

### Ways To Improve Memory

Normal aging can slow some brain functions, making it harder to learn new things or to stay focused amid distractions. Here are suggestions to build and maintain memory:

- Ignore negative stereotypes and believe you can preserve your memory.
- Help your brain to remember by using planners, lists and address books, and storing frequently used items, such as keys, in the same place every time.
- Break down large pieces of information into smaller, manageable chunks, such as the sections of a phone number.
- Rely on more of your senses – which use different parts of your brain – to help retain memories.
- Make learning easier by using more than one technique – read aloud, draw a picture or take notes.
- Repeat out loud things you want to remember, such as someone's name.
- To master complicated information, space out study periods – once an hour, every few hours, then once a day.
- Challenge yourself by doing puzzles, trying new recipes or joining a book group.

Take a memory course offered by professionals that offers practical ways to manage everyday challenges.

For other ideas and information, contact the Alzheimer's Association at 1.800.272.3900 or visit [www.alz.org](http://www.alz.org).

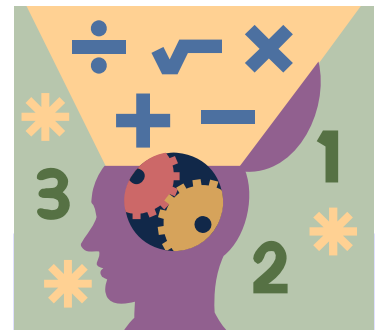


### CARES Online Dementia Care Professional Training

The CARES training program is a 10-module (10-hour) online dementia care training program for CNAs, supervisors, nurses, social workers, administrators, and other direct-care workers. It features hundreds of videos of real residents, CNAs, and staff members and has been hailed as the "best training program of any kind I've ever been a part of" by multiple users.

To order on line at visit [www.alz.org](http://www.alz.org) or call 1-888-860-4295.

CARES was developed in conjunction with the Alzheimer's Association and the researchers from Duke University and the University of Minnesota.



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 Fax: 406-252-2933  
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 www.alz.org/montana

**Office Hours M-F**

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

**MISSION STATEMENT**

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

**November is Alzheimer's Awareness Month**

**Let your voice be heard!**

Alzheimer advocates champion the needs and rights of people affected by Alzheimer's disease and other dementias. Efforts by advocates can help expand access to community-based care, improve quality care in residential settings and increase funding for research and public programs.

Here's what you can do to make a difference in the fight against Alzheimer's:

- Stay informed about public policy and legislative issues.
- Promote public policy priorities.
- Educate legislators about the impact of Alzheimer's and the need for quality care.
- Write Congress and tell lawmakers to increase funding for research and care programs.

- Become a Champion at [www.actionalz.org](http://www.actionalz.org).

For more information and to join the national network of advocates, visit [www.alz.org/Advocacy/overview.asp](http://www.alz.org/Advocacy/overview.asp)



**Caregiver Support Groups – The Bridge To Emotional, Educational And Social Support**

It's no wonder that those who care for people with Alzheimer's can burn out, get angry or become depressed. Providing care for anyone with a chronic or terminal disease can fatigue even those with the strongest emotional and physical health. Evidence has shown that caregivers of individuals with Alzheimer's are at significantly increased risk for depression.

Caregiver support groups provide an opportunity for family caregivers, their families, and friends to meet and develop mutual support system that will help maintain the health and well being of its members. People come to support groups looking for something. They typically talk about looking for people who "really understand because they've been there too".

Each peer based group provides an opportunity for members to exchange practical information on caregiving problems and their possible solution, share different ways of adapting to continuing stress of coping, discuss feelings, needs, and concerns in a supportive non-threatening and non-judgmental atmosphere. Members know it is safe environment to express and work through feelings of fear, frustration, worry, guilt, anger, and other emotions associated with caregiving.

With increasing community awareness of AD there are a growing number of caregivers looking for support groups. Our challenge is recruiting enough skilled volunteer professional and former family caregivers to fill the role of group facilitators to help us expand our reach.

Please contact the office if you are interested in starting a support group in your area.

## Drop In Visual Skills May Precede Alzheimer's

The ability to perceive relationships between objects (visuospatial skills) may decline years before a person is diagnosed with Alzheimer's disease, a new study suggests. Such a decline can occur three years prior to diagnosis, researchers found. Declines in verbal and working memory weren't seen until one year before diagnosis.

The University of Kansas study included 444 dementia-free people who underwent a number of cognitive tests, including vision, that were repeated at least once before the study ended. After an average follow-up of nearly 6 years, 134 of the participants developed dementia; of those, brain autopsies confirmed Alzheimer's in 44 cases.

The findings appear in the October issue of the *Archives of Neurology*.



## Success for Montana Memory Walks

### Congratulations and celebrations are in order for our five great Montana Memory Walks!

We had a record year totaling nearly \$55,000. Thank you to the committee members in Bozeman, Butte, Missoula, Eureka and Billings for all their hard work—and to their committee chairs and co-chairs: Kathy Lundberg, Nicole Berg, Cynde Cheek, Denise Sherman, and Karen Suchy. Thank you to our incredible sponsors for the monetary and in-kind donations that helped make our events possible.

**Billings:** Albertsons-Rehberg, Alpha Graphics, American Medical Response, Autumn Springs, Billings Caledonian Pipes and Drums, Billings Clinic, Billings Clinic General Surgeons, Billings Gazette, Billings Hardware, Bonaventure Senior Living, Bresnan Communications, Briggs Distributing, Cherry Creek Radio, CHS Refinery, City Brew, ConocoPhillips, Costco, Dan Fleury Construction, ExxonMobil, Food Service of America, Gainan's Flowers, Great Harvest Bakery, Highgate Senior Living, Interim Health Care, Johnstone Supply, Juro's Medical, Karen & Larry Klee, Langford International, Marquis Vintage Suites-Grand Park, Mary K Housinger, Meadowgold Dairies, Montana Bunk House, Michelotti-Sawyer, Montana Dakota Utilities, NorthWestern Energy, Off The Leaf, O2 Architects, Phyllis Brown, Pita Pit, Rocky Mountain Home Care, Rocky Mountain Hospice, Spur Of The Moment Band, St Johns Lutheran Ministries, St Vincent Health Care, Stockman Bank, Synergy Home Care, Two Sisters Home Care, Underriner Motors, Valley Health Care, Western Awards, Wheat Montana, Yellowstone County Council on Aging, Yellowstone Ice.

**Butte:** St James Health Care, Marquis Vintage Suites, Rocky Mountain Hospice

**Bozeman:** Bank of Bozeman, First Interstate Bank, Highgate Senior Living, Montana Import Group, Rocky Mountain Hospice, Spring Meadows

**Missoula:** Case Management Connections, Cherry Creek Radio, Eastgate Drug, Edgewood Vista, Hospice of Missoula

**Eureka:** 1<sup>st</sup> Interstate Bank, Dollar Thing, Mountain View Manor, NAPA, Phyllis Donaldson, Sharon Wood

## Quilt Raffle Winner!



Congratulations to Elain Komrs for winning the beautiful handmade quilt!! Thank you again to the quilters from King of Glory Lutheran Church in Billings who made and donated this wonderful quilt.

At right, Dorothy Minnie from Marquis Vintage Suits Grand Park in Billings draws the winning ticket from the Alzheimer's bag held by AA Montana Chapter Executive Director Suzanne Belser.



# Support Groups

## **BILLINGS**

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

**Bonaventure Senior Living**  
4001 Bell Ave (near corner of Shiloh/  
Central)  
Wednesday 2:00 p.m.  
Ashley—406-652-9303

**Billings Clinic**  
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)**  
Caretime  
1505 Ave D  
Tuesdays 5:30 pm—7:30 pm  
Melanie 259-5212

## **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

**Marquis Vintage Suites**  
300 Mount Highland Drive  
2nd Tuesday—7:00 p.m.  
Shelly 406-494-0083

## **COLUMBIA FALLS**

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

## **EUREKA**

**North County Medical Clinic**  
1st & 3rd Tuesday, 4:00pm  
Karen, 406-297-3145

## **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**  
202 Prospect Drive  
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  
Donna or Nancy 406-454-0991

**Cambridge Court-Cascade County**  
1109 6th Ave N - 6th Floor  
3rd Thursday—6:30 p.m.  
Jennifer or Bree 406-727-7151

## **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  
Gail Lane 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  
Kaye, 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  
Pastor Farquhar 406-293-4522

## **MANHATTAN**

Parkhaven Retirement & Assisted  
Living  
100 Hamilton Ct  
2nd & 4th Tuesday—6:30 p.m.  
Christine or Cynthia

## **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 Eunice

## **POLSON**

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

## **SCOBEE**

**Daniels Memorial Health Care  
Center**  
105 5th Ave E  
Mondays at 7:00 p.m.  
Ann, 406-487-2296

**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.**

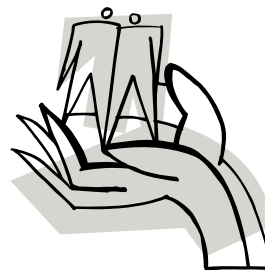
## **SUPPORT GROUP FACILITATOR TRAINING!!**

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.**

# New Alzheimer's Movie

At the AARP Vegas@50+ event in Las Vegas, Alzheimer's Association participated in a panel on the film "**Lovely, Still.**" After watching the film, which features a plotline centered around Alzheimer's, more than 300 audience members were able to ask questions about the disease and recent scientific progress. The panel featured one of the film's stars, Academy Award®-winning actor Martin Landau.

The film, which also stars Academy Award-winning actress Ellen Burstyn, premiered at the Toronto Film Festival to widespread critical and audience acclaim. "**Lovely, Still**" is currently being shown in limited release and opens to a wider audience later this fall.



# Holiday Gift Ideas!



## FORGET-ME-NOT PLATES

The custom glassware plates are beautifully handcrafted in the United States with a distinctive forget-me-not flower design that serves as a symbol for the cause.

Each individual plate is hand cut, colored and textured to create an original design. They are dishwasher and microwave safe. This attention to detail adds to the design's high quality and durability.

For every Forget-Me-Not plate sold Riverside Design Group will donate 15 percent of gross sales to The Alzheimer's Association, through Dec. 31st, 2009.

Prices: 14" Square Plate - \$88.00 plus shipping

9" Square Plate - 38.00 plus shipping

5x10" Rectangular Plate - \$36.00 plus shipping

**To order visit [alz.org](http://alz.org) Click on Shop for the Cause and then Partner Products**



## CONNECT AND REFLECT KIT

This kit is a great reminiscence activity for people with dementia and their caregivers. The kit includes a Family Memory Book, CD and video available on DVD or VHS. Memory Lane developed a simple strategy, called Memory Connect • Pause • Reflect ([Memory CPR™](#)), that is included in this kit and can be used to stimulate and enrich conversations. Through April 2010, ten percent of gross sales will benefit the Alzheimer's Association.

Price: \$39.98 plus shipping. **To order visit [alz.org](http://alz.org)**

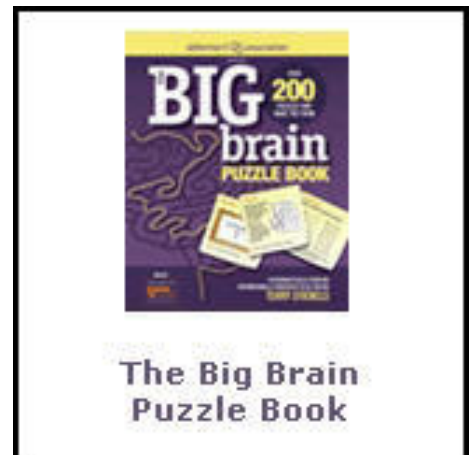
**Click on Shop for the Cause and then Partner Products**

## BIG BRAIN PUZZLE BOOK

Get ready to build your brain power! The Alzheimer's Association is proud to share The Big Brain Puzzle Book with fans of frame games, trivia and teasers across America. Published by Time Inc. Home Entertainment, this book has over 200 Alzheimer's Association-approved puzzles from renowned brain teaser Terry Stickels. Although it's a perfect way to relax – on a train ride, at the airport or sitting in front of the TV – it serves another purpose as well. It's a fun and easy way to activate your brain, and it may inspire you to learn more about Alzheimer's.

Price: \$11.99 plus shipping. **To order visit [alz.org](http://alz.org)**

**Click on Shop for the Cause and then Partner Products**



## Comfort Zone Brings Families Peace Of Mind



alzheimer's  association®

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-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](http://www.alz.org/comfortzone) or call 1.877.ALZ.4850.

## We Provide Information, Education and Support

- If you need to talk, our toll-free [24/7 Helpline](http://www.alz.org/helpline) provides reliable information, referrals and support in multiple languages. Call us anytime at 1.800.272.3900.
- Our [message boards](http://www.alz.org/living_with_alzheimers_message_boards) connect people from all across the country who share their experiences and find support and friendship with others living with Alzheimer's. Visit [http://alz.org/living\\_with\\_alzheimers\\_message\\_boards](http://alz.org/living_with_alzheimers_message_boards)
- We operate the [Alzheimer's Association Green-Field Library](http://www.alz.org/greenfield), the nation's largest library dedicated to Alzheimer's disease. The library provides a wide variety of free information services to the public. Visit <http://greenfield.alz.org/>

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**Call: 406-252-3053**

**Email:**

[alzbelser@bresnan.net](mailto:alzbelser@bresnan.net)

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**Board of Directors News**

Thank you to Karen Fried-Billings for over 5 years of service to the board! Karen has helped with support group leader training and has offered to continue helping with this much needed program.

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](http://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**