

alzheimer's association™

Southwest Missouri Chapter Quarterly Newsletter

July-August-September 2008

we're on the **MOVE** to end Alzheimer's!

It's that time of year again! Grab your walking shoes, put them on and join us at one of our four Memory Walks this September.

Memory Walk is the signature fundraising event for the Alzheimer's Association. It is the largest event to raise awareness and funds for Alzheimer's in the nation.

Finding a cure for Alzheimer's is more crucial now than ever, and it starts with you. Teams are the heart of Memory Walk. Starting a team is easy! You invite three people and they invite three people. Before you know it, you'll have a team. Recruit family, friends and colleagues to join your team and ask for donations.

Sign up for a walk today! Log on to register and collect pledges. Visit our website at www.alz.org/swmo and follow the Memory Walk link. Everything you need is online. You can create your own web page, send emails to friends, family and coworkers asking them for their support, track your progress, find great fund raising ideas, and so much more!



Memory Walk 2008 schedule

September 6
JOPLIN

Northpark Mall Food Court

September 20
HALFWAY

Halfway Public School

September 20
BRANSON

Shoppes at Branson Meadows

September 27
SPRINGFIELD

Phelps Grove Park

Register Today!
www.alz.org/swmo

Southwest Missouri Chapter Online



Visit our
NEW

and

IMPROVED

website at

www.alz.org/swmo

Get started now with these great fundraising ideas!

- *Host a Memory Walk casual day at your office or business*
- *Sell our signature 'Forget Me Nots'*
- *Buy and sell tribute flags to be displayed at all of our walks*
- *Check with your company to see if they offer matching gift programs*
- *Host a "Purple Party"*

We're here for you every step of the way. Just call our office at **886-2199** or email annette.west@alz.org with questions or for more information on any of the fundraising ideas above.





Hi Friends-

In the last issue, I was off on my annual military training and did not have a column. Instead we used that space to report the new statistics on AD. A recap of those I feel is in order;

2008 facts and figures

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.

We also know that 10 million Americans are caring for a person with AD or another dementia and that this is a 24/7 job.

Looking at all these statistics, it is hard to imagine that many people have never heard of the Alzheimer's Association. In fact, 85% of the public could not name any health charity that supports Alzheimer's. We need to get out there more and let people know we are here to help. If you have received this newsletter – then you are already familiar with us. We need you! Pass this newsletter on to someone who needs to know about us and the disease – take it to your doctor's office and leave it for others to read. Then pick up the phone and call our office and we will help you find a way to help others! We have many opportunities for volunteer staff at this office and out in the "field". There really is no better way to get through this journey than by becoming involved in the fight!

The numbers are daunting-but should **NOT** make us feel helpless. We are not! Moving the mission forward and serving those on this journey is our reason for existing. If we work together we WILL conquer AD.

On another note – change is the only constant in life-and I need to report to you that our beloved Dalena has moved on to another position in Kansas City. She is already missed-but I know that her time with us made a huge impact on those with AD and she was a joy to work with. We wish her the best of success in all that she does – and she has promised to still help the mission move forward! We have a new Special Events coordinator, Nicole Brown who brings her own special gifts and talents to this position and we welcome her to our chapter.

We have also added more incredible board members to the chapter – Carrie Richardson and Katie Aton-Jackson. Carrie brings a wealth of marketing skills and has worked in the not for profit world previously. Katie is finishing up a Master's degree in Accounting and will now serve as our Treasurer-we are excited about both of these fine new board members and welcome them!

Yours in Service,

Rebecca Argilagos

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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silver alert act

There are an estimated 5.2 million Americans living with Alzheimer's disease, and this number is expected to grow to as many as 16 million by 2050. Today, six out of 10 people with Alzheimer's disease will wander from their homes or caregiving facilities. If not found within a 24-hour period, up to half will suffer serious injury or death. Even in one's own neighborhood or a place that is familiar, the person living with Alzheimer's may become disoriented and lost.

The Alzheimer's Association supports federal legislation, including the **Silver Alert Grant Program Act of 2008** (H.R. 5898) and the **National Silver Alert Act** (H.R. 6064), that creates systems that provide families a way to locate lost or missing seniors who may be endangered. States such as Colorado, Illinois, Michigan, North Carolina and Texas have established state-administered notification systems similar to Amber Alert to help disseminate relevant information about missing seniors and those with dementia-related illnesses to local law enforcement and community support network.

Although Silver Alert and Amber Alert have the same goal – the safe return of an individual to one's home and family – there are still distinct differences between the two programs. Amber Alert is a well-established federally funded program with a strong community identity that involves searching for a minor who has not simply wandered off but who has been taken or abducted, calling for an immediate and broad response. Silver Alerts, at this point, are fairly new state programs that involve vulnerable adults who have wandered off by themselves.

As 94 percent of people with Alzheimer's disease who wander are found within a quarter mile from their place of residence or last location seen, the search techniques that are necessary are very different from those required with an Amber Alert.

The Alzheimer's Association supports a comprehensive approach to the creation of a system that would address the needs of persons with dementia and their families. This approach would include authorizing grants for law-enforcement dementia training that would not only contain a wandering prevention component but would also coordinate efforts between families, caregivers and local authorities.

The system would need to be interoperable with existing, successful programs such as **MedicAlert® + Alzheimer's Association's Safe Return®**, a nationwide identification, support and enrollment program that provides assistance when a person with Alzheimer's or a related dementia has wandered and becomes lost locally or far from home. In addition to helping those who have wandered, the program also provides first responders with vital medical history that may be necessary to treat the person with Alzheimer's who may not be able to communicate the information.

As the threat of Alzheimer's disease continues to touch more and more people's lives, the safety and security of those with Alzheimer's or dementia-related illnesses will continue to be a tremendous concern to us all. In order to address this growing population, the Alzheimer's Association is committed to working with lawmakers to ensure that safety issues are raised in the context of comprehensive federal and state Alzheimer's disease planning that better acknowledges the unique needs of the cognitively impaired.

The most effective system will include collaboration and cooperation between families, all levels of government and organizations that support local communities, like the Alzheimer's Association.

alzheimer's disease sixth leading cause of death in the United States

Alzheimer's disease is now the sixth leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics. The CDC estimates that 72,914 Americans died of Alzheimer's disease in 2006. With an unprecedented historic population shift of 78 million aging baby boomers in the country and this disease poised to strike 10 million boomers – it is clear this escalating epidemic must be addressed now.

Today, as many as 5.2 million Americans are living with Alzheimer's disease. The Alzheimer's Association's 2008 Alzheimer's Disease Facts and Figures report revealed one out of eight baby boomers will develop this disease that currently has no effective disease-modifying treatments to halt or delay its progression. Experts predict by 2010, there will be almost a half million new cases of Alzheimer's disease each year; and by 2050, there will be almost a million new cases each year.

“The CDC's announcement that Alzheimer's disease jumped from the seventh to the sixth leading cause of death should serve as a wake-up call to the nation,”

said William Thies, Ph.D, vice president of Medical and Scientific Relations at the Alzheimer's Association.

“The fact that there are no effective treatments for Alzheimer's has allowed the disease to pass diabetes. It is vitally important that we increase Alzheimer's research funding to slow or stop the progression of this devastating disease.”

Researchers are closing the gap in developing accurate ways to diagnose and treat Alzheimer's. Although there are several promising drugs currently in Phase III clinical trials, insufficient research funds are committed to research focused on Alzheimer's disease treatment and prevention. This situation is further compounded by the fact that for the past five years the NIH budget has been essentially flat. The personal and economic impact of Alzheimer's is so large that no one entity can solve the problem alone. It will require all levels of government and the private sector working together to diminish the human and economic cost. It must begin with accelerating research.

The CDC also reported that while deaths from Alzheimer's disease were on the rise, other chronic conditions were on the decline. Between 2005 and 2006, the largest decline in age-adjusted death rates occurred for influenza/pneumonia (12.8 percent), and also included chronic lower respiratory diseases (6.5 percent), stroke (6.4 percent), heart disease (5.5 percent), diabetes (5.3 percent), hypertension (5 percent), chronic liver disease (3.3 percent) and cancer (1.6 percent).

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Our mission is 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. Our vision is a world without Alzheimer's. For more information, visit www.alz.org.

the family matters series

Family Matters Series: September through December 2008

September - *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

October - *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.
Speakers: 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.
Speakers: Lois Zerrer – Attorney and *James Updegraff* – New York Life Financial Services

November - *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 Street • 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

December - *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 Street • 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: Sgt. Dan Brackman – Missouri Highway Patrol

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.***

Diminished Capacity – Sherwood Kiraly

This book features the eccentric Rollie Zerbs of La Porte, MO living with Alzheimer's disease. He has baited hooks connected to the keys of an old typewriter by the side of the Mississippi, so the local fish can write poetry.

Remember Grandma? – Laura Langston

This book was a gift from Judee Steward

Ages 3-8 – In this book they go for walks, sing songs together, and gather apples to make Grandma's special mile-high apple pie. But more and more, Grandma can't remember. She forgets the way home, and sometimes she doesn't even know Margaret. "She still loves you" says Margaret's mother, "even if she can't remember your name."

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.



get **MOVING!**



Why walk?

Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive – all you need is a pair of shoes with sturdy heel support.

Walking may:

- Give you more energy and make you feel good.
- Reduce stress and help you relax.
- Tone your muscles.
- Increase the number of calories your body uses.
- Strengthen your bones and muscles.
- Improve your stamina and your fitness.
- Lower your risk of chronic diseases, such as heart disease and type 2 diabetes.
- Give you an opportunity to socialize actively with friends and family.

How do I start a walking program?

Leave time in your busy schedule to follow a walking program that will work for you. Keep the following points in mind as you plan your program:

- ✓ Choose a safe place to walk. Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- ✓ Wear shoes with proper arch support, a firm heel, and thick flexible soles that will cushion your feet and absorb shock. Before you buy a new pair, be sure to walk in them in the store.

- ✓ Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.
- ✓ For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.
- ✓ Think of your walk in three parts. Warm up by walking slowly for 5 minutes. Then, increase your speed and do a fast walk. Finally, cool down by walking slowly again for 5 minutes.
- ✓ Do light stretching after your warm-up and cool-down.
- ✓ Try to walk at least three times per week. Each week, add 2 or 3 minutes to your walk. If you walk less than three times per week, you may need more time to adjust before you increase the pace or frequency of your walk.
- ✓ To avoid stiff or sore muscles and joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.
- ✓ Set goals and rewards. Examples of goals are participating in a fun walk or walking continuously for 30 minutes.
- ✓ Keep track of your progress with a walking journal or log.

The more you walk, the better you may feel and the more calories you may burn. Experts recommend 30 minutes of moderate-intensity physical activity on most, if not all, days of the week. If you cannot do 30 minutes at a time, try walking for shorter amounts and gradually working up to it.

Source: www.win.niddk.nih.gov

The Weight-control Information Network (WIN) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, which is the Federal Government's lead agency responsible for biomedical research on nutrition and obesity.

Help The Alzheimer's Association & you can benefit too!

DermaHealth (formerly Dermacare) has offered to give **The Alzheimer's Association** 10% of total receipts from all purchases made from our referrals by October 31, 2008.

DermaHealth is the largest skin care provider in the Ozark region, providing skin tightening, wrinkle removal, sun damage, & cellulite.

Call DermaHealth at 417-447-7777 to schedule a no-charge consultation.



1902 E. Battlefield, Suite A
Springfield, MO 65804
dermspring@yahoo.com
417-447-7777

volunteer opportunities

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

If you want to make a difference and are interested in volunteering, please call

417-886-2199

or visit our website for more information.

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.

The Alzheimer's Association offers a wide variety of planned giving arrangements:

Will bequest – The simple insertion of a clause in your will or codicil helps ensure that a lasting gift will be made to the Alzheimer's Association.

Living trust – An arrangement you create during your lifetime to provide for yourself and your family while making a gift to the Alzheimer's Association.

Life insurance gift – You can donate your life insurance policy to help advance our fight against Alzheimer's, or simply name us as the beneficiary.

Charitable gift annuity – This unique form of giving allows you to make a gift to fight Alzheimer's that gives back to you in the form of lifetime payments to yourself and another.

Charitable life income trust – Make a major gift to the Alzheimer's Association to increase your income...reduce your taxes...and help protect future generations from the terrible threat of Alzheimer's disease.

Now is the time to help prevent Alzheimer's disease from destroying our families.

For more information:

1-800-272-3900 www.alz.org

memorials & tributes

MEMORIALS

Bozarth, Joan

Karla & Richard Cross
Jerry & Pamela Suther

Bragg, John Harvey

Guy Hollingshad Family
Naomi Dye
Bud & Ruby Snethern
George Willard
Larry & Shirley Butler

Calhoun, Joe

Norma Spurlock

Casteel, Katherine Elizabeth

Steven & Kim Shelton

Catron, Helen

Larry & Karen Catron

Chappell, John

Priscilla Lyons

Cogdill, Kevin

LJD's Cafe
Kenney & Wanda Cannon
Gil & Kim Willrett

Collier, Faye

Bonnie & Robert Stukey
Class of 1945 Carthage High
School

Cooper, Charles

Lyle Dean Scherer
Douglas County Herald
Anna Collins
Bud & Ella May Daugherty
Douglas County Democratic
Club

Davis, George

Dorothy Isdell

Davis, Leo

Bob & Debbie Williams

Duckworth, Myrtle

Dick & Shirley Bruns

Eikner, Kathleen

Allen & Clara Bess Eikner

Ermev Mother, Carolyn

Charles & Dolores Garrison

Evans, Bonnie

Jim & Pat Blair

Faraone, John

Springfield Grocer Co

Fritz, Henry

Loren & Danny Thompson

Fulks, Elvin

H Hansen Industries

Goos, Ralph

Russell & Sue Loftin
Holton Brothers Dairy

Mr. Grey

Tom & Jacqueline Trtan

Hague, Francis

Delores Moore

Hamilton, Jack

Mary Leyba
Jim & Dorothy Stewart

Harden, Floyd

Aaron Harden

Heman, Lyndall

Davis & Joyce Spittler

Hinkle, Eva

Herman & Virginia Muncks
Ed & Donna Peterson
Ronald & Sherri Moffitt
LR & Lorene Hardy

Howery, Louise

Marvin & Dawn Howery
R & L Keener
Cheryl Hinchman
Bill & Pat Bloodgood
Kevin & Rosita Hebl
Kent & Tammy Hicks
Doug & Lena Whitaker
Elaine Howery

Jenkins, Lola

Shelton Family

Jones, Susie

Ms. Mabel Wilkins & Family

Kutz, Margaret Schoen

Annie Anderson
Teresa Smith

Marsh, Roger

Friends of God
Catherine Marsh Family
George & Barbara Cherry
Alma Bates

Miller, Marjorie

Roadway Drivers
Sappington Family

Miller, Wilma

John & Doris Ragland

Mount, Floried

William Schatz
Wm & Marjorie Breedlove
Crescent Chapter No 21 OES
Lloyd & Wanda Meacheam

Pertuche, Bill

Sharon & Paul Patterson

Pollard, Helen

Michael & Pam Roberts
B.E. & Jonina Buterbaugh
T.M. & Joan Mabon
William & Joyce Roberts
Judith Jean Hoover
Charles & Katie Mooney
Milton & Patsy Thompson
Jewell Schweitzer
Roberts Family
Henry & Catherine C. Krahn
Harry & Susan Hom
Hal & Genilie Lurie
Thelma & Mike Linderer

Pringle, William M

Rent To Own Auto Sales

Reeves, Frank

American Legion Post 112
Jimmy & Anne Suggs
Bobby Galloway

Robinson, Katherine

Maud & Jim Springer
Betty Bishop
Otis & Haxel Messenger
Clint & Betty Sue Holden
Chapel of the Ozarks

Roller, Connie

Harlan & Natalie Wehrman
Barbara Jackson
Zelma Schletzbaum
Angels Without Wings
Foundation
Kenneth Roller
SUA Insurance Company

Sapp, Ron

Julie Berkbigger
Springfield Sears Retiree Club

Smith, Mary

Georgia Hedges

Sothorn, Donald

Hal & Genilie Lurie

Thomas, June

Bill & Naomi Young
Wm & Marjorie Breedlove
Joan Steury
Maxie Willis
Jack & Norma Johnson
Art & Ruth Ann White
Kristina & Stephen Stewart
The Jokers Club
Rebecca Galloway

Thompson, Leland

V.W. & Norma Fullerton
Pearl Nappier

Van Mierlo, Elva

Edith & Judith Schneider

VanAcker, David

Frieda Eggerman
Ted Lilienkamp

Verplancke, Novella

Joel & Ginger Miller
Joann King
Dewayne & Shirley Callahan
David & Mary Mahan
Wiles Abstract & Title

Wakefield, Bob

Clyde & Marilyn Coxen
Irene Dowden
Helen, John & J.R. Duncan
Jeff & Kim Perkins
Lois & Michael Adkison
Weldon & Karol Evans
Vivian Pennycuick
Ronald M. Wycuff

Woodruff, Jeanette

Brenda Reynolds

Woolley, Martha

Robert & Nancy Adams
Earl & Linda Woolley
Mary Ruth Bateman
Harvey & Shirley Umstead
C Woolley
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Young, Elizabeth

John & Paula Fisher

Young, Emma

Al & Mertie Selbee

RESEARCH MEMORIAL

Reeves, Frank

Adeline Reeves

OTHER DONATIONS

Southwest Association
of Social Services
Ray & Virginia Schooler
Theresa Roper
Metropolitan Grill
Florence Saunders
Brenda Manasco

Matching Funds

GE Foundation Matching Gifts
Program
Wellpoint Foundation

use the power of five on World Alzheimer's Day

Help the Alzheimer's Association® to recognize **World Alzheimer's Day** on Sunday, Sept. 21 by building on the power of five. Complete one of these five actions and make a difference in the life of someone affected by Alzheimer's disease.

- **Sign up to be an Alzheimer's Association Champion at www.actionalz.org. Our goal is to get 5 million Champions – one for each person living with Alzheimer's disease – to support our cause and spread awareness.**
- **Support Alzheimer's Association initiatives in Alzheimer care, support and research. Donate today – in a multiple of five, of course – and your gift will be matched dollar-for-dollar up to \$250,000 by our national board of directors.**
- **Host a do-it-yourself event during the month of September to benefit the Alzheimer's Association. Plan a party, golf tournament or movie night for the cause.**
- **Beginning Aug. 1, donate American Express Membership Rewards® points to the Alzheimer's Association in a multiple of five. For every 1,000 points donated, American Express® will give \$10 to the cause. Visit alz.org/gopurple in August to see what your points can do!**
- **Ask five friends to recognize World Alzheimer's Day! Choose an activity on this list and complete it together.**

It only takes a moment to make an impact in the fight against Alzheimer's disease! Visit www.actionalz.org to learn more about World Alzheimer's Day and the power of five.

November is National Alzheimer's Disease Awareness Month

Since its founding in 1980, the Alzheimer's Association has been the leader in making the fight against Alzheimer's a national priority, a call that resonates during November, which is National Alzheimer's Disease Awareness Month.

After designating a National Alzheimer's Disease Week in 1982, President Reagan helped to launch a national campaign against Alzheimer's disease in 1983, calling members of the Alzheimer's Association to the White House for the signing of a proclamation declaring National Alzheimer's Disease Month.

"The emotional, financial and social consequences of Alzheimer's disease are so devastating that it deserves special attention," Reagan said. Taking lead of the issue, he went on to advocate research as *"the only hope for victims and families."* Reagan courageously announced his Alzheimer's diagnosis to the public in November 1994 and passed away in 2003.

Alzheimer's Association founder Jerome Stone led a group of family caregivers, Association volunteers and staff in the effort to bring attention to the cause on Capitol Hill. That advocacy effort continues even stronger today with Association public policy staff and volunteers leading the call for increased government funding for critical Alzheimer research and support programs.

In 1983 fewer than 2 million Americans had the disease; today, the number of individuals with Alzheimer's has soared to as many as 5 million and is expected to grow to 16 million by 2050 unless something is done to slow or stop this devastating disease.

While there is much we don't yet know about Alzheimer's disease, tremendous progress is being made, laying the foundation for future breakthroughs in prevention, diagnosis and treatment.

For additional information and resources, contact the Alzheimer's Association at 1.800.272.3900 or visit www.alz.org.

volunteer spotlight – Betty Howard

Say hello to the *"New Kid on the Block"*, Betty Howard. Betty is the new office coordinator at the Alzheimer's Association in Joplin, Mo. She was born in Redding's Mill, Mo., graduated from nursing school in 1960 from St. John's School of Nursing. She started her nursing career in St. Louis, Mo. at Deaconess Hospital and then switched to Barnes Jewish Hospital. Betty further developed her skills by working in ICU, Med Surg., and Psychiatric departments of the hospital.



Betty Howard

In 1964-65 she travelled to London and did her post graduate work in Neuro-surgery, specifically dealing with brain and spinal cord procedures. She also presented a lecture, Public Good, Private Rights, at Vanderbilt University in 1978, on behalf of the National Endowment of Humanities. In 1983 she received her graduate degree in Political Science at Washington University.

In addition to her intellectual pursuits, Betty is also a *"World Famous Chef"* among friends and family. She loves to collect recipes from Germany, Ireland, and France, but loves American cuisine the best. She has four roommates! Three Chihuahua's and a Yorkie Chihuahua mix keep her pretty active around the house. When she has time she also enjoys musicals, history, ballet, astrology and genealogy.

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.*

Non-Profit Org.
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Springfield, MO
Permit No. 521

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