

alzheimer's association®

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



WALK TO END ALZHEIMER'S™

Save the Date!

Join the movement to reclaim the future for millions. Together, we are an unstoppable force in the fight against Alzheimer's disease.

Sign up for Walk to End Alzheimer's today.

Since 1993, the North Central Texas Chapter has been inspired by thousands of Memory Walk™ participants in our area on the move to end Alzheimer's. Memory Walk has been our Association's main event for mobilizing millions of Americans to raise awareness and funds for Alzheimer care, support and research. This year, our Walks will continue to lead the way in the fight to end Alzheimer's with a new look and a new name: **Walk to End Alzheimer's®**.



Why change the name?

By now, you may have seen the national commercials or print ads for **Walk to End Alzheimer's**. You may wonder why the Alzheimer's Association decided to change the name of our Walk. The Walk is one of the main means of moving the mission of the Alzheimer's Association forward. It is through our Walk that we connect with those affected by Alzheimer's and those with a passion to do something positive to change where we stand against this disease. Since the Walk is about raising awareness and funds for Alzheimer care, support and research, it was only fitting that the name of the Walk more closely identify with that cause.

We feel that **Walk to End Alzheimer's** will take us to the next level in the fight to end Alzheimer's disease.

What else is new about the Walks this year?

While the basics of our Walks will remain the same, you will notice a few small changes that we feel will make a big impact. First of all, you will see more of an emphasis on getting connected with the Alzheimer's Association services.

— "Walk to End Alzheimer's" continued page two



Wichita Falls
SEPTEMBER 10
MSU/Sikes Lake Center

Abilene
SEPTEMBER 24
Rose Park Senior Center

Weatherford
SEPTEMBER 24
Weatherford College

Arlington
OCTOBER 1
UTA Mavericks Activity Center

Grapevine
OCTOBER 8
Grapevine Mills Mall

Waco
OCTOBER 8
Indian Spring Park

Fort Worth
OCTOBER 15
Trinity Park

Granbury
****NEW LOCATION****
Please check our website for the place and date of our newest Walk location.



Our Mission:
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.



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

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**Thelma Emil & Edmund
Fahrenkamp Trust**



— "Walk to End Alzheimer's" continued from front cover

Signing up to be an Alzheimer Advocate will be encouraged at our Walks again this fall, as in previous years. We are also excited to encourage participation in research studies by introducing TrialMatch to our walkers this year. (Find out more about TrialMatch at www.alz.org/trialmatch.) New banners, signs and even wristbands at registration may seem rather trivial, but you will notice a distinct theme to all the decorations adorning our start/finish and Walk routes. Here's a hint for you: wear your purple Walk shirt to help us create a sea of purple! And, finally, we will have a very special tribute ceremony that you won't want to miss. Join us as we promise to honor, remember, care and fight against Alzheimer's with our new Promise Garden experience.



What does participating in Walk to End Alzheimer's involve?

Most Walk teams start with a team captain who creates a team when he/she registers online. The team captain then recruits eight to ten team members who register as a team member online. An easy way to find team members is to use the email template specifically written for team recruitment found in the participant toolbox online. As soon as a walker is registered, he/she begins approaching friends, family, co-workers and other acquaintances to ask for donations to the Alzheimer's Association in support of their **Walk to End Alzheimer's** participation. There are many online tools to help walkers solicit donations and plan team fundraisers that are fun and raise money for Alzheimer care, support and research. Team captains should encourage their team to raise funds and awareness of the Alzheimer's Association in any way that works for



the team. We have made it easy to give. Many donors choose to make their donation online. Cash and checks can be turned in at the nearest Alzheimer's Association office. (Be sure to let us know who gets credit for the donation! Any donations solicited and

credited to individual team members also count toward the team's goal.) Make sure you check your Walk location's website for the date and time of the Kick-Off party. Many teams have fun creating their own team t-shirts to wear on Walk day and participating in the t-shirt contest. A few days before the Walk, walkers can check-in early and be "ready to walk" by turning in donations and receiving a Walk t-shirt for those who raise \$100 or more. Individuals are also welcome to participate. Individuals may sign up online or in person using the same online system.

How do I sign up or get more information?

To find the Walk nearest you and register online, visit www.alz.org/walk to search for **Walk to End Alzheimer's** by state or zip code. Visit the Walk tab on our chapter website www.alz.org/northcentraltexas for more information on the Walk locations in the North Central Texas area. You may also call **1-800-272-3900** for more information or to request a registration form if you do not wish to sign up online.

See you at the Walk!

FROM THE EXECUTIVE DIRECTOR

Dear Friends:

Just west of downtown Fort Worth, the longstanding Yellow Book sign on I-30 is about to be replaced... with a sign for the Alzheimer's Association! **Exceptional visibility, street level offices with more than double our current space, improved accessibility and expanded parking** are among the advantages our new home at 2630 West Freeway will offer when we relocate the offices of the Alzheimer's Association - North Central Texas Chapter this July.

Last year our board of directors determined we could more effectively serve the community by relocating and expanding our Fort Worth offices. Extensive volunteer and staff efforts have been expended over many months determining and negotiating our new home. Our strategy was to find space we could finish-out ourselves, in order to design to our own specifications and to keep ongoing costs down. At this writing, we are in the midst of construction, picking paint colors, tile, carpet and all that goes with remodeling; purchasing needed furnishings, a telephone system and other equipment; negotiating with movers and sign makers; all the while fund raising to help cover costs associated with this major growth step for our chapter.

In the early 1980s, our chapter's work began in the homes of dedicated volunteers, many whose families were affected by Alzheimer's, a devastating, heartbreaking and fatal disease that was little understood and rarely discussed at that time. Nearly 30 years later, our chapter is THE place to turn in North Central Texas when confronted by Alzheimer's disease. With our headquarters in Fort Worth and regional offices in Abilene, Waco and Wichita Falls, **we cover a 40-county area, have 26 employees and reach over 6,000 individuals a year through our array of services offering support, education and information.** As part of the national Alzheimer's Association, our local efforts align with the overarching mission of serving families coping with Alzheimer's disease and advancing research.

Today, the severity and all-encompassing nature of Alzheimer's disease is widely acknowledged and better understood. The number of people seeking our chapter services has increased dramatically. **In the last ten years, we have more than doubled our staff and programming to service the growing need.** Our chapter is well respected. Our program evaluations consistently validate the effectiveness of our services. Annually, we raise all of our own operating costs through diverse revenue streams, and we are financially sound. Our board, staff and volunteers are deeply committed to our mission.

We look forward to the day when a cure to Alzheimer's disease is found and we can close our doors. Until then, we are determined to increase our reach through our extensive services locally and nationally as the leader in Alzheimer's care, support and research. Please avail yourself of the services of the North Central Texas Chapter described in this newsletter. Visit our website to learn more at www.alz.org/northcentraltexas or call us day or night at **1-800-272-3900**.

Please support our **Walk to End Alzheimer's** and other fund raising efforts. If you would like to make a gift directed to the expansion and relocation of our chapter headquarters in Fort Worth, please use the enclosed remittance envelope, or give me a call to discuss our specific needs. Already, we have received gifts from area foundations and individual donors, but much more support is needed.

Mark your calendar for Thursday, August 4th when our board will host an informal "Office-Warming Party" from 4:00 pm - 6:00 pm in our new offices. It will be a come and go event. At this point, it's hard to predict if all the boxes will be unpacked, but you will be welcome to have a look at our new location. That highway sign should make us easy to find!



Theresa
Hocker

Theresa

"Office - Warming Party"
at our new chapter
headquarters
**2630 West Freeway,
Fort Worth
4:00 pm - 6:00 pm
Thursday, August 4th**

Call us or visit our website after
mid-July for more information.



**Alzheimer's Association-
North Central Texas Chapter Board of Directors**

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Representing our chapter at the Advocacy Forum in Washington D.C.
(standing left to right): Sam Brinkman, Jerry Embry and Cora Latta;
(seated left to right): Libby Connally, Libby Embry and Synott Embry-Salas.

National Advocacy Forum

The 2011 Alzheimer's Association Advocacy Forum proved to be the largest in the event's 23-year history. More than 600 advocates from across the country gathered in Washington D.C. to learn, engage and inspire others in the fight against Alzheimer's. Alzheimer's Association advocates donned purple sashes for visits to Capitol Hill on the final day of the Forum. They met with elected officials and their staffs to ask for support of legislation to make Alzheimer's disease a national priority.

Advocates asked for support of two pieces of legislation:

1. **The Health Outcomes, Planning and Education (HOPE) for Alzheimer's Act** will improve care and outcomes for Americans living with Alzheimer's disease and their caregivers by improving access to diagnosis, providing care planning and ensuring medical record documentation.
2. **The Alzheimer's Breakthrough Act** will require a federal commitment to Alzheimer's disease research to advance breakthrough treatments for people living with Alzheimer's disease.

Now is the time to join us and speak up for the needs and rights of people with Alzheimer's and their families, and help persuade Congress to address those needs through legislative action. You, too, can become an Alzheimer advocate by going to http://www.alz.org/join_the_cause_advocacy.asp or call Libby Connally at 325-672-2907. **Mark your calendars for the Alzheimer's Association Advocacy Forum to be held April 22-24, 2012, at the Renaissance Hotel in Washington, DC.**

FALL CAREGIVER SEMINAR *Will Feature National Dementia Care Specialist and Trainer*

For people providing dementia care, there are many resources such as books, brochures, websites and workshops to help improve understanding about dementia and the changes occurring in the brain. However, it can be hard to disseminate the information and find practical ways for dealing with the daily challenges. Caregivers need professionals to train them in ways to put basic dementia care concepts into practice and truly problem solve.

Our chapter is pleased to announce that **Teepa Snow**, a dementia care specialist and trainer with a long resume and a trunk full of credentials, will speak at the Alzheimer's Association Caregiver Seminars on November 3rd in Waco and November 4th in Arlington. She will return to Texas in February, 2012, to speak in Wichita Falls and Abilene.

With over 28 years experience in geriatrics, Ms. Snow is a strong voice and advocate for people living with dementia. The focus of her long and varied career as an occupational therapist, professional caregiver, lecturer, researcher and clinical specialist in geriatrics has been to help care providers, family members, and professionals better understand the experience of the person living with dementia.

Currently, Ms. Snow works with dementia service providers throughout the U.S. to improve and optimize programs and services for people with dementia. She has developed training videos, published articles, and made presentations on a variety of topics and to a wide variety of audiences and has received awards for her clinical and teaching skills from numerous organizations. To learn more about Teepa Snow, visit her website at **www.teepasnow.com**.



Teepa Snow

NOVEMBER 3RD
Waco

NOVEMBER 4TH
Arlington

FEBRUARY, 2012
Wichita Falls
Abilene

This is what Heather McKay, OTR/L, a past caregiver seminar presenter, has to say about Teepa Snow:

Dynamic, informative and fun! Teepa Snow brings real solutions for the problems that so many caregivers and people with dementia are struggling with. Participants will learn techniques to practice right away from a caregiver who's been there herself.

Stay tuned for more details about these caregiver seminars. These programs are designed for family caregivers and health care professionals. To receive more information about these events or to learn how your company can be a sponsor, please contact **Shelly Young** at **(817) 336-4949** or e-mail her at **shelly.young@alz.org**.

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



UPCOMING EDUCATION PROGRAMS

JULY - SEPTEMBER 2011

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

JULY 7

10:30 am to 12:00 pm

Know the 10 Signs: Early Detection Matters

South Waco Library
2737 South 18th Street, **Waco**
Contact: Howard Gruetzner at
254-753-7722

JULY 16

2:00 pm to 3:30 pm

Como comprender la pérdida de memoria

Southside Church of Christ
2101 Hemphill Street, **Fort Worth**
Contact: Alberto Robles at 817-336-4949

JULY 19

10:00 am to 11:00 am

Prescription for Healthy Caregiving

Howard Gruetzner, MEd, LPC
First Baptist Stephenville, Fellowship Hall
334 West Green Street
Stephenville
Contact: Shelly Young at 817-336-4949

JULY 20

10:30 am to 11:30 am

Understanding Memory Loss: When Memory Loss is a Problem

Cross Plains Senior Citizens Center
108 North Main Street
Cross Plains
Contact: Mindy Bannister at
325-672-2907

JULY 28

2:00 pm to 4:00 pm

Experiencing Alzheimer's Face to Face

Guest Speaker: Libby Embry,
National Alzheimer's Early Stage Advisor
Westside Baptist Church
1914 Buchanan Street, **Wichita Falls**
Contact: Patty Taylor at 940-767-8800

AUGUST 10

3:30 pm to 5:00 pm

Alzheimer's 101

Guest Speaker: Dr. Sheri Hull
Doss Heritage and Culture Center
1400 Texas Drive, **Weatherford**
Contact: Shelly Young at 817-336-4949

AUGUST 11

10:00 am to 11:30 am

Understanding Memory Loss: When Memory Loss is a Problem

Anson Park Seniors
2249 Vogel Street, **Abilene**
Contact: Mindy Banister at
325-672-2907

AUGUST 11

10:30 am to 12:00 pm

Memory Loss: What's Normal and What's Not

Hillsboro Public Library
118 South Waco Street, **Hillsboro**
Contact: Howard Gruetzner at
254-753-7722

AUGUST 16

10:00 am to 11:30 am

Understanding Memory Loss: When Memory Loss is a Problem

Red Door Senior Center
1008 Burnett Street
Wichita Falls
Contact: Patty Taylor at 940-767-8800

AUGUST 18

2:00 pm to 4:00 pm

Taking Action After a Dementia Diagnosis

Westside Baptist Church
1914 Buchanan Street
Wichita Falls
Contact: Patty Taylor at 940-767-8800

AUGUST 19

10:00 am to 11:00 am

The Healthy Caregiver

Howard Gruetzner, Med, LPC
Huguley Fitness Center
11801 South Freeway, **Burleson**
Contact: Shelly Young at 817-336-4949

SEPTEMBER 7

2:00 pm to 4:00 pm

Taking Action After a Dementia Diagnosis

Abilene Regional Office
301 South Pioneer Drive, Suite 105
Abilene
Contact: Mindy Banister at
325-672-2907

SEPTEMBER 15

2:00 pm to 3:30 pm

If It's Dementia, What Do I Do?

Fairfield Public Library
350 West Main, **Fairfield**
Contact: Howard Gruetzner at
254-753-7722

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

SEPTEMBER 15

2:00 pm to 4:00 pm

Taking Action After a Dementia Diagnosis

Bedford Public Library

2424 Forest Ridge Drive, **Bedford**

Contact: Judy Budlong at 817-336-4949

SEPTEMBER 22

3:00 pm to 5:00 pm

End of Life Decisions

Hospice of Wichita Falls

4909 Johnson Road

Wichita Falls

Contact: Patty Taylor at 940-767-8800

SEPTEMBER 29

2:00 pm to 4:00 pm

Healthy Brain Aging

Guest Speaker: Jane Anderson, BSN, RN

Westside Baptist Church

1914 Buchanan Street

Wichita Falls

Contact: Patty Taylor at 940-767-8800

OCTOBER 13

2:00 pm to 4:00 pm

Memory Loss: What's Normal and What's Not

Arlington Public Library -

Southwest Branch

3311 Southwest Green Oaks

Arlington

Contact: Judy Budlong at 817-336-4949

OCTOBER 20

10:30 am to 12:00 pm

Grace Under Fire: Practical Tips for Caregiver Stress

Episcopal Church of the Holy Spirit

1624 Wooded Acres Drive, **Waco**

Contact: Howard Gruetzner at

254-753-7722

NOVEMBER 17

10:30 am to 12:00 pm

Available Caregiver Resources & Assistance

Area Agency on Aging Training Room

1514 South New Road, **Waco**

Contact: Howard Gruetzner at

254-753-7722

2011 Spring Symposium

The 2011 Spring Symposium was another smashing success.

The 500 caregivers and information seekers who attended on March 31st had glowing comments about the day-long event.

Highlights of this year's Symposium included an art gallery, exhibiting over 20 paintings created by individuals with dementia through our chapter's Memories in the Making® art program; sessions on Alzheimer research and the opportunity to learn more about TrialMatch, a tool developed to connect individuals with clinical trials related to Alzheimer research in their area; and sessions featuring panel discussions with spousal and adult child caregivers.

Over 50 exhibitors, including home health agencies, non-profit organizations, care communities and businesses serving the elderly helped make the Spring Symposium the area's premier event for gathering information about caring for people with Alzheimer's disease. Special thanks to the following community partners for their support.

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and Operational Services

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Silverado Senior Living

Southwestern Baptist
Theological Seminary

PACE Department,
University of Texas-
Health Science Center

SAVE THE DATE

Annual Spring Symposium

THURSDAY, MARCH 29, 2012

Featuring Heather McKay, OTR/L



Dr. and Mrs. Bob Hunter (left) were honored at this year's "Steppin' Out for Memories" in Abilene, while Mr. and Mrs. Charlie Stenholm (right) served as honorary chairs of the event.

Fifth Annual "Steppin' Out for Memories"

Volunteers and staff from the Abilene regional office held the fifth annual dinner, dance and auction spring fundraising event, "Steppin' Out for Memories" on April 9th at the Abilene Country Club. With a theme of "Walk Down Memory Lane," the more than 300 guests were abuzz with excitement and enthusiasm.

"Steppin' Out for Memories" was started five years ago, with the help of *The Chicks of 66*, a group of women whose families have been touched by Alzheimer's disease. With their continued help, the evening's proceeds of \$46,000 exceeded its budgeted goal of \$30,000!

Honorary Co-chairs were **Mr. and Mrs. Charlie Stenholm**. **Dr. and Mrs. Bob Hunter** were honored for their community service to the Big Country. The Freeride Band entertained the large crowd, with music from the 60's, 70's, 80's and 90's.

Mark your calendar now for next year's "Steppin' Out for Memories" on March 31, 2012. Anyone interested in joining the planning committee may call Libby Connally in the Abilene office at 325-672-2907.

10th Annual "Thanks for the Memories" Is a Huge Success!



The confetti's been swept up, and we blew out all the candles—and got our wish! The tenth annual "Thanks for the Memories" dinner and auction held

on April 28th at Ridglea Country Club in Fort Worth surpassed our goal of \$275,000 to raise over \$294,000!



Rebecca Konvicka, Gary P. Nunn, Greg McCoy

This year's event was truly the party of the year! The auction committee, led by auction chair **Rebecca Konvicka**, went above and beyond in their efforts to make the night memorable. With representatives from Aledo, Arlington, Colleyville, Fort Worth, Granbury, Keller and Southlake the committee collected over \$100,000 worth of auction items from 270 gift donors and filled the tables with sponsors and guests. Honorary co-chairs **Jan and Jack Redding** were an integral part of the event's success, from assisting with solicitation efforts right down to helping create the colorful centerpieces.

Our fourth "Thanks for the Memories" award recipient was **Hope Garcia Lancarte and the Lancarte Family** of Joe T. Garcia's fame. The Lancartes were honored for their longtime commitment to the



Theresa Hocker, Jan and Jack Redding, Greg McCoy

Fort Worth community and for being a wonderful example of true hospitality.

The icing on the cake was a fantastic performance by Gary P. Nunn and The Bunkhouse Band. There was quite a buzz leading up to the event once word got out about our entertainer, and the band did not disappoint! Everyone wanted a picture with Gary at our sponsor's reception, and he graciously obliged, as seen in these pictures.

Our thanks to everyone who supported this event in any way!



Mark Skinner, Carolyn Holloway, Valerie Holloway Skinner, Susan Holloway Ward, Beth Holloway Heimburger

**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.
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