

alzheimer's association™

Southwest Missouri Chapter Quarterly Newsletter

April-May-June 2009

9th annual wine auction and gala a resounding success!

The 9th annual Wine Auction & Gala benefiting the Alzheimer's Association, Southwest Missouri Chapter held on May 15, 2009 at the Ramada Oasis and Convention Center in Springfield, raised an astounding \$163,000 for programs and services, as well as research, for individuals and families living with Alzheimer's disease in the 29 counties served by the Southwest Missouri Chapter.

Special guests this year included Chef Dean Fearing of Fearing's at the Ritz-Carlton in Dallas, Texas, Chef Robert Del Grande of Café Annie in Houston, Texas and members and friends of the Ozark Mountain Daredevils.

The evening featured a Silent and Live auction that included rare wines, artwork, trips and jewelry and began with a complimentary wine reception followed by dinner. The buffet included Southwest Caesar Salad with chili Caesar dressing, Black Bean and Corn Hash, Salmon with pablano lime puree, Pulled Pork Tacos with chili lime aioli and smoked tomato sauce and Seasonal Fruit Cobbler with Andy's Frozen Custard prepared by Chef Fearing, Chef Del Grande and Chef Mike Jalili from Touch and Flame restaurants.

The highlight of the evening was a jam session and rare appearance by members of the Ozark Mountain Daredevils and friends, including the two chefs.

Thanks to our fabulous steering committee, special guests, supporting sponsors, generous donors and sub committees, the Wine Auction and Gala is one of the most popular fundraisers in Southwest Missouri and provides a large portion of the needed funding for programs and services.

The date for 2010 is yet to be set, but you can hold your space by emailing annette.west@alz.org. We look forward to seeing you there!



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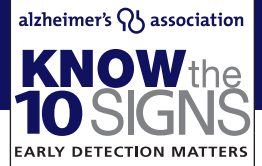
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warning signs help with early detection



It may be difficult to know the difference between age-related changes and the first signs of Alzheimer's. As part of its public education effort, the Alzheimer's Association has worked with a wide range of experts to update its 10 Warning Signs of Alzheimer's to make them more current and user-friendly. The comprehensive review process included feedback from health professionals, clinicians, scientists and people with dementia.

The revised warning signs are the cornerstone of **Know the 10 Signs: Early Detection Matters**, the Alzheimer's Association's national early detection campaign. The signs are a key tool in promoting recognition of common changes that may facilitate early detection and diagnosis of Alzheimer's or another dementia. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

The revised list describes the following signs:

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

For more information about the updated 10 warning signs and early detection and diagnosis, contact the Alzheimer's Association at **800-272-3900** or **417-886-2199** or visit www.alz.org/10signs.

HBO documentary puts spotlight on alzheimer's disease

One of the most devastating forms of memory loss is Alzheimer's disease, an irreversible and progressive brain disorder that slowly destroys memory and thinking skills. Today, Alzheimer's is the second most-feared illness in America, following cancer. Alzheimer's disease is gaining awareness as its reach grows to include more than 5.3 million Americans living with the disease. As the baby-boom generation reaches retirement, that number could soar to more than 11 million by 2040. Previously unknown, misunderstood or hidden in the home, people living with Alzheimer's – along with family caregivers and cutting edge research – are the subjects of a new HBO documentary.

While there is no cure for the disease, *"The Alzheimer's Project"* shows there is now genuine reason to be optimistic about the future. Created by the award-winning team behind HBO's acclaimed *"Addiction"* project, this multi-platform series takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this debilitating and fatal disease both on those with Alzheimer's and on their families.

If you missed the airing on HBO during May, a limited number of DVDs are available through the Chapter for screening. Screenings can take place in a fellowship hall, a living room, a conference room, a recreational facility, or community center. There are four DVDs containing the following films:

"The Memory Loss Tapes" – This film provides an up-close and personal look at seven individuals living with Alzheimer's in advancing states of the progression of the disease.

"Grandpa, Do You Know Who I Am?" with Maria Shriver – This film captures what it means to be a child or grandchild of someone living with Alzheimer's.

"Solving a Medical Mystery: Progress Reports from 25 Leading Scientists" – These two-part films explore the state of research report and take viewers inside laboratories and clinics nationwide.

"Caregivers" – This film highlights the challenges and successes of people who experience their loved one's gradual descent into dementia.

For more information contact the Chapter office at **800-272-3900** or **417-886-2199**.

2009 patron's party

The fourth annual Patron's Party for the Wine Auction and Gala May 14 was a rare opportunity for guests to meet and mingle with Chef Dean Fearing, Chef Robert Del Grande and members of the Ozark Mountain Daredevils.

The limited seating affair was at Touch Restaurant. An evening of dining pleasure kicked off with a champagne/wine reception featuring hors d'oeuvres on the upstairs balcony. Following the reception, guests were seated for a five-course dinner paired with wine selected by sommelier Ron Junge that few will soon forget. Chef Fearing and Chef Del Grande prepared the sumptuous cuisine personally with the assistance of Chef Mike Jalili and Touch staff.

Featured on display throughout the evening was the original painting *"Remember Me"* by artist Susan Sommer-Luarca. Susan painted *"Remember Me"* exclusively for the Wine Auction and Gala and the artwork was used in promotional pieces for the event. This painting is very near to Susan's heart and her life as her Mother courageously battles the late stages of Alzheimers today. Susan wanted to emphasize the *"Remember Me"* message, as she knows that each patient needs your love, support, and contact to the very end. Their dignity and pride are so important, and the love they have to give does not fade. Susan admires the supporters, sufferers and caregivers for these patients, and the painting is representative of all of those people, famous or not. During the live auction, Susan announced that the original painting had been purchased that evening and one-half of the amount of the sale would be donated to the Alzheimer's Association to remain here in southwest Missouri. The other half would be donated to another charity, SSL 4 Habitat.

After dinner, John Dillon, Steve Cash and Dave Painter of the Ozark Mountain Daredevils, along with chefs Fearing and Del Grande, treated guests to an intimate, acoustic performance.

"Remember Me" captures the spirit and excitement of the Alzheimer's Association's Wine Auction and Gala. The lively scene located in a vineyard sunset, features luminaries such as Charlton Heston, Rosa Parks, Ronald Reagan, Rita Hayworth, David Hyde Pierce and many more that have been stricken by the disease or who have been heroic supporters. The famous faces combined with the unfamiliar faces shows the commonality of this disease and the importance to finding a cure. It is my hope that the people in the painting will be an inspiration and comfort for those who are now fighting the disease and/or crusading for a cure."

– Susan Sommer-Luarca



Southwest Missouri Chapter Quarterly Newsletter

Published quarterly for our donors, volunteers, advocates and friends in the Alzheimer's community.

www.alz.org/swmo

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Jani Torrence	Jennifer Velliquette

A very special thank you to . . .

Chef Fearing and Chef Del Grande
The Ozark Mountain Daredevils
Susan Sommer-Luarca

Masters of Ceremonies Dr. Walter Gaska and Ron Junge
Auctioneers Mick Brown and Steve West
Photographer Mike Scott

Jo Ann Junge for Patron's Party décor
Billie Naioti and Helen Gunther for the beautiful centerpieces
Matt Koenig and Lynn King for their technical assistance
Judith Garson for creative assistance

And to the families and staff of the Southwest Missouri Chapter

memory day in jefferson city

On March 11, 2009, over thirty advocates from the Southwest Missouri Chapter service area attended Memory Day in Jefferson City to speak with our elected officials regarding issues that affect Missourians. Advocates rode a charter bus to Jefferson City where they attended a ceremony in the rotunda, visited with legislators and senators and had lunch with advocates from around Missouri. Below are the issues that were on our platform for this year.



Alzheimer's state plan task force

HB272 and SB176 call for a nineteen member Alzheimer's Disease State Plan Task Force charged with:

- Assessing the current and future impact of Alzheimer's disease.
- Examining services and resources for individuals with dementia, their families, and caregivers.
- Developing and implementing recommendations for the future.

Alzheimer's Service Grants

Last year, Alzheimer Service Grants funded services for more than 28,000 people in Missouri. This funding enabled Alzheimer's Association Chapters to:

- Develop educational programs and support services for individuals with early memory loss.
- Expand respite assistance for family caregivers to every county in the state.
- Provide one-on-one care consultation to help families plan for their care needs.
- Increase outreach in underserved communities.

In the past eight years, Alzheimer's Service Grants have enabled the state to access more than \$2 million in federal grants to further expand programs and services to people with dementia and their families.

The Southwest Missouri Chapter would like to express our sincere appreciation to all of the advocates that raised their voice for our cause. Thank you all and we hope you can join us for Memory Day 2010!

If you would like to sign up to be an advocate, please visit www.alz.org/swmo

alzheimer advocates descend on washington

A record number of advocates attended the Public Policy Forum, telling elected officials in D.C. to make Alzheimer's a national priority. From Missouri, 22 people attended, with three advocates attending from the Southwest Missouri Chapter service area.

They called on Congress to address the grave threat that Alzheimer's poses to the well-being and financial security of American families by:

1. Increasing fiscal year 2010 Alzheimer research funding at the National Institutes of Health (NIH) by \$250 million with a goal of reaching \$1 billion per year in funding in fiscal year 2011.
 - Accelerates the investment in medical research to develop the capability to prevent Alzheimer's disease in ninety percent of individuals by 2020.
2. Establishing the Alzheimer's Solutions Project Office within the federal government backed by an appropriate scale of investment.
 - Leads national efforts to reengineer dementia care delivery and, ultimately, prevent Alzheimer's disease.
3. Phasing out Medicare's two-year waiting period so individuals with Alzheimer's are eligible for Medicare immediately after they receive their determination of disability.
 - Improves access to health coverage for individuals with Alzheimer's as a part of health care reform.

The Southwest Missouri Chapter would like to extend our deepest gratitude to Lois Zerrer, and Jim and Darlene Appelquist for volunteering to attend the Public Policy Forum and speak out about their experiences with Alzheimer's disease.



Advocates descend on Washington, D.C.

the family matters series – springfield and joplin

The Family Matters Series: June through December 2009

Let's Get Active!

Activities can make the best of a person's abilities. They can reduce agitation and improve a person's mood. This program will explore the role of activities and structure for the person with Alzheimer's disease. Includes information on options and suggestions to optimize strengths.

Wednesday, June 10: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd St. • Joplin, MO

Speaker: **Janice Anderson** • Integrity HHA

Thursday, June 11: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, MO

Speaker: **Jennifer Velliquette** • The Neighborhoods at Quail Creek

Monday, June 22: 1:00 p.m. – 2:00 p.m. • Driving and Dementia • Skaggs Community Health Center – Redbud Rm. • Branson, MO.

Speaker: **Rob Hulstra** • Alzheimer's Association

For many adults, driving represents independence, freedom, and control. It is a way to access healthcare, to buy necessities, and to stay connected to family friends and the community. Concerns are likely to surface during the early stage of Alzheimer's disease. This discussion will include assessing a person's skill and warning signs.

Overview of Dementia: Alzheimer's Disease and other related disorders

Dementia is a general term for a group of brain disorders. Alzheimer's disease is the most common type of dementia, accounting for 50 – 70% of cases. Alzheimer's disease and other forms of dementia will be discussed.

Wednesday, July 8: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd St. • Joplin, MO.

Thursday, July 9: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, MO.

Monday, July 20: 1:00 p.m. – 2:00 p.m. • Skaggs Community Health Center – Redbud Rm. • Branson, MO.

Medicaid 101

An informative presentation on the types of Medicaid, regular and spend down, and its eligibility requirements.

Wednesday, August 12: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd St. • Joplin, MO.

Thursday, August 13: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, MO.

Monday, August 17: 1:00 p.m. – 2:00 p.m. • Skaggs Community Health Center – Redbud Room. • Branson, MO.

I Can't Do This Anymore

Discusses the dilemma and concerns around the placement decision. Covers options, resources, and the decision making process.

Wednesday, September 9: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd St. • Joplin, MO.

Thursday, September 10: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, Mo.

Monday, September 21: 1:00 p.m. – 2:00 p.m. • Skaggs Community Health Center – Redbud Rm. • Branson, MO.

Financial and Legal Plans For The Future

Here are some suggestions for planning the legal and financial future for caregivers and those with Alzheimer's disease. Presentation will cover durable power of attorney, long term health care, estates, wills, and other subjects.

Wednesday, October 14: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd St. • Joplin, MO.

Thursday, October 15: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, MO.

Monday, October 19: 1:00 p.m. – 2:00 p.m. • Skaggs Community Health Center – Redbud Rm. • Branson, MO.

Handling the Holidays

Here are some suggestions that may help to make the holidays happy and memorable by adjusting expectations, being flexible, and involving the person with dementia.

Wednesday, November 11: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd • St. Joplin, MO

Thursday, November 12: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, MO

Monday, November 16: 1:00 p.m. – 2:00 p.m. • Skaggs Community Health Center – Redbud Rm. • Branson, MO.

Brain-Chi: Martial Arts For Your Brain!

Use it or lose it – like every other muscle in our body, we have to exercise our brains to keep them strong. Mental fitness boosts brain cell growth, creating more tissue that helps make up for what's lost as we age. Learn how laughter, sleep, exercise, nutrition, and social connectivity can make the difference.

Wednesday, December 9: 12:00 pm – 1:00 pm • Alzheimer's Association • 3510 E. 3rd St. • Joplin, MO

Thursday, December 10: 11:30 am – 12:30 pm • Alzheimer's Association • 1500 S. Glenstone • Springfield, MO

Monday, December 21: 1:00 p.m. – 2:00 p.m. • Skaggs Community Health Center – Redbud Rm. • Branson, MO.



alzheimer's based activity care class

Alzheimer's Based Activity Care class is scheduled for Friday, June 19, at the Alzheimer's Association, 1500 S. Glenstone, Springfield, MO., from 9:00 a.m. – 4:30 p.m. 6.5 CEUs are offered for this course through NCAAP. Please contact Rob Hulstra to register, or for more information.

happy anniversary!

The Willard Alzheimer's Support Group celebrated their 4th anniversary on Tuesday, March 3 at the Willard First Baptist Church, 202 W. Jackson in Willard, Mo. Everyone who had participated, and are currently participating in this support group were invited. Over eighteen people attended, including the Southwest Missouri Alzheimer's Association President/CEO Rebecca Argilagos. Rebecca trained this support group in February 2005. Betty Thomas, the facilitator, led the group in reminiscing over their accomplishments, and the people that had attended in these four years. Congratulations to Betty, her co-facilitators, and everyone who worked hard to make this group what it is today. Here's to the next four years!

4th YEAR
ANNIVERSARY

clinvest medical study

There has been much news about several Alzheimer's drugs that have gone to third stage, human trial testing. One of them is Dimebon. Originally a Russian antihistamine, Dimebon improves the function of mitochondria, the central energy source of cells.

Clinvest in Springfield is currently seeking volunteers with mild to moderate Alzheimer's disease for a research study testing the effectiveness, safety, and tolerability of this investigational drug. Neurologist Curtis Schreiber, M.D. formerly associated with the Alzheimer's Clinic at St. John's Regional Health Center, is a Principal Investigator for this nation-wide study.

Candidates must be age 50 or older and in reasonable good health. People who are currently taking Alzheimer's medications such as Aricept, Razadyne, or Exelon may continue to take these drugs during the study as long as they have been on a stable dose for 60 days.

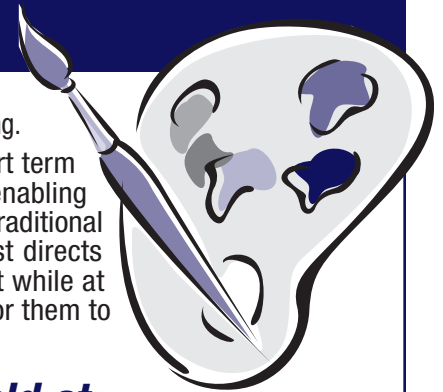
Enrollment is expected to remain open until September but could close sooner depending on how quickly the required numbers of participants join the study.

If you have interest in participating or would like more information about this study please contact Clinvest at **417-883-7889**. Clinvest is located at 3805 S. Kansas Expressway, Springfield, MO.

memories in the making™

Memories in the Making™ is centered on the expression of creativity through the medium of painting.

The "*Memories*" program is tailored to the needs and limitations of people affected by short term memory difficulties. The artists are provided with a safe, supportive environment aimed at enabling the individual to focus on their creative process. **Memories in the Making™** differs from traditional arts and crafts offered for the elderly because it focuses on creative expression. The artist directs the art forms created. The process is tailored to provide structure and support for the artist while at the same time allowing them to create their own message on the paper. It is not unusual for them to paint memories from long ago or something they can no longer find the words to express.



Memories in the Making sessions are held at:

Butterfield Residential Care Center
1120 N. Butterfield
Bolivar, MO

Each Tuesday from 10:00 – 11:00 a.m.

Spiva Art Center
222 W. 3rd St.
Joplin, MO

Each Thursday from 1:00 – 3:00 p.m.
(No class on Thursday, May 14)

Springfield Regional Arts Council
411 N. Sherman Parkway
Springfield, MO

Fourth Thursday of each month from 1:00 – 3:00 p.m.

Class size is limited to ensure that each person receives the full benefit of the group. There is no charge for the class and no prior art experience is necessary. Please call the Alzheimer's Association, Southwest Missouri Chapter at 800-272-3900 for more details and a brief assessment for the participant.

memorials & tributes

MEMORIALS

Akin, Doris
Magnolia Square Nursing
& Rehabilitation

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R A & Jeanne Reinhardt
Robert & Rosemary Wells

Barnes, Charles
Mary Rippy
Alma Stickler
Shirley Morgan

Beach, Joann
Richard & Darlene Larson

Bingham, Mary Lou
Arthur Pleinis

Bishop, Bruno
Wanda & Nick Carras
Carras & Gillespie Families

Boerboom, Cornelius
David & Angeline Bratrud

Bradley, Hellen
Ron & Shirley Flippin

Casalo, Jane
Spokane High School

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Terri Craig
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Horace & Debra Haynes

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Query Club
Eugene & Glenna Derrickson
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in Memory of Liebmann, Maxine

Missy Alexander
Joann & Gary Banner
Nancy Bingamon
Stacy Boysen-Krauch
Bradley & Susan Burnum
Cynthia & Michael Collier
Katie Collins
Jeff Gamble
Mark & Lucy Gordon
Bonnie Jelks
Kevin McWilliams
Tom Muetzel
Kemp & Molly Nichol
Karen Oglesby
Nick & Marcie Penka
Kemmi Rusciano
Tammy Vietti

COMPANY MATCH

Wellpoint Associate Giving
JP Morgan Chase Foundation

RESEARCH

Bertha Nichols

3rd PARTY EVENT

Jennifer Cox
Tracy Cunningham
Kenneth & Janie Dye
Brian & Cheryl Hom
Kirston Kukal
Lori Nall
Victoria Netherton
Guy Pollard, Jr
Didi Tang

planned giving

Plan for your future and help us fight Alzheimer's

Consider leaving a legacy of support by making a planned gift to the Alzheimer's Association. Planned gifts allow you to combine your charitable giving goals with your estate and financial planning goals. Your gift will provide lasting benefits through our Alzheimer research program and community care and support programs.

What is PLANNED GIVING?

Quite simply, planned giving is a way for you to leave a legacy for future generations by making a gift to charitable organizations in a way that is integrated into your personal, financial and estate planning goals.

We offer planned giving arrangements that are feasible for donors of all income levels. Gifts vary from a simple will bequest to arrangements that help you maintain financial independence through favorable income and tax-saving benefits. Opportunities include gifts from a will bequest, living trust, charitable gift annuity, charitable life income trust, retirement plan, life insurance and real estate. We encourage you to contact us to discuss your options.

Have you remembered the Alzheimer's Association in your will or trust? Here is sample bequest language you can take to your attorney:

"I give to the Alzheimer's Disease and Related Disorders Association, Inc. (the Alzheimer's Association), whose address is at 1500 South Glenstone Ave., Springfield, Missouri 65804, _____ (insert either dollar amount or a percentage) in support of its full mission."

You can be assured that your gift will help increase Alzheimer's Association resources to move us toward our vision of a world without Alzheimer's.

Questions? Contact **417-886-2199** or toll-free at **1-800-272-3900**.

The information provided on planned gifts is for educational purposes only. For legal or tax advice, the Alzheimer's Association recommends contacting your legal or tax advisor.

save the date

Strike Out Alzheimer's Bowling Tournament

Saturday, June 13, 11:00 am – 1:00 pm
at Battlefield Lanes

To Register your team call

886-2199

Phelps Helps Concert in the Park

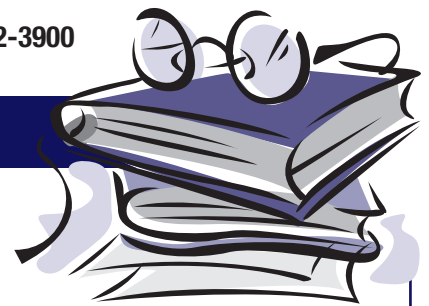
Thursday, June 18, 7:00 pm
on the outdoor stage west of the
Springfield Art Museum.

*Classical Night featuring members of
the Springfield Symphony benefiting
the Alzheimer's Association*

NOTE

Through a generous donation by Mrs. Catherine Jenkins, forty-two packages of Protection Plus Briefs are available at no charge at our office. The briefs are medium sized, fitting waists/hips 32" – 44". Each package contains 16 briefs. Also available are four packages of Poise pads, each containing 52 pads. Please limit one package per person/family.

Contact us at **800-272-3900**
for more information.



new library editions

Stop by our office to check out these new additions to our Resource Library. Our Resource Library is open 8:30 – 4:30, Monday thru Friday.

MOSAFE Missourians Stopping Adult Financial Exploitation

DVD – Department of Health and Senior Services

Financial exploitation occurs when someone illegally uses an elderly or disabled person's resources for profit or gain. This DVD is about how to stop the crime before a senior or disabled adult's funds are depleted. It also provides tips to seniors and disabled adults on steps they can take to avoid becoming a victim.

Together

DVD – Community Hospices of America

Information you need to know about hospice care. Learn about hospice care as you accompany this family toward a better understanding of their care options.

Understanding Alzheimer's An introductory guide & Alzheimer's and Safety


DVD – Alzheimers Association

This is a consumer-oriented video, containing two programs. In the Introduction program, learn what happens to the brain as Alzheimer's progresses, how to get a diagnosis and what to do next. And the Safety program offers information on how to stay safe at home, while traveling, behind the wheel, etc.

When you stop by our Resource Library, be sure to check out our expanded section of Spanish material as well as our newly developed material for African American families coping with Alzheimer's disease.



Nationally presented by

Genworth Financial 

Join us to make a difference!! This fall, the Alzheimer's Association, Southwest Missouri Chapter, is hosting Memory Walks throughout southwest Missouri to help support more than 22,000 families in our area affected by Alzheimer's disease and dementia. Below are dates and links for more information on all five of our local walks. For fast and easy registration, register online and get on the

MOVE to End Alzheimer's!!

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 promotion of brain health.

2009 Memory Walk Dates

Saturday, August 29th

Halfway, Halfway Public Schools

<http://memorywalk09.kintera.org/halfway>

Saturday, September 19th

Branson, Andy William's Theatre

<http://memorywalk09.kintera.org/branson>

Saturday, September 26th

Springfield, Jordan Valley Park

<http://memorywalk09.kintera.org/springfield>

Saturday, October 3rd

Lebanon, Atchley Park

<http://memorywalk09.kintera.org/lebanon>

Saturday, October 10th

Joplin, Northpark Mall

<http://memorywalk09.kintera.org/joplin>

Are you interested in helping to plan Memory Walk 2009?

We are always looking for leaders to join our planning committees. If you would like to be a part of the committee in your area, please contact Nicole Brown at

417.886.2199 or nicole.brown@alz.org

Alzheimer's Association
Glen Isle Center
1500 S. Glenstone
Springfield, MO 65804

Non-Profit Org.
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