

alzheimer's association™

Southwest Missouri Chapter Quarterly Newsletter

April-May-June 2008



2008 wine auction & gala

The 8th Wine Auction and Gala in May has received rave reviews as one of the best in the event's history. Hosted in the historic Newberry Building in downtown Springfield, the Wine Auction and Gala raised more than \$160,000 to support programs and services of the Alzheimer's Association. Funds help the Southwest Missouri Chapter to serve local families struggling with Alzheimer's disease.

This year's theme was *'The French Connection featuring Martine Saunier'* and the chapter was honored to have special guest Martine Saunier attend. Born in Paris, Ms. Saunier spent her summers in Burgundy, near Macon, where her aunt had a vineyard. It is there that she became familiar with all aspects of the harvest. She moved

to California in 1964, was a wine buyer by 1969, and started her own import company in 1979. Her portfolio includes great Rhone and Burgundy Estates: Chateau Rayas, Denis Mortet, Emmanuel Rouget, and Perrot-Minot, to name a few. She also represents Niepoort from the Douro Valley.

The evening featured a Silent and Live auction that included impressive rare wines, exquisite artwork, stunning jewelry, exceptional dining, trips, and valuable gift certificates for an array of intriguing items. Guests were treated to fine cuisine catered by Touch and Flame Restaurants. After dinner entertainment was by The Classics.

The chapter would like to thank everyone involved. This event would not be possible without the many hours of work and dedication by the committees, volunteers, staff and of course, the generosity of corporate sponsors, auction donors and patrons. Without gifts of time, talent, passion and financial support, we could not carry out our vision and mission.

2008 wine auction & gala sponsors



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A Very Special Thank You...

To our Masters of Ceremonies: **Walter Gaska, M.D.** and **Ron Junge**.
And, for the whimsically dressed windows of the Newberry Building, as well as the evening's décor, many thanks to **Susan Sommer-Luarca**, **Jo Ann Junge**, **Helen Gunther** and accentsontheweb.com.

We sincerely appreciate the **John A. Morris Family** for the use of the Newberry Building.

To **Rob Bernet** and **Judith Garson** for designing the invitations.

2008 facts and figures

- ❖ The 'Letter from the President' will return in the next newsletter. Rebecca is out on leave with her National Guard reserve unit.

Following is a recent release from the national Alzheimer's Association. Report spells out looming Alzheimer crisis

- ❖ Ten million baby boomers will develop Alzheimer's disease in their lifetime, according to the Alzheimer's Association's 2008 Alzheimer's Disease Facts and Figures report.
- ❖ The annual statistical abstract, an update of the inaugural 2007 edition, also reports the startling facts that someone in America develops Alzheimer's every 71 seconds, and by mid-century some one will develop Alzheimer's every 33 seconds.
- ❖ As many as 5.2 million Americans are now living with Alzheimer's, making the disease the nation's seventh-leading cause of death and the fifth-leading cause of death for those over age 65. By 2010, there will be almost a half million new cases of Alzheimer's disease a year, and by 2050, there will be almost a million new cases yearly.

Now is the time to address this looming epidemic that currently has no effective disease-modifying treatments that halt or delay the progression of the disease. Please donate, advocate or volunteer in the fight against Alzheimer's. To find out more about the disease or what you can do, as well as view the full text of the 2008 Alzheimer's Disease Facts and Figures report, visit www.alz.org.

alzheimer's association, southwest missouri chapter, announces board of directors for 2008-2009

The Alzheimer's Association, Southwest Missouri Chapter is proud to announce its Board of Directors for 2008-2009.

Lois Zerrer, Chair	Betty Parnell	Gail Noggle
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memory day at state capitol

On Wednesday, March 12, 2008, chapter staff along with twenty-four advocates from the Southwest Missouri Chapter service area took a charter bus to the Capitol in Jefferson City. Advocates were able to speak to their legislators and advocate for the issues and concerns of people with dementia and their caregivers.

The Chapter would like to thank all of the advocates that took the time to make a difference in the lives of the more than 110,000 people in Missouri affected by this devastating disease.



Southwest Missouri Chapter Online

Visit our
NEW and IMPROVED
website at
www.alz.org/swmo



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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national public policy

The Alzheimer's Association Public Policy Forum in Washington, D.C. brought together Alzheimer advocates from across the country to tell Congress Alzheimer's disease must become a national priority. During the two-day Forum, more than 500 advocates participated in meetings with legislators and attended a Congressional hearing on Alzheimer's that garnered national media attention.

Rebecca Argilagos, President and CEO of the Alzheimer's Association, Southwest Missouri Chapter, along with Karen Krittenbrink, Vice-Chair, Board of Directors, and Marci Mckie, Support Group Facilitator and Advocate were in attendance.

Retired Justice Sandra Day O'Connor took her family's private battle with Alzheimer's disease public as she urged Congress to speed research and aid to fight the coming epidemic of the mind-destroying illness.

"Our nation certainly is ready to get deadly serious about this deadly disease," she told the Senate Special Committee on Aging.

She has a personal stake. *"My beloved husband John suffers Alzheimer's,"* she said. *"He is not in very good shape at present."*

O'Connor stepped down as the first female Supreme Court justice in 2005 to move her husband to an assisted care center in Phoenix, near two of their children. Intensely private, she has said little until now of the family's experience except that she regretted having to leave the high court so soon.

She congratulated Congress for passing legislation that would ban discrimination based on genetic testing for a broad range of diseases, including Alzheimer's. *"My own sons have not wanted to go be tested ... out of fear they would be ineligible for insurance,"* she said.

"I suspect that you will not hear from many of my fellow caregivers directly ... simply because they do not have the resources to take time away from their loved ones in order to come before you," O'Connor said in her prepared testimony.

Against that somber backdrop, a group of scientists, former politicians and well-known names like O'Connor have teamed up to create what they call a **"national strategy"** to jumpstart efforts to speed research into new Alzheimer's treatments and improve help for caregivers.

The Alzheimer's Study Group won't have its report ready until next year, but began pushing lawmakers to start thinking about the needed investment despite tight economic times.



an evening with Martine Saunier

Gala festivities began on Thursday evening, May 15 with the third annual Patron's Party. Hosted by Ron Junge of Brown Derby



and Ed Powell of Herrman Lumber, the event was held at Hickory Hills Country Club. The exclusive affair was limited to 50 people who were among the first to personally meet and dine with Martine Saunier.

Guests were treated to an exquisite multi-course dinner expertly paired with wine chosen by Ms. Saunier from her portfolio. The cuisine, wines and fellowship provided a memorable experience for all who attended.

bone health

Osteoporosis is a disease that weakens bone strength resulting in bone breaks and fractures. Although most of our bone is developed by our 20th birthday, we must still focus on maintaining our bone strength throughout the life span to ensure healthy aging and quality living.

Here are some key tips for maintaining your bone health:

- Get plenty of weight-bearing exercise.
- Get plenty of Calcium and Vitamin D in your diet.
- Limit tobacco and alcohol consumption.
- Talk with your doctor.

Nutrition focus

Calcium is a mineral that is essential to bone health. Our bodies do not make calcium; therefore, we must get our recommended doses from the foods that we eat. It is recommended that adults consume 1,000 -1,200 mg of Calcium per day. Calcium rich foods include dairy foods such as milk, yogurt, cheese, and pudding. Some dark green vegetables also contain calcium. There are calcium fortified foods on the market such as juices and cereals. Excess caffeine and sodium may decrease your absorption of calcium. Talk with your doctor about calcium supplements.

Vitamin D, specifically Vitamin D3, is needed to help our bodies absorb calcium. Although our bodies can make Vitamin D through sunlight, this may be difficult due geographic location, physical ability, and the avoidance of sun exposure for the prevention of skin cancers. Recommended levels vary from 400-1,000 IUs per day. Too much Vitamin D can be harmful. Vitamin D rich foods include fatty fish, egg yolks and liver. Some milks and cereals are also fortified with Vitamin D. Check with your doctor for supplement needs.

Try this calcium rich recipe:

Tasty Tower

1 cup non-fat flavored yogurt
1/4 cup raisins
1/4 cup crunchy cereal nuggets or low-fat granola cereal
1/2 cup berries (may use frozen)
Layer 1/2 yogurt, raisins, cereal or granola, 1/2 berries, remaining yogurt and top with remaining berries. Makes 1 serving.
Calories, 476; Fat, 1 gm; Saturated Fat, 0 gm; Cholesterol, 0 mg; Fiber, 6 gm; Sodium, 322 mg; Calcium, 441 mg.

the family matters series

Family Matters Series: July through December 2008

Part 1 – 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 9: 12:00 pm – 1:00 pm • Alzheimer's Association, 3510 E. 3rd St. • Joplin, Mo.
Speaker: Dr. Steven Kory, Ph.D. – Freeman Hospital

Friday, July 25: 11:30 am – 12:30 pm • Alzheimer's Association 1500 S. Glenstone • Springfield, Mo.
Speaker: Dr. Bill Myers, Ph.D. – Ozarks Community Hospital

Part 2 – Medicaid 101

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

Wednesday, August 13: 12:00 pm – 1:00 pm • Alzheimer's Association, 3510 E. 3rd St. • Joplin, Mo.
Speaker: Connie Reynolds, Jasper Co. DFS

Thursday, August 14: 11:30 am – 12:30 pm • Alzheimer's Association 1500 S. Glenstone • Springfield, Mo.
Speaker: Pam Burrell, Greene Co. DFS

Part 3 – 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 10: 12:00 pm – 1:00 pm • Alzheimer's Association, 3510 E. 3rd St. • Joplin, Mo.
Speaker: Linda Dean, RN, Freeman Hospital

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

Part 4 – 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 15: 12:00 pm – 1:00 pm • Alzheimer's Association, 3510 E. 3rd St. • Joplin, Mo.
Speaker: Chris Dumm, Attorney and Lane Clevenger, ING Financial Services

Thursday, October 16: 11:30 am – 12:30 pm • Alzheimer's Association 1500 S. Glenstone • Springfield, Mo.
Speaker: Lois Zerrer, Attorney and James Updegraff, New York Life Financial Services

Part 5 – 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 12: 12:00 pm – 1:00 pm • Alzheimer's Association, 3510 E. 3rd St. • Joplin, MO
Speaker: Dr. Sherry Buchanan, Ph.D.

Thursday, November 13: 11:30 am – 12:30 pm • Alzheimer's Association, 1500 S. Glenstone • Springfield, MO
Speaker: Dr. Mary Newman, Ph.D. Missouri State University

Part 6 – 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 10: 12:00 pm – 1:00 pm • Alzheimer's Association, 3510 E. 3rd St. • Joplin, MO
Speaker: Sgt. Michael Watson, Joplin Police Department

Thursday, December 11: 11:30 am – 12:30 pm • Alzheimer's Association, 1500 S. Glenstone • Springfield, MO
Speaker: Representative of the Springfield Police Department

professional training

Is your facility or company in need of dementia care training?

The Alzheimer's Association, the leading authority in dementia care, is offering training based on today's best practices in dementia care.

Our affordable, field-tested training gives your staff:

- Person-centered approaches to respond to individual preferences and abilities
- Modules on the most critical aspects of dementia care, such as pain management and nutrition
- Practical, problem-solving skills staff can use immediately on the floor
CEUs for nurses, social workers and nursing home administrators

We will work with you to select the best training options for your staff needs, scheduling and budget. These options include modules for supervisors, classroom and online training, and customization to meet state regulations.

For more information, call Rob Hulstra at 1-800-272-3900.

volunteer opportunities

The Southwest Missouri Chapter is always looking for excellent volunteers to assist with Helpline, answering phones, clerical duties & special events.

If you want to make a difference and are interested in volunteering, please contact Dalena Radabaugh at

417-886-2199

or visit our website
for more information.

2008 memory walk

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!

2008 Memory Walk Dates

Saturday, August 23rd

Lebanon – Atchley Park

For more information and to register:

<http://memorywalklebanon.kintera.org>

Saturday, September 6th

Joplin – Northpark Mall – Food Court

For more information and to register:

<http://memorywalkjoplin.kintera.org>

Saturday, September 20th

Branson – Shoppes at Branson Meadows

For more information and to register:

<http://memorywalkbranson.kintera.org>

Halfway – Halfway Public School

For more information and to register:

<http://memorywalkhalfway.kintera.org>

Saturday, September 27th

Springfield – Phelps Grove Park

For more information and to register:

<http://memorywalkspringfield.kintera.org>

memorials & tributes

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volunteer spotlight – Shirley Patton

Say “Hello” to Shirley Patton. Shirley is the new Program Director for the Reflections Unit, which is the Alzheimer’s unit at Tablerock Healthcare in Kimberling City. She started with Tablerock in March 2008.

Shirley received her bachelor’s degree in social work at Southeast Missouri State in 1986 and she specialized in cases dealing with Elder Abuse as well as Child Abuse. “I have always enjoyed working with the elderly, especially with Alzheimer’s patients.” She is responsible for overseeing the employees and their continuing education, measuring the resident’s abilities on a periodic basis, and Shirley says, “I’m always there to give a friendly hug and reassurance anytime a resident needs a boost.” She also runs the Alzheimer’s support group at the First Christian Church in Kimberling City.

Shirley, her husband Mark and their two sons, Louis Mark and Jonathan, moved to Branson from Portageville, Mo. down in the boot heel of the state next to the Mississippi River, just north of Memphis.

Shirley was part of the Memory Day group that travelled to Jefferson City last March and will also be the Captain of her team for the upcoming Memory Walk.

She and her husband also keep busy with church activities and attending their sons’ Little League baseball games three nights a week. Shirley says, “Whenever I can get some time, I love to read books by John Maxwell, Dr. James Dobson, and Karen Kingsbury.”

food for thought – brighten up your plate

Adding a variety of vibrant colors to your meal is one easy way to ensure that you are consuming a well-balanced, nutrient-filled diet. Individuals who consume a diet rich in fruits and vegetables, with a variety of color, decrease their risk of developing chronic diseases.

Your daily food intake should contain foods from every rainbow color. When shopping, look for bright colors – deep red strawberries, bright yellow bananas, dark red cabbage, and vivaciously green spinach. The more color, the more nutrition! Focus on whole foods – those foods fresh from nature – that contain nutrients, minerals, antioxidants, phytochemicals and fiber that many times, cannot be reproduced.

The CDC provides this helpful guideline:

Fiber

Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease. *Excellent vegetable sources:* navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes.

Folate

Healthful diets with adequate folate may reduce a woman’s risk of having a child with a brain or spinal cord defect. *Excellent vegetable sources:* black eyed peas, cooked spinach, great northern beans, asparagus.

Potassium

Diets rich in potassium may help to maintain a healthy blood pressure. *Good fruit and vegetable sources:* sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice.

Vitamin A

Vitamin A keeps eyes and skin healthy and helps to protect against infections. *Excellent fruit and vegetable sources:* sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage.

Vitamin C

Vitamin C helps heal cuts and wounds and keep teeth and gums healthy. *Excellent fruit and vegetable sources:* red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower.

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Incorporate new colors into your diet – your body deserves it!

Berry Banana Fruit Smoothie

Servings: 2 servings, 1 cup each

Ingredients:

1 medium banana, sliced
1 cup frozen raspberries
1 cup frozen blueberries
3/4 cup Naturally Flavored Spring Water Beverage, Peach Flavor
1/8 tsp. vanilla
PLACE all ingredients in blender container; cover.
BLEND until smooth.

Summer Vegetable Medley

Servings: 4 - 1 cup servings

Ingredients:

1-2 zucchini, sliced
1-2 yellow squash, sliced
1 red onion, sliced
1 cup fresh mushrooms, washed and sliced
2 T olive oil
Salt and Pepper to taste
Place all ingredients in a large skillet or wok. Sauté for approximately 5 minutes or until onion begins to become translucent.
Serve hot and enjoy!

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.**

wish list

Anyone having these items or services they would like to donate to the Chapter, please call Rebecca at **886-2199**.



- 1. Storage building**
- 2. Ambassadors for rural counties**
- 3. Carpentry work**

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.



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.*

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