

Montana Chapter

FALL 2008
www.alz.org/montana

2008 Montana Chapter Fall Conference



“Enhancing Quality Dementia Care”

November 19-20, 2008

Montana State University- Billings
Student Union Building Ball Room
Billings, Montana

mentia. Among other areas of focus, Peter is co-director of the Association’s Quality Care Campaign and leads the Association’s new Early Stage Initiative. Peter’s 3 1/2 hour presentation will be on the first day of the conference.

A Fellow of the UNC Institute on Aging, Peter came to the Association from the University of North Carolina at Chapel Hill, where he received his PhD and MPH from the School of Public Health. He is a frequent public speaker and author of numerous peer-reviewed articles and book chapters on issues related to aging and Alzheimer’s disease.

The Alzheimer’s Association Montana Chapter will hold its annual Fall Conference in Billings on November 19 and 20, 2008 on the campus of Montana State University/Billings. The conference will headline **Jolene Brackey**, nationally known motivational speaker who is owner of Enhanced Moments and author of the book *Creating Moments of Joy*.

Jolene gives you the tools to create the positive moments that ease the daily struggles and provide comfort in a day long workshop. Her message of hope and encouragement, along with generous helpings of humor, are warmly embraced by family members and professional caregivers alike.

Jolene and her husband, Troy, live in Polson Montana with their children Sidney, Taylor and Keegan.

Dr. Peter Reed is the Senior Director of Programs for the National Office of the Alzheimer’s Association. In this position, he leads the delivery of care and support to people affected by Alzheimer’s and dementia. This includes strategic and operational direction of the services provided directly to Association constituents and the translation of research into evidence-based programs to enhance the lives of people with de-

November is
National
Alzheimer’s Month!!

Be a champion! Let
your voice be heard!!

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**Alzheimer's Association
 Montana Chapter**

3010 11th Ave. N
 Billings, MT 59101

Phone: 406-252-3053
 24/7 Help Line: 800-272-3900
 Fax: 406-252-2933
 alzbelser@bresnan.net
 www.alz.org/montana

Office Hours M-F

8:30 to 12:00 & 1:00 to 3:30

MISSION STATEMENT

To provide and enhance care and support for all affected by Alzheimer's disease; to reduce the risk of dementia through the promotion of brain health; and to eliminate Alzheimer's disease through the advancement of research.

Register today for the Alzheimer's Association
 Montana Chapter Fall Conference 2008
 (Please use a separate form for each person attending)
Please Print

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

OCCUPATION: _____

ORGANIZATION: _____

CEUs are available for Social Workers and Nursing Home Administrators. CEUs for nurses have been applied for. Certificates of attendance will be provided. Please indicate below in which profession you would like CEUs.

I will be attending:

- _____ Both Days (\$100) per individual
- _____ Both Days 2 from same facility (\$90 each)
- _____ Both days 3 or more from same facility (\$75 each)
- _____ Wed. Nov 19, 2008 (\$50) per individual
- _____ Thur. Nov 20, 2008 (\$75) per individual

Scholarships are available call 406-252-3053
After 11/01/08 add \$10 to each registration fee

Please enclose a check made out to
 "Alzheimer's Assoc. MT Chapter"
 for the correct amount and
 mail with the registration form to:

Alzheimer's Association Montana Chapter
 3010 11th Ave. North
 Billings, MT 59101
 406-252-3053

**Wednesday,
 November 19, 2008**
"Quality Care Campaign"
 Dr. Peter Reed

10:00 - 1:00 Registration, Vender Displays, Silent Auction Bidding

1:00 - 1:15 Welcome

1:15 - 2:45 Dr. Peter Reed
 "The Quality Care Campaign"

2:45 - 3:15 Break & Silent Auction Bidding

3:15 - 4:45 Dr. Peter Reed
 "Foundations of Dementia Care"

4:45 - 6:00 No Host Cocktail Hour, Silent Auction Bidding

**Thursday,
 November 20, 2008**
"Creating Moments of Joy"
 A Day with Jolene Brackey

8:00 - 8:30 Registration

8:30 - 10:30 "Creating Moments of Joy"

10:30 - 11:00 Book Signing

11:00 - 12:00 "Enhanced Memory"

12:00 - 1:00 Lunch & Auction winners Announced

1:00 - 2:00 "Enhanced Dining"

2:00 - 2:15 Break

2:15 - 4:15 "It's Saturday Night", Q&A

4:15 - 4:30 Wrap Up

Lodging Near Conference

- Cherry Tree Inn—252-5603
- Hilltop Inn—245-5000
- Juniper Inn—245-4128
- Rimrock Inn—252-7107
- Riverstone Inn—252-6800
- Rimview Inn—248-2622
- Josephine Bed & Breakfast—248-5898



**Alzheimer's
 Stamp
 available in
 November!!!**

VIVIMIND Not Recommended

Bellus Health, Inc. (formerly Neurochem), the Canadian biopharmaceutical company that tested the drug Alzhemed for Alzheimer's disease (also known as tramiprosate or homotaurine), is now marketing the compound as a dietary supplement called VIVIMIND through its new subsidiary, OVOS Natural Health Inc. They claim it:

- Protects the brain structure associated with memory and learning
- Preserves memory
- Sustains brain cell health
- Maintains verbal skills and comprehension ability
- Supports planning and execution skills

A Phase III clinical trial of the drug for Alzheimer's disease failed – it showed no statistically significant benefit versus placebo for people with Alzheimer's. In addition, to our knowledge, there are no data to support the claims of a protective effect against memory loss and brain cell death, or that it maintains language skills in healthy individuals at any age.

The Alzheimer's Association does not support use of the dietary supplement VIVIMIND by people with Alzheimer's disease or other dementia, family members of people with dementia, people worried about getting Alzheimer's, or the general public.

At this time, there is no statistically significant proof that VIVIMIND is an effective treatment for Alzheimer's disease or any related disorder. A Phase III clinical trial of the compound for Alzheimer's disease failed – it showed no statistically significant benefit versus placebo for people with Alzheimer's.

In addition, there is no evidence of its claims to protect against memory loss, preserve the brain structures associated with memory and learning, or maintain mental skills and abilities in healthy individuals at any age.

Everyone wants better treatments for Alzheimer's and dementia. However, proof of the value of all interventions – including medical treatments, lifestyle changes, and dietary supplements – must precede new products into the marketplace. This product does not have that proof.

For more information about treatments for Alzheimer's disease, and maintaining brain health as we age, please visit www.alz.org



Memory Walks Successful!!

The five memory walks that were held around the state in Billings, Bozeman, Butte, Helena, and Missoula were all successful thanks to a large handful of dedicated volunteers. Despite the truly dreary and wet weather in all of the locations (except no rain for Bozeman!) we had very good attendance.

Champions for the association in its fight against the disease showed their support by wearing 'Stop Alzheimer's Now' stickers while walking and by purchasing tribute flags which were very popular and looked great hanging up at the walks.

Remember it is not too late to donate toward the Memory Walk or purchase a tribute flag (\$10 min per flag)– just write Memory Walk or "flag" on the check and the person's name to be honored and written on the flag.

A more in-depth MW report will be in the Winter newsletter, so stay tuned!



Tribute Flag

Support Groups

BILLINGS

St. John's Lutheran Home
Alberta Bair Conference Room
3940 Rimrock Road
2nd Monday—2:00 pm
Shelly 406-655-5600

Billings Clinic (NA)
Support Group
4th Monday-Noon
Diane Kersten 406-238-2878

Marquis Vintage Suites
Activity Room
1221 28th St. West
3rd Thursday—2pm
Denise Maas 652-6989

Highgate Senior Living
3980 Parkhill Drive
Mini Educational Seminars
406-651-4833

Yellowstone County Council on Aging (YCCOA)
1309 16th Street W.
Tuesdays 5:30 pm—7:30 pm
Melanie 259-9666.

BIG FORK

Lake View Care Center
1050 Grand Ave.
1st Thursday—6:30pm
Rosalind 406-837-5041

BOZEMAN

Bozeman Senior Center (NA)
807 N. Tracy
2nd Wednesday —1:00 pm
Elsie—406-586-2421

BUTTE

Belmont Senior Center (NA)
615 E. Mercury
Tami or Cynthia 406-723-7773
Call for schedule

COLUMBIA FALLS

Montana State Veterans Home
400 Veterans Drive
3rd Wednesday 11:30 am to 12:45 pm
Helen 406-892-3256 x261

FORT BELKNAP AGENCY

Fort Belknap HIS Health Center
HIS Conference Room
2nd Wednesday—12 noon
406-353-8450 or 353-7109

GLASGOW

Nemont Manor
1100 4th Ave S
3rd Wednesday - 3:00 pm
Mary Russell 406-228-9751

GLENDIVE

Eastern Montana Veterans Home
2000 Montana Ave.
3rd Thursday - noon
Linda O'Connor 406-345-3326

GREAT FALLS

Benefis Skilled Nursing Center (NA)
1st Tuesday—1:00 pm
406-455-5958

Highgate Senior Living
3000 11th Ave. S
Great Falls, MT 59405
Sue 406-454-0991

HAMILTON

Valley View Estates
225 N 8 th Street
1st Friday—1:00 pm
Brenda 406-363-6354

Sapphire Lutheran Home
(Parkinson's Support group)
501 N. 10th Street
3rd Saturday-1:00 pm
Susan Johnson 363-2676 or 363-2800

HARDIN

Heritage Acres
200 N. Mitchell
Verna Santisteven 406-665-2802

Big Horn Hospice (NA)

Cindy Upchurch
406.665-2699

HELENA

Professional Plaza Building
900 N Montana
Cindy 406-431-0452
2nd Tuesday & 4th Thursday 7pm-9m

KALISPELL

Buffalo Hill Terrace (NA)
40 Claremont St.
3rd Monday—3:00 pm
Beverly 406-752-9622

LAUREL

Richardson Cottage
600 Roundhouse Road
3rd Thursday—6:30pm
CJ Dahle 406-671-4446

LEWISTOWN

Valle Vista Manor
402 Summit Ave.
Laura Johnson 406-538-8775

LIBBY

Libby United Methodist Church
713 Main Ave.
Tuesdays-2pm
Bob 406-293-4522

MILES CITY

Friendship Villa Care Center
2300 Wilson Street
2nd Thursday 1:30 pm
Vickie & Beth 406-874-2687

MISSOULA

St. Patrick's Hospital
4th Monday—7:00 pm
John & Gayle English 273-2429 or
Unice 251-4608

POLSON

First Presbyterian Church
301 4th Ave E
2nd Wednesday—1:30 pm
Arleen 406-849-6207
Judy 406-883-6694



Support groups provide a place to share valuable information such as care giving tips, and concerns throughout the Alzheimer's journey.

We make every effort to keep this support group list current. Please help us keep it up to date.

SUPPORT GROUP FACILITATOR TRAINING!!

If you are interested in starting a support group and need leader training, ideas and educational materials please contact the office at **406-252-3053.**

Caregiver Stress Check

To build on its leading support services, the Alzheimer's Association is launching Caregiver Stress Check, a first-of-its-kind, interactive quiz that helps caregivers identify their symptoms of stress and provides them with a tailored list of helpful referrals and resources. The quiz will be available starting November 1 on www.alz.org

Almost 10 million Americans provide unpaid care for a person with Alzheimer's disease or another dementia. Providing this care is often very difficult, and many family caregivers experience high levels of emotional stress and depression as a result.

Symptoms of caregiver stress can include denial, anger, anxiety, exhaustion, irritability and other health problems. The Caregiver Stress Check asks specific questions that help to identify these signs, and then directs users to a tailored and comprehensive list of resources and referrals.

Caregiver Stress Check is the newest in a leading suite of caregiver support services that includes support groups; online message boards; care consultation; information and education; and links to community resources that help caregivers to cope.

Available November 1 - www.alz.org



Social Activity Could Reduce Dementia Risk In Men

Cognitive and social activity in midlife may significantly reduce the risk of dementia for men, according to a new study.

The study, published in the September issue of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, followed 147 male twins for 28 years.

"This fascinating study provides some of the first relatively strong evidence that cognitive activity, including social interaction, reduces dementia risk," said William Thies, Alzheimer's Association vice president of medical and scientific relations. "The results extend earlier twin study data that showed the beneficial impact of similar activities on Alzheimer's and dementia risk in women."

A reduced risk of dementia was most strongly associated with participating in activities with relatives and friends, such as attending parties, playing cards and doing hobbies.

Other activities, such as reading, watching television and listening to the radio, also reduced dementia risk but not to the same degree.

Read more about the study at www.alz.org/news_and_events_14603.asp.

1 in 6 women and 1 in 10 men who reach age 55 can expect to develop Alzheimer's in their remaining lifetime. Now is the time to address this escalating epidemic.



Drug Shows Promise in Reducing Tangles

A drug that aims to reduce tangles in the brains of people with Alzheimer's disease appears promising in early trials.

In results announced at the Alzheimer's Association's International Conference on Alzheimer's Disease in Chicago, researchers said the drug, known as MTC (Rember), stabilized the progression of Alzheimer's over 50 weeks.

"The data show an 82 percent of reduction in the rate which the disease progresses," said lead study author Claude M. Wischik, mental health professor at the University of Aberdeen in the United Kingdom and chairman of TauRx Therapeutics.

Tangles are made up of a protein called tau and develop inside nerve cells. This potential treatment is the first to focus on tangles — rather than beta-amyloid, which forms sticky clumps outside of brain cells — as the culprit in Alzheimer's disease.

The main chemical in Rember, methylene blue, has been used in a different formulation since the 1930s as a treatment for chronic bladder infections. However, it predates the U.S. Food and Drug Administration (FDA) and has never been fully studied for safety and effectiveness, and not in the form used in the Alzheimer study. Experts also caution that while the results are encouraging, Rember is still several years away from being available.



License Plate Purchases Needed!!

Our beautiful Montana license plate is about to expire. The Department of Motor Vehicles has informed us (and many other organizations with specialty license plates) that our plate will go out of production unless we sell at least 122 more new plates by February 2009. This has been a wonderful fundraiser for us over the last three years as well as creating awareness for the disease and the association's presence in Montana.

We need your help!!



Please help us - if you don't already have a plate get one!! The process is simple and can be done even if you don't need to renew your old plate yet. Just contact your local DMV and ask how to purchase the Alzheimer Association specialty plate. It will cost \$30 for the plate, all of which goes to the Alzheimer's Association in Montana, plus the normal registration fee of \$15 that goes to the state for a total of \$45.



This Holiday Season, Give The New Alzheimer Garden

The new, one-of-a-kind Better Homes and Gardens® Alzheimer Awareness Perennial Garden is a lasting way to honor someone affected by Alzheimer's or champion the cause by sending it as a gift.

When you purchase this combination of fragrant purple and white perennials, 10 percent of the sales go directly to the Alzheimer's Association to support vital research and programs.

The garden **debuts in November** for National Alzheimer Disease Awareness Month and National Family Caregivers Month but will be for sale year-round by White Flower Farm.

Meredith Publications, publisher of more than 14 magazines, including *Better Homes and Gardens*, *Ladies Home Journal*, *Parents*, *More* and *Family Circle*, is offering the garden exclusively with the Alzheimer's Association.

The garden was designed by Better Homes and Gardens staff in their Test Garden. This ensures that the plants are reliable, easy-care performers appropriate for most areas of the country.



White Flower Farm is selling the 10-plant collection for \$99.95 plus shipping. The garden includes salvia, echinacea, phlox, sedum and aster. Plants will be shipped during your local planting season.

Whether a garden is small or sprawling, the Alzheimer Awareness Perennial Garden can give it a memorable focus that will change with the seasons and provide a sense of renewal and hope.

To order the garden, look for **ads in the November issue of Meredith magazines**.

As of November 1, you may also call White Flower Farm at 1.800.420.2852 or be linked to their Web site through www.alz.org/ShopfortheCause.



Memorials	Donations	Grants
<p><u>Peter Bacheller</u> Jenni Hagen</p> <p><u>Myrtle Balkovetz</u> David Balkovetz</p> <p><u>Bob Barry</u> Scott & Alyse Curry</p> <p><u>Helen Bettle</u> Lavera Kalsher</p> <p><u>Franis Cantrel</u> Alyse & Scott Curry</p> <p><u>Alice Crouch</u> Janan Beller</p> <p><u>Gene Cutting</u> Margaret Miller Pete Langdorf Jim Carolyn Zimmerman First Interstate Bank— Miles City</p> <p><u>Irene Daly</u> American Legion Auxiliary Tim Coolidge Lynn Ammen Bryant Dick & Leah Ellwein John & Vicki Sandford Melvine & Beverly Schuldt Rosemary Graveley Bernice Fletcher Dee Barfknecht Karen Kent Frank & Bonnie Gruber Jan Stingley Helen Bunkhouse Phyllis Sanders Dora & Stanley Howard Gary & Denise Smigaj Patty & Paul Coolidge Bob & Diane Nagy</p> <p><u>Charles Davis</u> Marquis Vintage Suites</p> <p><u>Orville Fredenberg</u> Jane Fulton</p> <p><u>Lotti Grossberg</u> Coral Beck Janet Weeks Andrew Career Training Institute Mary Levasseur Benjamin Johns Rita Pikkula</p> <p><u>Dean Hyatt</u> Alyse & Scott Curry</p>	<p><u>Bennie Johnson</u> Bruce & Sandra Ovind</p> <p><u>Eileen Cox Jones</u> Marilyn & Don Floberg Betsy Kunsman</p> <p><u>Ruth Mallasch</u> Regina Paulus Rebecca Munsell Randy Spear Janice Munsell</p> <p><u>Gail McCracken</u> Ina Johnson</p> <p><u>Ben "Ted" Melugin</u> Mary Taylor Grace & Kracher Don & Linda Coward Al & Dorothy Marcinek</p> <p><u>Ruth Nave</u> Evonne Altman Virginia Openshaw</p> <p><u>Martha Marie Niehoff</u> Phyllis Sanders</p> <p><u>Annie Smith</u> Don Nave</p> <p><u>Jay Vollin</u> Antionette Payton Carl & Eldora Klein Cor & Thelma Albrecht Dell & Delores Finley Al & Theresa Skaar Fred & Faye Horpestad Stan & Margo Miller Al & Marion Hart Verine Nelstad Ed & Doris Irion Jon & Marilyn Metropoulos Conrad & Jeanne Berg Leo & Bernita Fowler Jim & Mary Jean Bertrand Tom & Anne Mae Hanel Don & Wand Grauman Joylyn Murphy Howard & Lueen Miller Margo & Frank Kelly Virginia & Robert Shaal</p> <p><u>Barb Whitney</u> Dick & Esther Strong David & Laura Frank</p> <p><u>Shirley J. Wine</u> Curt & Teresa Klotz</p>	<p>Doris Schneider Charles McLeod David Balkovetz Mary Warner Sophie Redjou Robert Packer</p> <p>In Kind: St. Vincent Hospital St John's Lutheran Minis- tries Marquis Vintage Suites</p> <p>Volunteers: Pauline Boone Coleen Vestal Nadine Hibbert</p> <p>State of Montana Safe Return Sub- sidy Grant.</p> <p>Please note: The Administration on Aging, Alzheimer's Demonstration Grant through The Department of Health & Human Services has come to an end as of July 1, 2008. We applied for but did not receive another federal grant.</p> <p>We need your support now more than ever!!</p> <p><u>Work Place Giving</u></p> <p>Many thanks to the donors who have contributed through their work-place giving campaigns. Your ongoing support is invaluable in providing the continuation of program services offered free of charge by the Chapter. The Combined Federal Campaign (CFC) in Great Falls, Billings and Helena have been have been instrumental in providing donor contributions.</p> 
<p style="text-align: center;"><i>Please</i></p> <p style="text-align: center;">Contact us if you no longer want to receive our news- letter.</p> <p style="text-align: center;">Call 406-252-3053</p> <p style="text-align: center;">Email: alzbelser@bresnan.net</p> <p style="text-align: center;">Check it out!! Our <u>new web site</u> is up and running— it's slick and is easy to use: www.alz.org/ montana</p> <p style="text-align: center;">We are looking for a volunteer to keep the site updated. If you have the skill and desire to help please contact Suzanne @ 406-252-3053.</p>		<p style="text-align: center;">Sustaining Partners</p> <p style="text-align: center;"><u>Platinum—\$1000</u> The Montana Bunkhouse C J Dahle</p> <p style="text-align: center;"><u>Gold—\$750-\$999</u></p> <p style="text-align: center;"><u>Big Sky-\$500- \$749</u> Robert Milne Ann Groff Allen E. Walton Dick Fritzler</p> <p style="text-align: center;"><u>Meadow Lark -\$250-\$499</u> Mary Cipech Trust Mike & Karen Fried Fuddruckers G. D. Eastlick, Trucking Margorie MacClean Robert Tootell, Jr. Rocky Mountain Hospice</p> 

Montana Chapter
3010 11th Ave. N.
Billings, MT 59101

1.406.252.3053

the compassion to care, the leadership to conquer

WE'RE ON THE WEB!!
www.alz.org/montana

Alzheimer's Disease and Related Disorders—Montana Chapter, Inc.

I would like to make a difference:

Name: _____
Street: _____
City: _____ State: _____ Zip: _____ Telephone() _____

Regular Donation: \$200 \$100 \$50 \$30 \$25 Other _____

Please designate my donation: In Memory of _____
 Contribution In Honor of _____

Notify: Name: _____ of this Memorial/Honorarium
Street: _____
City: _____ State: _____ Zip: _____

Sustaining Partner

The Sustaining Partnership is a way for those individuals who are passionate about making a difference in the lives of those affected by Alzheimer's disease to become an **annual donor**.

Levels of Sustaining Partnership:

Platinum (\$1,000 or more) Gold (\$750-\$999) Big Sky (\$500-749) Meadowlark (\$250-\$499)

Make your tax-deductible check payable to the Alzheimer's Association and mail to: 3010 11th Ave. N., Billings MT 59101