

alzheimer's association™

Published quarterly for our donors, volunteers, advocates and friends of the Alzheimer community



Kemp Center for the Arts in WICHITA FALLS offers *Memories in the Making*®

People with memory loss and their caregivers may now pass a relaxing hour painting in the Kemp Center's beautiful art studio. Professional artist and educator **Ronda Ivy** leads the sessions every Thursday from 11:00 am to noon.

There is no charge to attend but reservations are required. Call 940-767-8800.

2010 Fall Caregiver Seminar **IMPROVING CARE THROUGH UNDERSTANDING**

INSIDE: PAGE 3



"Visible Voices: Paintings by People with Memory Loss" Opens November 5 at the Arlington Museum of Art

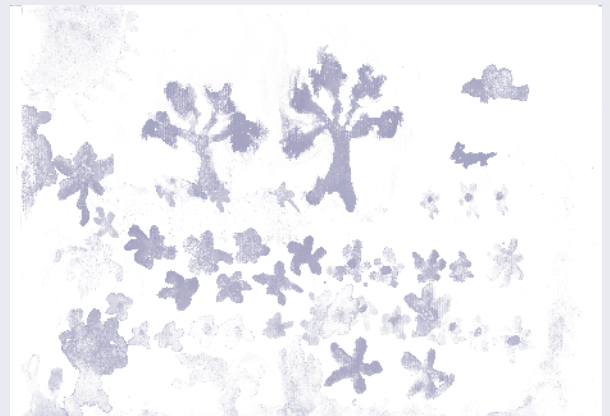
Sixty of the best paintings to emerge from *Memories in the Making*® over the past year will be on exhibit at the Arlington Museum of Art for the month of November. From pictures that tell stories of long ago to serene abstractions from the hands of people who no longer speak, "Visible Voices" highlights a range of expression by people who are losing their memory and the ability to communicate with words.

Everyone is invited to the opening of *Visible Voices* on Friday, November 5, from 5:00 pm to 8:00 pm. The party is a way of congratulating the artists, their loved ones and the people who make it happen at each of the care communities that host the program.

The Alzheimer's Association began offering the 20-year-old art program for people with dementia to North Central Texas in February 2009. To date, hundreds of individuals in 30 locations in 11 counties have benefitted from painting in *Memories in the Making*® and many more have seen the art. Over the past few months there have been exhibitions in Abilene, Waco and Wichita Falls.

Even in the earliest stages, people with Alzheimer's disease lose the ability to pursue lifelong hobbies and interests. Sewing a dress from a pattern or working on a car become impossible. By the time a person enters a long term care facility, he or she has left behind virtually all

- continued on page two



"It's Spring!" by Peggy, Autumn Leaves of Grapevine

"It's my back yard. And the front too. There are violets, the blues. The yellows are sunflowers but they don't look like sunflowers because I didn't put legs on them.

And I have a dog - a little bitty dog. I just made one little bird but these trees are filled with birds. I feed them."

ABILENE

Abilene Regional Office
301 South Pioneer
Suite 105
Abilene, TX 79605
325.672.2907

FORT WORTH

Chapter Headquarters
101 Summit Avenue
Suite 300
Fort Worth, TX 76102
817.336.4949

WACO

Waco Regional Office
6605 Sanger Avenue
Suite 1
Waco, TX 76710
254.753.7722

WICHITA FALLS

Wichita Falls
Regional Office
901 Indiana, Suite 350
Wichita Falls, TX 76301
940.767.8800

The Alzheimer's Association-North Central Texas Chapter is a tax-exempt, 501(c)(3) nonprofit, donor-supported organization. Programs and services are made possible through contributions from individuals, corporations and foundations.

Underwriting for this newsletter is partially provided by:
Thelma Emil & Edmund Fahrenkamp Trust

Visible Voices Opening
FRIDAY, NOVEMBER 5
5:00 pm to 8:00 pm
Arlington Museum of Art
201 West Main St.
ARLINGTON

opportunities for creativity. *Memories in the Making*® is a means of giving people back an opportunity for self-expression.

The individual and often enigmatic way residents express themselves offer a way to "see into their minds," suggests Donna Reyes, Activity Director at Wesley Woods Alzheimer's Care Center in Waco.

Memories in the Making® bypasses the need for learning and knowing and encourages painters to make whatever marks come naturally to them. The results are as individual as the artists themselves.

The Arlington Museum of Art is located at 201 West Main St. in Arlington. For museum hours and information, visit www.arlingtonmuseum.org.

For more information about *Memories in the Making*® visit www.alz.org/northcentraltexas or contact Lisa Buck at 1-800-272-3900 or lisa.buck@alz.org.

National Office Launches TrialMatch

In an effort to recruit volunteers to participate in clinical research trials across the country, the national office of the Alzheimer's Association has created **TrialMatch**, a clinical studies matching service. Clinical trials accelerate progress and provide valuable insight to the ongoing medical and scientific efforts to combat Alzheimer's disease. Participation in clinical research trials related to Alzheimer's disease is needed from those with Alzheimer's, as well as from those who do not have the disease. Participation requirements vary with each study. By registering with *TrialMatch* online or over the phone, individuals can connect to current Alzheimer clinical trials that align with their diagnosis, location and preferences. Registering to participate in *TrialMatch* creates no obligation, but keeps registrants informed of opportunities to participate as they arise and are suitable for them.

How to Use TrialMatch –

Step 1 Access the Alzheimer's Association *TrialMatch* online at alz.org/trialmatch or by calling the toll-free number, 1-800-272-3900.

Step 2 Complete a brief questionnaire, either online or over the phone, to create a profile.

Step 3 Based on the specified eligibility and criteria (e.g., diagnosis, treatment history, location), the Alzheimer's Association will compare your unique profile to its comprehensive, up-to-date clinical trial database.

Step 4 With your permission, an Alzheimer's Association *TrialMatch* specialist will contact you to provide unbiased trial result options and trial site contact information. Specialists will not recommend any particular trial, but will help you identify trials that match your specific eligibility and criteria.

Alzheimer's Association *TrialMatch* specialists are available from 7:00 am to 7:00 pm, Monday - Friday. As the prevalence of Alzheimer's disease continue to rise, the need for volunteers for clinical trials has never been greater. Visit the website or call the toll-free number to learn more about *TrialMatch* today!





**IMPROVING CARE THROUGH UNDERSTANDING
UPCOMING CAREGIVER SEMINAR IN WACO AND ARLINGTON**

Each year our chapter presents our popular **Fall Caregiver Seminar**. The day-long event is conceived as a way of helping caregivers of people with dementia learn more about Alzheimer's disease and become better caregivers. An informed approach both improves the quality and effectiveness of care and exacts less of a toll on the health of the caregiver.

The 2010 Fall Caregiver Seminar, **Improving Care through Understanding**, will offer insights into how Alzheimer's disease progresses over time and suggest practical solutions for coping with challenging situations. By understanding how the changes happening in the brain manifest themselves as specific behaviors, professional and family caregivers are better equipped to protect, nurture and communicate with those under their care.

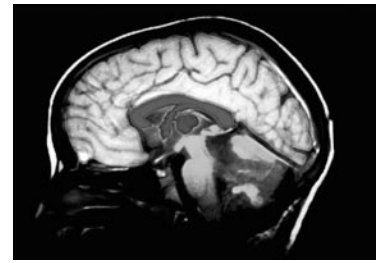
The featured speaker, **Heather McKay**, OTR/L, will travel to North Central Texas from Burlington, North Carolina, where she is the Dementia Care Program Manager for Hospice of Alamance-Caswell and Life Path Home Health. She holds a master's degree in occupational therapy from the University of North Carolina at Chapel Hill where she also received an interdisciplinary certificate in aging. A recognized dementia care specialist and well-regarded speaker, Ms. McKay trains professional and family caregivers and consults with staff from long-term care facilities on topics related to Alzheimer care. Ms. McKay's upbeat and interactive presentation style offers a positive approach to communication and understanding that people will want to put to use immediately.

The seminar will be held in Waco and Arlington.

Each daily session will begin at 8:30 am and will conclude at 4:30 pm. Attendees will receive outstanding educational benefits and have the opportunity to learn more about services and resources available to persons with dementia and their caregivers.

Family caregivers are invited to attend at NO CHARGE. Professionals may attend for a fee of \$35 which includes continuing education credit. (Approval for continuing education credits is pending for nurses, licensed nursing facility administrators, assisted living managers and activity directors and is approved for social workers.) For registration information, please call 1-800-272-3900, or visit our chapter website at www.alz.org/northcentraltexas. Registrations will be taken at the door if space allows. Registration includes lunch and education materials.

Improving Care through Understanding is partially sponsored by Arden Courts Alzheimer's Assisted Living of Arlington, the Area Agency on Aging of the Heart of Texas and the Area Agency on Aging of Tarrant County.



What happens in the brain of a person with Alzheimer's disease?

Find out by visiting **Inside the Brain: An Interactive Tour**, an exciting feature on our chapter's website that explains how the brain works and how Alzheimer's disease affects it. Navigate at your own pace through 16 illustrated screens and follow the colored text highlights that serve as pathways to key areas and special features of each section.

Visit www.alz.org/northcentraltexas



The Kiwanis Club of Mansfield presents its annual **Bob Noel Tennis Classic** **NOVEMBER 5 - 7** Walnut Creek Country Club in Mansfield

The annual event is held in memory of Bob Noel, who was a dedicated member of the Kiwanis Club, an accomplished amateur tennis player and a gallant fighter of Alzheimer's disease. The tennis tournament benefits the Alzheimer's Association and programs of the Kiwanis Club.

Call the Walnut Creek Country Club at 817-473-1311 for more information or a registration brochure.

OCTOBER 28
Lee Lockwood Texas
Scottish Rite Library & Museum
2801 West Waco Drive
WACO

OCTOBER 29
Pleasant Ridge Church of Christ
6102 W. Pleasant Ridge Road
ARLINGTON

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North Central Texas Chapter Board of Directors**

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Grace Ann Durden, Event Co-Chair; Matt Rose, President and CEO of Burlington Northern Santa Fe; and Valerie Holloway Skinner, Presenting Sponsor, at this year's "Thanks for the Memories" Dinner and Auction.



The Alzheimer's Association thanks our sponsors for making our 9th Annual Dinner & Auction such a tremendous success as we honored our 3rd "Thanks for the Memories" recipient... Burlington Northern Santa Fe!



OUR SPONSORS

THE BIG BAND

The Graham and Carolyn Holloway Family Foundation
Carolyn Holloway in Memory of Graham Holloway

THE CONDUCTOR

Burlington Northern Santa Fe

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Dear Friends:

In late September, the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics reported that Alzheimer's disease has become the sixth-leading cause of death in the United States. **The CDC estimates that 74,632 Americans died of Alzheimer's disease in 2007, the latest year for which statistics are available. With the surge of baby boomers reaching the age of greatest risk, the cases of Alzheimer's disease continue to grow.** Unless more effective medical interventions are found to slow down the progression of Alzheimer's, untold numbers of families will have their lives torn apart by this mind-robbing disease. Many reading this newsletter know the horror of Alzheimer's disease only too well!

As the leading national nonprofit organization combating Alzheimer's on both the scientific front and through the provision of education, information and supportive services, the work of the Alzheimer's Association has never been more vital! Serving a 40-county area, our North Central Texas Chapter is proud to be the local affiliate of the national Alzheimer's Association. The North Central Texas Chapter is a separate nonprofit organization, incorporated in Texas and governed by a board of directors who volunteer their time and service. The list of our chapter's 28-member board is included in this newsletter. **We are proud to have representatives on the board from across the substantial part of the state that we serve.**

This issue of the chapter newsletter is once again filled with information about the work of our chapter, particularly our education programs and supportive services. We have welcomed two, and soon three, new staff members to our Fort Worth office in conjunction with our newest program, **Resources for Enhancing Alzheimer's Caregiver Health (REACH)**, made possible by funding from the United Way of Tarrant County. Our new REACH staff, both licensed professional counselors, are already hard at work offering one-on-one support, education and guidance to caregivers facing the multitude of challenges that accompany the progression of their loved ones' Alzheimer's disease.

Over two days in late October, we will reach hundreds of caregivers through our **Fall Caregiver Seminar** in Waco and Arlington, **Improving Care through Understanding**. Our education calendar is filled with many additional learning opportunities about the disease, caregiving, brain health and other topics

of particular interest to caregivers. During November, the public will have the opportunity to view the creativity revealed through paintings by individuals with Alzheimer's disease in our **"Visible Voices: Paintings by People with Memory**

Loss" exhibition at the Arlington Museum of Art. We are proud to have this opportunity to exhibit work from our Memories in the Making® art program. **TrialMatch** is a new on-line clinical studies matching service to encourage volunteers to participate in clinical research trials. Learn more about how you and your loved one may be able to contribute to research by participating in a clinical trial.

In addition to what you will read in this newsletter about the above topics, our chapter website, **www.alz.org/northcentraltexas**, is updated regularly with information about local and national programs and much more! Visit the website often. Take the interactive tour of the brain you will find available on the website, and learn about the newest findings in research. Also, be aware that our chapter coordinates a long list of family support groups throughout our service area. Varied meeting times and locations offer many opportunities for anyone who would like to participate in a support group. We even have a support group that meets over the phone! You will find a complete list of our support groups on our website.

While the news from the CDC is disheartening about the impact of Alzheimer's disease, I hope it helps to know how diligently the Alzheimer's Association is working nationally and locally. Nationally, we are the largest private funder of research, and locally we are the source of information and support for those coping with Alzheimer's disease. Come by or call any of our North Central Texas Chapter offices. You may reach someone 24 hours a day over the phone at 1-800-272-3900.

Please take full advantage of the services we have available at the North Central Texas Chapter. And please, support any or all of our fund raising efforts if it is within your means to do so. Use the enclosed remittance envelope to make a donation today. We rely on your generosity and commitment to our mission.

Above all, know that we are here to help!

Theresa



Theresa
Hocker

UPCOMING EDUCATION PROGRAMS

OCTOBER - DECEMBER 2010

There is no charge for most education programs,
though donations to help cover the chapter's cost of providing programs are accepted with appreciation.

OCTOBER 14

1:30 pm to 3:30 pm

Managing Caregiver Stress

Area Agency on Aging (training room)

1514 South New Road, **Waco**

Contact: Howard Gruetzner at
254-753-7722

OCTOBER 26

6:30 pm to 8:00 pm

Maintain Your Brain

Horizon Bay at Graham

1015 Cliff Drive, **Graham**

Contact: Patty Taylor at 940-767-8800

OCTOBER 28

8:30 am to 4:30 pm

Fall Caregiver Seminar: **Improving Care through Understanding**

Speaker: Heather McKay, OTR

Lee Lockwood Texas Scottish Rite
Library and Museum

2801 West Waco Drive, **Waco**

Cost: No charge for Family Caregivers - lunch provided
Professionals \$35 - with CEUs and lunch is included

Contact: Carolyn Berry at 254-753-7722

OCTOBER 28

6:00 pm to 8:00 pm

Grace Under Fire:

Practical Tips for Caregivers

Windcrest Alzheimer's Care Center

6050 Hospital Drive, **Abilene**

Contact: Mindy Bannister at
325-672-2907

OCTOBER 29

8:30 am to 4:30 pm

Fall Caregiver Seminar: **Improving Care through Understanding**

Speaker: Heather McKay, OTR

Pleasant Ridge Church of Christ

6102 West Pleasant Ridge Rd., **Arlington**

Cost: No charge for Family Caregivers - lunch provided
Professionals \$35 - with CEUs and lunch is included

Contact: Shelly Young at 817-336-4949

NOVEMBER 4

10:00 am to 11:00 am

Maintain Your Brain

(Mantenga Su Mente Activa)

Workshop presented in English and Spanish

Northside Adult Daycare Center

1401 Clinton Avenue, **Fort Worth**

Contact: Alberto Robles at 817-336-4949

NOVEMBER 5

9:00 am to 11:00 am

Senior Mind Solutions:

Activities for Brain Health

Speaker: Susan Franks, PhD

Health Science Center

Doss Heritage and Culture Center

1400 Texas Drive, **Weatherford**

Contact: Shelly Young at 817-336-4949

NOVEMBER 5

10:30 am to 12:00 pm

Grace Under Fire:

Practical Tips for Caregiver Stress

Alzheimer's Association Regional Office

901 Indiana Suite 350, **Wichita Falls**

Contact: Patty Taylor at 940-767-8800

NOVEMBER 5

2:00 pm to 4:00 pm

Taking Care of the Caregiver:

Maintaining Your Health

Speaker: Scott Dobbs, MS

Arlington Public Library -

Southwest Branch

3311 Southwest Green Oaks, **Arlington**

Contact: Judy Budlong at 817-336-4949

NOVEMBER 11

10:00 am to 12:00 pm

Maintain Your Brain

King Memorial United Methodist Church

500 North Colorado St., **Whitney**

Contact: Howard Gruetzner at
254-753-7722

NOVEMBER 11

1:00 pm to 2:30 pm

All About Alzheimer's

Arlington Museum of Art

201 West Main St., **Arlington**

Contact: Shelly Young at 817-336-4949

NOVEMBER 16

2:00 pm to 4:00 pm

Creative Solutions: Tips to Manage Challenging Behaviors

Western Hills Healthcare Residence

400 Old Sidney Road, **Comanche**

Contact: Mindy Bannister at
325-672-2907

NOVEMBER 16

6:00 pm to 8:00 pm

Taking Action

After a Dementia Diagnosis

Grapevine Public Library

1201 Municipal Way, **Grapevine**

Registration required - No charge
- Refreshments provided at 5:30 pm,
program starts at 6:00 pm

Contact: Judy Budlong at 817-336-4949

NOVEMBER 18

10:00 am to 11:00 am

Good for the Heart, Good for the Brain (Cuerpo Sano, Mente Sana)

Workshop presented in English and Spanish

Diamond Hill Senior Center

1701 Northeast 36th St., **Fort Worth**

Contact: Alberto Robles at 817-336-4949

NOVEMBER 18

2:00 pm to 4:00 pm

Memories in the Making Training

Arlington Museum of Art

201 West Main Street, **Arlington**

Contact: Lisa Buck at 817-336-4949

Where it's listed below that CEUs are provided, this indicates that Continuing Education Units (approved education credits for certain professionals) are offered. Because of the additional cost to the chapter to provide CEUs, there is a charge for these programs. See registration instructions listed below or **call 1-800-272-3900**.

DECEMBER 1

2:00 pm to 4:00 pm
**Taking Action After a
Dementia Diagnosis**

Abilene Regional Medical Center
Women's Center – Classroom 3
6250 Highway 83-84, **Abilene**
Contact: Mindy Bannister at
325-672-2907

DECEMBER 1

2:00 pm to 4:00 pm
**News From the Front: Advances in
the Fight Against Alzheimer's**

Speaker: Meharvan Singh, PhD,
The Chapel at Texhoma Christian Care
Center, 300 Loop 11, **Wichita Falls**
Contact: Patty Taylor at 940-767-8800

DECEMBER 2

2:00 pm to 4:00 pm
Grace Under Fire:

Tips for Caregiver Stress
Haltom City Public Library
4809 Haltom Road, **Haltom City**
Contact: Judy Budlong at 817-336-4949

DECEMBER 9

4:00 pm to 6:00 pm
'Grandpa, Do You Know Who I am?'
With Maria Shriver -

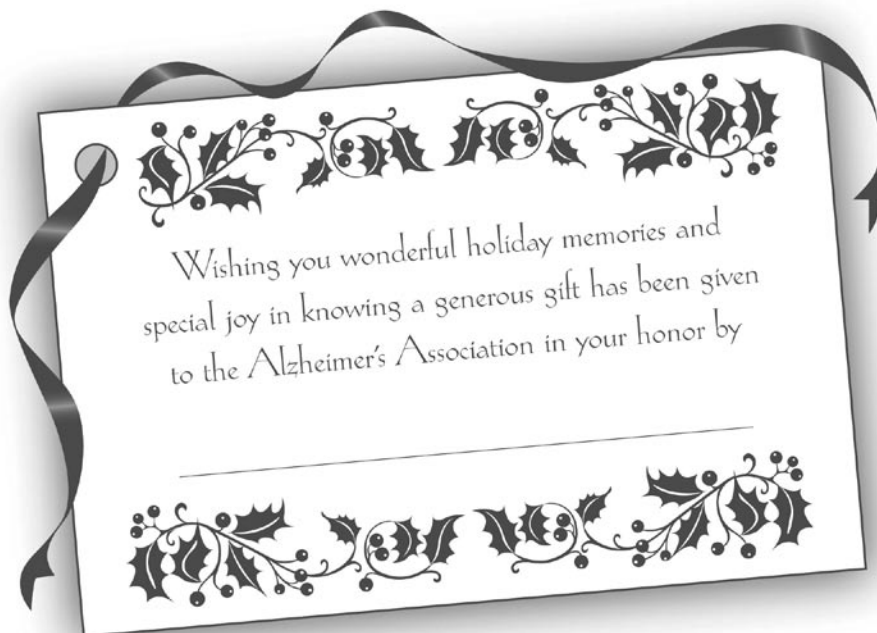
*A part of The Alzheimer's Project, an
HBO 4-part documentary series*
Crestview Church of Christ Church
Community Center
7129 Delhi Road, **Waco**
Contact: Howard Gruetzner at
254-753-7722

IT'S TIME TO CELEBRATE THE TENTH YEAR OF "THANKS FOR THE MEMORIES!"

April 28, 2011 will be a red letter day on everyone's calendar as Ridglea Country Club, once again, serves as our annual dinner and auction destination. Seats are limited, so mark your calendar now and watch your mailbox for some exciting news about our anniversary party and "Thanks for the Memories" award honoree.

If you are interested in joining the "Thanks for the Memories" auction planning committee or sponsoring the event, contact Lyn Downing at 817-336-4949 or lyn.downing@alz.org.

Don't forget to check our website www.alz.org/northcentraltexas for all the latest on upcoming events and educational programs.



This holiday season, honor special friends, co-workers or loved ones with a gift in their name to the Alzheimer's Association - North Central Texas Chapter. This lovely acknowledgement card, designed just for the holidays, will be sent to those you honor with your contribution. A minimum of \$10 per honoree is requested. You may use the enclosed remittance envelope to send your gift to the chapter. Be sure to clearly print the name and address of the honoree(s) and please indicate if your gift is for the holidays. Questions? Call (817) 336-4949.

NEW CAREGIVER PROGRAM FOR TARRANT COUNTY

Our chapter is excited to announce that our newest program, **REACH**, is up and running!

Resources for Enhancing Alzheimer's Caregiver Health, or **REACH**, is a unique program that offers one-on-one supportive services to those caring for a loved one with Alzheimer's disease at home. **The program targets family caregivers living in Tarrant County and is offered at no charge thanks to a grant from the United Way of Tarrant County's Healthy Aging and Independent Living Initiative.**

The purpose of REACH, which is built upon a national award winning evidence-based program funded by the National Institute of Health, is to empower family caregivers by providing personalized education and guidance for each family's situation. The program is carried out by our staff's dementia care specialists, who are licensed professional counselors.

The dementia care specialists conduct a series of visits with families in their homes or in the chapter office. With the

use of specially developed program materials, the dementia care specialists help caregivers enhance their ability to address

areas such as caregiver stress, challenging behaviors, home safety, depression, self-care and social support. The dementia care specialists and caregivers jointly engage in the problem solving process to find effective and workable solutions to each family's specific needs.

In addition to REACH services, families involved in the program may qualify for respite care at no charge or on a sliding scale basis. In-home respite care is provided to qualifying families by staff from Easter Seals, who are working closely with our chapter to deliver services.

If you are faced with significant stress or other challenges related to the home care of your loved one with Alzheimer's disease, please contact our chapter to learn more about the REACH program at 1-800-272-3900. Do not hesitate to call with your questions.



Senior Mind Solutions: Activities for Brain Health to be presented in Weatherford



In June of this year, **Dr. Susan Franks** presented **Senior Mind Solutions** to an audience of over 70 individuals in Fort Worth. The response to the presentation was overwhelming. Dr. Franks concluded her remarks with a promise that she soon would present another program in the area.

We are pleased to announce that Dr. Franks will present **Senior Mind Solutions: Activities for Brain Health on Friday, November 5, from**

9:00 am to 11:00 am in Weatherford. In this workshop Dr. Franks will teach the audience the basics of brain function and healthy brain behaviors. Practical strategies to help keep the brain functioning at its optimum capacity will be demonstrated. Listen, participate and learn how to keep your mind healthy and fit at any age.

Susan Franks, PhD is a clinical health psychologist and serves as an associate professor at the University of North Texas Health Science

Center where she has worked for 17 years. She has dedicated her career to helping people make critical choices for greater health.

There is no charge for this program; however, reservations are requested. Please call Shelly Young at 1-800-272-3900 to register.

**Senior Mind Solutions:
Activities for Brain Health**
Doss Heritage and Culture Center
1400 Texas Drive
WEATHERFORD
Friday, November 5
9:00 am to 11:00 am

Early Start on Abilene Spring Fund Raiser

For the fifth consecutive year, the Abilene regional office will hold **"Steppin' Out for Memories"** offering dinner, dancing and a live and silent auction. The 2011 event will be held on **Saturday, April 9**, in the **Abilene Country Club Ballroom**. Former state representative **Bob Hunter and his wife, Shirley**, will be honored for their dedication to the state of Texas and to higher education. The award presentation will be made by last year's honorees, Charlie and Cindy Stenholm.

Following an Italian buffet dinner prepared by the chef of the Abilene Country Club, the **Freeride Band** will perform. If you have not had the opportunity to experience the unique sights, sound and show of the Freeride Band, get ready for a great night of entertainment.

The evening promises wonderful food, great music and an opportunity to support the programs and services the Alzheimer's Association offers in the Abilene area. Your participation will ensure that much-needed services continue to be available to those who are navigating through this journey that is Alzheimer's disease. For more information on sponsorship and tickets, contact Libby Connally at 325-672-2907 or libby.connally@alz.org.

To reach our 24/7 Helpline, call
1-800-272-3900.
Help is just a phone call away.

North Central Texas Service Area: Archer, Baylor, Bosque, Brown, Callahan, Clay, Coleman, Comanche, Concho, Eastland, Erath, Falls, Foard, Freestone, Hamilton, Hardeman, Haskell, Hill, Hood, Jack, Johnson, Jones, Knox, Limestone, McCulloch, McLennan, Montague, Palo Pinto, Parker, Runnels, Shackelford, Somervell, Stephens, Tarrant, Taylor, Throckmorton, Wichita, Wilbarger, Wise and Young counties.
If you want to be removed from our mailing list, please call 1-800-272-3900