaviors
- Personal care
- Safety and personal autonomy
- Home safety
- End-of-life care
- Home care provider training
- Special topics, such as Making the Most of a Home Visit, Considerations for Those that Live Alone and Provider Self-Care

The recommendations stress a person-centered, culturally sensitive care approach to meet the changing needs of each person with dementia and the family living in a home setting. For more information, visit www.alz.org or call Marsha Berry, Professional Education Manager, at (952) 857-0541.

Using a Charitable Gift Annuity to Supplement Retirement Income

This past year has been quite challenging for some people who are retired and concerned about what their future income will look like. There has been much in recent news about the financial issues that are facing all of us today. Consider a Charitable Gift Annuity (CGA) to help supplement your income. A CGA will give you steady income during your lifetime while providing gift and estate tax savings.

A gift annuity is a simple agreement between a donor who is 65 years old or older and the Alzheimer's Association. Assets are transferred to the Association and, in return, the donor receives fixed payments for the remainder of his or her lifetime and/or the lifetime of another person. The size of your payment is determined by a number of factors, including the amount that is placed in the annuity and the age(s) of the recipient(s) at the time the annuity is created. For example, a 78-year-old individual would receive a gift annuity rate of 6.7%.

While you are supplementing your income with a CGA, you also will be assisting the Alzheimer's Association Minnesota-North Dakota as we work to provide help and hope to those impacted by dementia. For more information about gift annuities, please contact Susan Goldman at (847) 433-3085 or susan.goldman@alz.org.

Charitable Gift Annuity Example

Mr. Smith is 78 years of age.

He establishes a \$20,000 CGA with the Alzheimer's Association.

Mr. Smith receives a charitable annuity rate of 6.7%.

He receives a charitable deduction of \$9,642. (illustrated for tax rate of 28%).

Each quarter Mr. Smith will receive \$353.76 from the Alzheimer's Association.

alzheimer's association™

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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 the lives affected by chronic illness by investing in health research, services and education. www.healthcharitiesmn.org



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/GivingGuide.html and search "Alzheimer."

Comfort Zone *(Continued)*

worn device, Comfort Zone is a secure Web application that allows family members to:

- Remotely monitor the location of the person with Alzheimer's.
- Set up safety zones.
- Receive alerts (via text or e-mail) when he or she has traveled beyond a pre-set zone.

Among the benefits Comfort Zone provides:

- Choice – It works with a variety of devices and you can choose the monthly plan that meets your needs.
- Monitoring Center – A 24/7 call center to help with technical questions and location management in the event you cannot access the Internet.

- Emergency Health Record – Included is an annual membership for MedicAlert® + Alzheimer's Association Safe Return®, which provides 24-hour emergency response service for wandering and medical emergencies.
- Comprehensive Alzheimer's Services – The Alzheimer's Association provides 24/7 care consultation, safety education and Alzheimer's disease resources.

Purchase the service that provides peace of mind. To learn more about Comfort Zone and find a plan that meets your needs, visit www.alz.org/comfortzone or call (877) ALZ-4850.