

alzheimer's association™

Southwest Missouri Chapter Quarterly Newsletter

September-October-November 2007

we're on the MOVE to end alzheimer's

Participants, sponsors, and volunteers gathered for another successful Memory Walk season that kicked off August 25. A special thank you goes to our sponsors, planning committees, Honorary Chairs Andy Williams, Joy Robertson and Rhonda Justice, team captains, volunteers, Alzheimer's Association staff, family and board members, and especially to the more than 1000 people who were on the MOVE to support the Chapter and those individuals and families affected with Alzheimer's disease. We have raised more than \$125,000 and counting as funds continue to come in.



Thank you again for supporting Memory Walk 2007! Make plans to join us in 2008. Dates to be released soon.

For more information:

800-272-3900

TOP TEAMS

We are proud to recognize these top fundraisers:

Lebanon Area Walk, August 25:

*Family Team – Walk for Papa
Company Team – Radioactives
Community/Church Team – First Church
Healthcare Team – St. John's
Individual Walker – Millissa Reynolds*

Halfway Area Walk, September 15:

*Family Team – DeShazo Family
Company Team – Mike Johnson Trucking
Community/Church Team – Good Times 4-H
Individual Walker – Joe Ellen Jones*

Branson Area Walk, September 22:

*Family Team – B-Town Girls
Company Team – Factory Shoppes
Community/Church Team – Hollister High Steppers
Healthcare Team – Ozark Mountain Regional Healthcare
Individual Walker – Lindsey Hux*

Springfield Area Walk, September 29:

*Family Team – Mom's Hershey Bars
Company Team – Creative Memories
Community/Church Team – MSU Gerontology Club
Healthcare Team – Christian Health Care West
Individual Walker – Whitney Burns*

Joplin Area Walk, October 4:

*Family Team – Frankie's Funsters
Company Team – Girlfriends
Community/Church Team – Seneca DECA
Healthcare Team – Webb City Wanderers
Individual Walker – Cathy Taylor*

Memory Walk 2007 list of sponsors

Presented By:

Genworth Financial

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CoxHealth Senior Advantage

Gold Sponsors:

St. John's Neurosciences
Springfield Business Journal
KTXR

Joplin Tri-State Business

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Superior Welding Supply
General Mills

Media Sponsors:

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The Vacation Channel
The Joplin Globe

Tribute Flags

A great way to "honor and remember" a loved one with Alzheimer's disease is to purchase a Tribute Flag. They can be personalized with the name of a loved one and a message.

The Tribute Flags are 9"x 11" and sell for \$10 a piece.

To purchase a Tribute Flag contact the Alzheimer's Association at:

(417) 886-2199 or 1-800-272-3900



alzheimer's association

To Honor and Remember

Where Dignity Lives We Begin

from the desk of



Patty Ingle

Dear Friends,

The Alzheimer's Association is definitely on the MOVE to end Alzheimer's disease.

As you can see from the articles included in the Newsletter, it has been a great Memory Walk season. Volunteers are wonderful and resilient when it comes to a cause for which they are so passionate! Committees, individual volunteers, and staff have worked tirelessly. To that end, I want to welcome Annette West as the

Development Director for the Chapter. Annette joined the Chapter just three months ago and brings a great amount of experience that will assist us as we go forward. We are also pleased to announce the addition of three new board members—Betty Parnell, John Piatckek, and Karen McQueary Krittenbrink. All three come with professional backgrounds and personal experiences that enhance services to the Chapter.

Memory Walk is the perfect time to reflect on our roots and to celebrate the hope that we have for the future. Bright, sunny skies enhanced colorful Tribute Flags blowing in the wind, and reminded us of how those whose names appear on the flags have forever embraced our hearts. Memory Walk provides a huge growing awareness for the needs of Alzheimer's disease. Individuals from every age group and walk of life attended Memory Walk. From the super stars in Branson to the smiling, painted faces of small children, you couldn't help but think of how each life has been touched by the disease.

The Alzheimer's Association will MOVE forward with our vision of a world without Alzheimer's disease. Thank you for being our partner.

Sincerely,

Patty Ingle

President/CEO

get to know the staff...

The Southwest Missouri Chapter is proud to introduce two new employees.

The Alzheimer's Association is pleased to announce the addition of **Annette West** as Development Director for the Southwest Missouri Chapter. Annette comes to the association with many years experience in the not for profit community including being the Executive Administrator of the Junior League. She holds a degree in Agri-Business and Marketing and is quite an accomplished business woman. When asked about taking this position she stated, *"My life has been blessed and I knew this was something I wanted to do when I closed my business"*. Her goals in her new position include building on the strong foundation already in place for Memory Walk and the Wine Auction and Gala as well as increasing awareness of the chapter and available services through expanded marketing efforts and enhanced use of technology.

Annette resides in Willard with her husband of twenty years, Steve. The couple have two children, Adam, 26 and Christine 16. They also have one adorable grandson, Colby!



Brenda Brummet joins the staff as Administrative Assistant in our Joplin Regional Office.

Prior to coming to the Chapter, Brenda was employed in retail sales at Sears and JR's Western Wear. During this time, she served on the Board of Directors of Magic Moments Riding Therapy. Brenda resigned her position on the Board to chair an annual fundraiser for Magic Moments and continues to volunteer her time for the organization.

Brenda's leisure activities include her interests in horses, arts and crafts, and spending time with her family. Family members include her husband of nine years, John, along with four sisters and three brothers. She has two children; son Ray and daughter Sylvia; four grandchildren; two dogs and two horses.

Brenda also enjoys volunteering to help others. She stated, *"I like helping people. I like giving part of myself to those people that can't help themselves."*

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

www.alz-swmo.org

Southwest Missouri Chapter
1500 S. Glenstone
Springfield, MO 65804
417-886-2199
1-800-272-3900

Joplin Regional Office
1823 E. 20th St., Ste. E
Joplin, MO 64804
417-623-4788
1-800-272-3900

Southwest Missouri Chapter Board of Directors

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Karen Thomas

Secretary-
Lois Zerrer

Treasurer-
Brooke Liggett, CPA

Susan Sommer-Luarca
Betty Parnell
John Piatckek
Karen Krittenbrink

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Patty Ingle

Program Director-
Rebecca Argilagos

Development Director-
Annette West

Community Outreach Coordinator-
Rob Hulstra

Program Coordinator-
Angel King

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Dalena Radabaugh

Administrative Assistant-
Tanis Tucker

Regional Outreach Coordinator -
Chad Ruddick

Regional Outreach Administrative Assistant -
Brenda Brummet

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Nixa, MO • 417-724-1662

November is National Alzheimer's Disease Awareness Month, National Family Caregivers Month

*This November the Alzheimer's Association is launching a suite of resources for caregivers.
Safe Return Enhancement: MedicAlert® + Alzheimer's Association Safe Return®*

MedicAlert + Safe Return provides assistance when a person with Alzheimer's or a related dementia wanders and becomes lost locally or far from home. When someone enrolled in the program wanders, caregivers call a toll-free help line to report it to activate a community support network to help reunite the lost person with his or her caregiver. Once they are found, wanderers often require medical attention. The new partnership with MedicAlert enables first responders to access the wanderer's personal health records and quickly treat the individual. For more information on MedicAlert + Safe Return, visit www.alz.org, www.medicalert.org/safereturn or call 1-800-607-2696.

**WE'RE JUST
A PHONE
CALL AWAY**



The Alzheimer's Association provides support, as well as practical services that meet the daily needs of persons with dementias and their families.

Simply call

800.272.3900

for help or more information.

Our core services include:

**Information and Referral
Care Consultation
Support Groups
Education
Safe Return®**

**24-hour Helpline support
available 365 days per year.**

Senior Housing FinderSM

This free, web-based tool allows users to search and screen senior housing options throughout the United States by location, facility name, license type, availability, care services and lifestyle amenities. It even allows users to view the dementia care levels a facility provides, consistent with the seven stages of Alzheimer's disease progression. The Senior Housing Finder will be available at no cost through alz.org.

CareFinderTM

CareFinderTM, also available through alz.org, provides detailed information on a variety of issues surrounding care options including: planning ahead, care options, coordinating care and support and resources. CareFinder helps people understand what type of care is appropriate given their needs and preference.

Lotsa Helping Hands

Lotsa Helping Hands is a free online service to help take care of a loved one with Alzheimer's or their caregivers. The service is an easy-to-use, private group calendar, specifically designed for organizing helpers, where everyone can pitch in with meal deliveries, rides and other tasks. Needs are posted on a personalized Web site, where the group calendar is automatically updated. Members sign up to help, which the calendar also tracks automatically. Notification and reminder emails are sent to the appropriate parties.

***If you have been touched by Alzheimer's
or are a caregiver to someone with the
disease, there is help.***

***For more helpful information and
resources, visit CareSource at alz.org
or call 800-272-3900.***

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.***

Help – For Alzheimer's Caregivers, Families, and Friends • Jean Robinson, RD

This information can help people involved establish and maintain a supportive, healthy, caring environment, and help them to cope with the many adjustments, emotions, stresses and behaviors.

Lifesaving Songs and Poems – For the Sea of Dementia, Alzheimer's and Palliative Caregiving • Carolyn Tuttle

This practical book presents a wealth of songs and poems, arranged thematically. Each section is divided by a full-page evocative watercolor painting by Marian Driggs Gresseth.

Helen's Life Journey in Memorial – Picture DVD • Guy Pollard

A beautiful picture story honoring Helen Pollard's life and journey with Alzheimer's disease.

The Latino Family and Alzheimer's Disease – Spanish-language DVD • Alzheimer's Association

This DVD portrays in "telenovela" style, a Latino family living with a grandmother who has dementia and is then diagnosed with Alzheimer's. Maria Elena Salinas of Univision narrates the program.



November 2007 through February 2008

*Part 6 and 7 are the final classes from the Summer/Fall 07 course listing.
All Family Matters courses are free for family members and open to the public.
Prior attendance in Parts 1- 5 are not a prerequisite to attend these final classes.
Reservations are appreciated but not required. Call 417-886-2199 for details.*

Part 6 – 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 7: 12:00 pm – 1:00 pm • Alzheimer's Association, 1823 E. 20th Street, Joplin, MO
Speaker: Sherry Buchanan, Ph.D.

Thursday, November 8: 11:30 am – 12:30 pm • Alzheimer's Association, 1500 S. Glenstone, Springfield, MO
Speaker: Mary Newman, Ph.D., Missouri State University

Part 7 – Driving and Dementia

Driving is a complex activity that requires quick thinking and reactions, good perceptual abilities and split second decision making. For the person with Alzheimer's disease driving becomes a safety concern.

Wednesday, December 5: 12:00 pm – 1:00 pm • Alzheimer's Association, 1823 E. 20th Street, Joplin, MO
Speaker: Representative from Jasper County Sheriffs Department

Thursday, December 13: 11:30 am – 12:30 pm • Alzheimer's Association, 1500 S. Glenstone, Springfield, MO
Speaker: Sgt. Dan Brockman, Missouri Highway Patrol

January through February 2008

New class offering beginning January 2008.

Part 1– Overview of Dementia: Alzheimer's disease and 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 60 – 70% of cases. Alzheimer's disease and other forms of dementia will be discussed.

Wednesday, January 16: 12:00 pm – 1:00 pm • Alzheimer's Association, 1823 E. 20th Street, Joplin, MO
Speaker: Pam Faille, N.P., Freeman Hospital

Thursday, January 17: 11:30 am – 12:30 pm • Alzheimer's Association, 1500 S. Glenstone, Springfield, MO
Speaker: Michael Whetstone, Ph.D., St. John's Hospital

Part 2 - Is She On Too Many Medications?

Discusses the concerns and appropriate benefits of commonly prescribed medications in the care of the person with Alzheimer's disease.

Wednesday, February 13: 12:00 pm – 1:00 pm • Alzheimer's Association, 1823 E. 20th Street, Joplin, MO
Speaker: David Starrett, R.Ph., The Medicine Shoppe

Thursday, February 14: 11:30 am – 12:30 pm • Alzheimer's Association, 1500 S. Glenstone, Springfield, MO
Speaker: Larry Jones, R.Ph., Cox North Pharmacy

express yourself with Memories in the Making™

Beginning last November, the Alzheimer's Association - Southwest Missouri Chapter and internationally known artist Susan Sommer-Luarca presented an art class for those with memory loss. **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 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.



Artist: Marcia Sommers

The program was pioneered in 1988. Selly Jenny and Maria Oropeza teamed up with the Alzheimer's Association of Orange County to create a unique way for persons suffering from memory problems to record their feelings and to reminisce through art. In these classes, the artists are given a communication tool to use when their verbal skills and memories fail them. Author of the book **Memories in the Making™**, Selly Jenny states that, "Art taps directly into both motor skills and emotions without the need for an ongoing memory, as is required by a conversation."

Last April, Butterfield Residential Care Center in Bolivar, Mo. began hosting the program with 12 participants. Ash Carrel, Activities Director at Butterfield says that "**Memories in the Making™** is something to challenge them or recover a skill. The results are very therapeutic." Ms. Carrel relates that one resident showed signs of depression before starting the course. "She would be crying or was very teary. Since the program began she has not displayed any of those emotions. It has helped her cope with her surroundings, her new home. It has helped many residents come out of their shell. It provides an activity; they are making new friends, which lead them to participate in other activities at the facility."

Kathy Roweton, a retired art instructor who taught for 30 years in Halfway, MO leads the artists in the course. "A friend showed me an article in the Kansas City Star about **Memories in the Making™**. I called the Alzheimer's Association, and that started the ball rolling." Ms. Roweton states, "We provide an idea or subject and off they go! They draw on past experiences, what they have encountered in their lives. If someone has difficulty painting an object, we are there to show them a technique to help them get it on paper."

In August, the residence had their first art show. Over 50 paintings were exhibited. The artists were very proud of their work being displayed in the lobby and excited that their families could view their expertise. It gives them a sense of confidence at a time when success is not as common. Fifteen of the paintings were sold during the exhibit.

For more information on **Memories in the Making™** call the Alzheimer's Association – Southwest Missouri Chapter at 800-272-3900. Class size in Springfield is limited to five participants 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.

"Memories in the Making™ is something to challenge them or recover a skill. The results are very therapeutic."



Pictured: Lero Fraizer



Pictured: Gertrude Hughes



Artist: Don Haun

memorials & tributes

Allen, Robert K

James & Carol Allen
Don Bechtel
David & Mary Bryan
Morris & Emma Carter
Bill & June Holman
Dale & Pam Pearce
Mr. & Mrs. Thomas Porter
Vera Pryor
Turner White
Dennis Hanks Chevrolet-Olds

Allmon, Julie Bertha

Ben Arnall and Family
Jimmy (Hoot) & Patsy Gibson
Dorothy Wallace

Atchison, Emerson

Ruby Kitts

Barnett, Vada Ruth

Dennis & Terri Barnicle

Blevins, Blanche

Robert & Carol Sartin

Bunch, Elsie Fern

Phyllis Bird
John & Rosemary Mathes
Anna Pace

Callahan, Twyla

Carol & Jack Barnes
Martha Braun
Gladys Dieckhoff
Mary Frances Gibson
Edward & Judith Guy
Haldean & Patty Hardy
Alyce Kaplan
Mr. & Mrs. Loren Lamoreaux
Floyd & Esther Langland
Harold & Carmen Mailles
Scott & Jennifer Megaffin
Robert & Vada Swift
Roy & Edeana Taylor
Gary & Pam Winkler
Rita Wood
Friends in Western Hills
LWML Redeemer
Anonymous

Campbell, Mildred Swich

Ro Jean Dutton

Coberly, Walsie

Gina Clinkingbeard
James & Alice Fleetwood

Day, Winston

Columbia College

Drew, Bill

Dan Fannin
T & Kay Finnie
Tom & Karolyn Owens
Law Offices of Dee Wampler
Harmony Sunday School Class

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Fred & Marilee Howard

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Marsella Ewer
Wesley & Julie Johnson

Ewing, Ruth

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Lena Goss
Terry & Vicky Owens
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Rex & Sara Sawyer
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Edith Faulkner
Carolyn Steinbach
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Don & Billie Francisco
Ferris & Norma Lemaster
Melvin & Susan Maxwell
Webb City Police Dept

Gambill, Everett

Charlie Gambill & Family

Ghys, Arthur

Memory Lane Dairy

Goering, Nadine

Ebenezer Presbyterian Church

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Glen & Delilah Brown
Leslie & Diane Dye
Gunda Kreider
Catherine & Greg Laughlin
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Mr & Mrs Jim Mustain
Mr & Mrs Ed Williams
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Mrs Shirley Griffith

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Virgle & Charlene Austin & Family
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Dooley & Twyla Hefner
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Doris McNealy

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James & Margerite Slavings

Johnson, Mildred "Billie"

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Eve Mendez

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Young, Marie

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RESEARCH

Jeannie Rimmer

MEMORY TREE MEMORIALS

In Memory of Frances Nadine Mueller
The Mueller Family/Paul Mueller
Company





We are working toward providing you with timely updates about programs and events, advocacy and volunteer opportunities, and information on our services through email.

Sign up now for our free **Alzheimer's Association, Southwest Missouri Chapter e-mail updates.**

To be added to the list, e-mail your name and address to **annette.west@alz.org**

We will not share e-mail addresses with third parties.

Memory Walk 2007



Memory Walk Grand Prize Winners:

Lindsey Hux – Buffalo River Adventure
Darcia Lotz – Loma Linda Golf Package
Mikee Bishop – Branson Getaway



volunteer spotlight – Betty Thomas



Retired? Yes. Sitting still? Not a chance! Betty Thomas is the Support Group Facilitator at First Baptist Church in Willard, Mo. *“There was need for a support group in our church. A member of the church had Alzheimer's disease.”* A member of that person's family approached Betty and asked her to become an alternate facilitator. *“I learned how, through the Alzheimer's Association Support Group Facilitator program. Now I've become the main facilitator.”*

Betty retired from Cardiac and Respiratory nursing at Cox Medical Center in 1996, and keeps very busy between babysitting her three grandchildren, traveling with her husband Gene, also retired from the National Park Service as a Civil Engineer, on mission trips to Ukraine, Tanzania, Mexico, Nicaragua, and Honduras. She is also the medical team leader at Baptist Hill Assembly children's camp in Mt. Vernon, teaches 5th & 6th grade Sunday school classes, and is a member of the board for the Greene County Baptist Association.

Having lived in the western United States for most of their lives and having moved to Willard from Colorado, Betty and Gene still love to travel in the Spring and Fall. *“We love to go through Canada, Alaska, Newfoundland, and Lake Superior.”*

The Alzheimer's Association, Southwest Missouri Chapter applauds her commitment to families in her community and is proud to shine this quarter's Volunteer spotlight on Betty Thomas.

To volunteer Call: **1-800-272-3900**
 Online application at: **www.alz-swmo.org**

your donation can help!

Included is my tax-deductible gift of: \$ _____

In Memory of: _____

In Honor of: _____

Please Notify Name: _____

Address: _____

City: _____

State: _____ Zip: _____

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Card # _____ Exp. Date ____ / ____ / ____

Donor Name: _____

Address: _____

City: _____

State: _____ Zip: _____

*Cash or checks also accepted.
 Please make checks payable to the Alzheimer's Association.*

Mail to: **Alzheimer's Association, SWMO Chapter
 Glen Isle Center, 1500 S. Glenstone
 Springfield, MO 65804
 417-886-2199 or 1-800-272-3900**

Of Wine, Cheese, and Love

*Love placed a trembling kiss upon
her soft and sensuous waiting lips;
compelled him often to drive for hours
to spend what seemed like moments with
his girl before the long trip back.
Love led them to the altar where
the two became one flesh, one hope,
one spirit until death intrudes.
Love spawned a growing family,
survived the tears and fears and jeers,
has flourished now for fifty years.
Love is the tie that binds them still,
bestows the kiss on faded lips
and smoothes the graying hair each night;
helps her recall the grandkids' names
and where they've gone and what they've done;
finds her lipstick and her purse.
Love keeps her thinking he's her hero
although his patience cracks and speech
comes out in martyr's tones he wants
to cancel and return to some
word graveyard never to come back.
Love hopes all things, endures all things,
is more than what they thought at first.*

By Ken Roller

(Co-facilitator of the Alzheimer's Association's Support Group held at St. John's Hospital)

Winner of the 2006 National Senior Poet Laureate Contest
Sponsored by the Angels without Wings Foundation

End-of-Life: Dimensions of Dementia

Creating a Successful Partnership Through the Journey

A One-Day Symposium for Healthcare Professionals
Designed to Improve Quality Care at the End-of-Life

**Wednesday, October 24, 2007
Oasis Inn & Convention Center**

Featured Speakers:

Russell Hilliard, Ph.D., LCAT, LCSW, MT-BC
Joyce Simard, M.S.W.

Call 417-886-2199
alzheimer's  association®

the compassion to care, the leadership to conquer



The Greene County Medical Society designates this educational activity for a maximum of 5 (five) AMA PRA Category 1 Credit(s) TM. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the Essential Areas and policies of the Missouri State Medical Association through the joint sponsorship of the Greene County Medical Society and the Alzheimer's Association, Southwest Missouri Chapter. The Greene County Medical Society is accredited by the Missouri State Medical Association to provide continuing medical education for physicians.

This continuing nursing education activity has been submitted for approval to the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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.

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

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