

Quick Tips:

Money Matters

Putting financial plans in place is important for everyone, but settling money matters is especially vital for the person with dementia. Once a person is diagnosed, family and friends should help the person make financial plans. The sooner planning begins, the more likely the person with dementia may be able to participate.

1. Don't delay in asking about your loved one's wishes.
2. Organize and review important documents.
3. Get help from well-qualified financial and legal advisors.
4. Estimate possible costs for the entire disease process.
5. Look at all of your insurance options.
6. Work-related salary/ benefits and personal property should be considered as potential income.
7. Find out for which government programs you are eligible.
8. Learn about income tax breaks for which you may qualify.
9. Explore financial assistance you can personally provide.
10. Take advantage of low-cost and free community services.

To receive a brochure containing general information about financial planning for someone with dementia, call the HELPLine at 713-266-6400, ext. 9 or download a copy at http://www.alz.org/Resources/FactSheets/moneymatters10_5.pdf.

Houston and Southeast Texas Chapter
2242 West Holcombe Blvd. **New Address!**
Houston, Texas 77030

Working to create
a world without Alzheimer's.

Sign up to receive our
biweekly e-newsletter at
www.alztex.org

800-272-3900



Tune in to HoustonPBS, Channel 8
for a rebroadcast of

**The Forgetting,
A Portrait of Alzheimers**

immediately followed by

Hope and Help for Alzheimer's in Houston

The Forgetting, A Portrait of Alzheimer's

Based on the best-selling book by David Shenk, the 90-minute documentary explores this frightening disease, the human toll it takes on patients and care partners, and the latest research in the race to find a cure.

Thursday, March 23, 7-8:30 p.m.
Sunday, April 2, 3-4:30 p.m.

Hope and Help for Alzheimer's in Houston

Houston area professionals discuss the issues surrounding Alzheimer's Disease including the importance of a complete evaluation, legal preparations, and emotional and spiritual needs.

Thursday, March 23, 8:30-9 pm
Sunday, April 2, 4:30-5 pm

Visit PBS's companion website: www.pbs.org/theforgetting

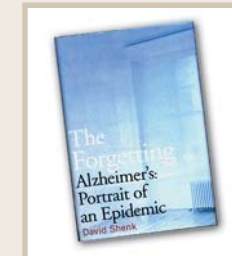
Houston and Southeast Texas Chapter Newsletter

March 2006

Your local voice for Alzheimer's news and information.

The Forgetting Author to speak at Hobby Center

The Alzheimer's Association will host *An Unforgettable Evening with David Shenk* on Thursday, March 30 at the Hobby Center for the Performing Arts at 7 p.m.



The lecture is free and open to the public. VIP tickets are available, and may include reserved priority seating and a reception with David Shenk catered and underwritten by Jackson and Company.

David Shenk is the author of *The Forgetting*, a work about Alzheimer's, that has received international acclaim. The *Washington Post* called it "deeply affecting...a fascinating meditation on the scientific, political and cultural history of Alzheimer's disease." The

L.A. Times described it as "a graceful, masterful portrait of [the] illness..." The *Washington Monthly* praised Shenk's "eloquent reflections on the meaning of memory and aging, and their connection to our sense of self."

The Forgetting was the inspiration for a documentary that HoustonPBS, Channel 8, will be airing on Thursday, March 23 at 7 p.m. and Sunday, April 2 at 3 p.m. Read David Shenk's interview on page 3.

To reserve a VIP ticket (\$100-2500, with varying levels of benefits), visit our website: www.alztex.org or call 713-266-6400.

Come on Over...

...to visit our new office at 2242 W. Holcombe. Watch for an Open House in May, or call for a private tour. This space has been designed for the Alzheimer's Association and features an education room for programs and two private family conference rooms. The foyer prominently displays our Memory Tree. See page 5 for details.

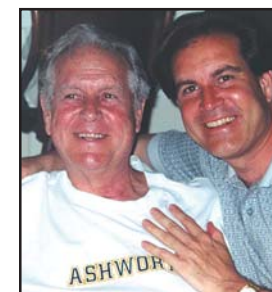


The new home of the Houston and Southeast Texas Chapter of the Alzheimer's Association.

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Memory Makers

Spring Luncheon honors Jim Nantz and Family



Jim Nantz and his Dad

The Alzheimer's Association invites you to mark your calendars for April 20, to join us for the *Memory Makers Luncheon*

honoring Jim Nantz and family – his Dad, Jim; his Mom, Doris; and his sister, Nancy. The event will be held at the Hyatt Regency Downtown at 11:30 a.m. Co-Chairs are Royce Imhoff, Glen

Rosenbaum, and Joyce and Arthur Schechter.

Jim Nantz is the voice of CBS Sports and has covered virtually every sport for the CBS Television Network since joining CBS in 1985. He is currently the anchor of CBS' golf coverage, including the Shell Houston Open, the Masters and the PGA Championship; lead play-by-play announcer for the NFL ON CBS announce team, joining lead analyst Phil Simms; and lead play-by-play announcer for college basketball, including the Final Four and Championship game.

See "Spring Luncheon" on Page 4

What's Inside:

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HoustonPBS, Channel 8
Rebroadcasts *The Forgetting*

See Back Cover

Brain Health:

Excerpts from the Latest Research



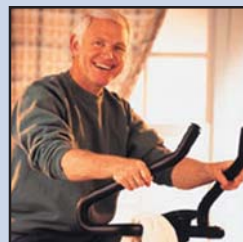
An Apple a Day?

“An apple a day” now has new meaning for those who want to maintain mental dexterity as they age. New research from the University of Massachusetts Lowell suggests that consuming apple juice may protect against cell damage that contributes to age-related memory loss.

“This new study suggests that eating and drinking apples and apple juice, in conjunction with a balanced diet, can protect the brain from the effects of oxidative stress - and that we should eat such antioxidant-rich foods,” notes lead researcher Thomas B. Shea, Ph.D., director of the University of Massachusetts Lowell’s Center for Cellular Neurobiology and Neurodegeneration Research, whose study was just published in the latest issue of the *Journal of Alzheimer’s Disease*.

Using a well-established animal protocol, Shea and his research colleagues assessed whether consumption of apple juice was protective against oxidative brain damage in aging mice, damage that can lead to memory loss. “These newer findings show that there is something in apples and apple juice that protects brain cells in normal aging, much like the protection we previously saw against Alzheimer-like symptoms,” says Shea.

This study was sponsored by an unrestricted grant by the U.S. Apple Association and the Apple Products Research and Education Council.



Exercise May Reduce Risk of Dementia

Older adults who exercise for 15 minutes at least three times each week may reduce their risk for dementia by about one-third, according to a report in the January 17, 2006 *Annals of Internal Medicine*. “This study adds to growing evidence that moderate exercise is the closest thing we have to a magic wellness bullet for everyone,”

says William H. Thies, Ph.D., Alzheimer’s Association Vice President of Medical and Scientific Affairs.

The study enrolled 1,740 adults who were at least age 65 and who scored at the upper end of the normal range on a test of cognitive function. In addition to asking participants how many days each week they engaged in physical activity, researchers also tested participants’ current level of physical condition.

The risk reduction linked to exercise was greatest for participants who had lower levels of performance on the physical function tests. According to an editorial appearing in the journal, this finding underscores the importance of exercise for older adults of all ability levels, especially those who already have some physical limitations.

To contact the Alzheimer’s Association 24-Hour Helpline, call 1-800-272-3900 or send an e-mail to: houstonhelpline@alz.org.

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**713/266-6400 or
800/272-3900 (24/7)**

Mission Statement

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.

Upcoming ARTS* Happenings

Join us monthly, for a socially and intellectually stimulating program designed for individuals with early-stage Alzheimer’s disease or related dementia and their care partners. For more information, or to register, call 713-266-6400.



Delia and Sam Welker painting pottery during a recent ARTS outing.

- March Moody Gardens in Galveston
- April Focus Group and guest speaker at Alzheimer’s Association
- May Bayou Bend
- June Downtown Aquarium

* Alzheimer’s, Recreation, Training, and Service

Educational Opportunities

March 2006

Maintain Your Brain: How to Live a Brain Healthy Lifestyle

A workshop designed to help individuals manage certain risk factors to maintain a healthy brain.

Tuesday, March 9, 2006
6:30 p.m. to 8:00 p.m.
Alzheimer’s Association
2242 West Holcombe Blvd., Houston
Workshop Cost: \$10
Target Audience: Community/Aging Boomers

Lunch and Learn: Medicare and Medicaid Updates*

Wednesday, March 22, 2006
12:00 to 1:00 p.m.
3838 Aberdeen Way
Houston, Texas 77025
Target Audience: Healthcare Professionals

The Forgetting, HoustonPBS, Channel 8

Airs: Thursday, March 23 at 7 p.m.
Sunday, April 2 at 3:00 p.m.

Community Education Program: An Unforgettable Evening with David Shenk

Thursday, March 30, 2006
7:00 p.m. to 9:00 p.m.
Location: Hobby Center
Target Audience: General Audience
Presenter: David Shenk, Author, *The Forgetting*
See front cover and pg. 3 for more information.

April 2006

Practical Person-Centered Approaches to Dementia-Related Behaviors

Tuesday, April 11, 2006
6:30 p.m. to 8:30 p.m.
Hearthstone @ Braeswood
2555 South Braeswood
Houston, Texas 77025
Target Audience: Experienced direct care staff

Partnering with Your Doctor

A workshop designed to present strategies and tools to help patients and care partners become active partners with their doctors and other healthcare professionals.

Tuesday, April 18, 2006
6:30 p.m. to 8:30 p.m.
2242 West Holcombe Blvd.
Target Audience: Persons with Dementia and Family Caregivers

Maintain Your Brain

Tuesday, April 25, 2006
6:30 p.m. to 8:00 p.m.
Parkway Place
Workshop Cost: \$10
Target Audience: Community/Aging Boomers

Beaumont Spring Caregiver Conference

Friday, April 28, 2006
8:30 a.m.- 4:00 p.m.
Trinity Methodist Church, Beaumont, TX
CEUs will be offered
For information, call Debi Brozak: 409-833-9758.

Grey Matters Lecture Series Schedule

GREY MATTERS - Living with Mild Cognitive Impairment
This interactive education series is designed for persons concerned about memory loss and those who have been identified as having memory problems greater than normally expected with aging, but do not show other symptoms of dementia. The format will include lecture, and experiential activities.

- Monday, May 8, 2006 Understanding Mild Cognitive Impairment
- Monday, May 15, 2006 Stress Management with Tai Chi
- Monday, May 22, 2006 Super Foods for the Brain
- Monday, June 5, 2006 Memory Therapy (Tips for Memory Enhancement)
- Monday, June 12, 2006 Facing Your Fears and Frustration-Living with MCI
- Monday, June 19, 2006 Socially and Cognitively Stimulating Activities

12:00 noon to 1:30 p.m.
Kelsey-Seybold Clinic-MC-2.4 (Dining Room)
2727 West Holcombe Blvd.

Fee: Entire Series, \$75 or \$15 per lecture

May 2006

Grey Matters Lecture Series - Living with Mild Cognitive Impairment

A series of six lectures beginning Monday, May 8, through Monday, June 19, 2006. See above for additional information.

The Basics of Alzheimer’s Disease

Tuesday, May 9, 2006
6:30 p.m. to 8:00 p.m.
2242 West Holcombe Blvd.
Houston, Texas 77030
Target Audience: Persons with Dementia, Family Caregivers

Lunch and Learn Stimulating Activity Programs for Persons with Dementia

Wednesday, May 17, 2006
12:00 to 1:00 p.m.
3838 Aberdeen Way
Houston, Texas 77025
Target Audience: Activity Professionals

Basic Dementia/Respite Care Training

Tuesdays and Thursdays
May 16 - May 30, 2006
6:00 p.m. to 9:00 p.m.
Manor Care Sharpview
Target Audience: Respite Caregivers and Family Caregivers

For more information about any of these programs, contact the Alzheimer’s Association, 713-266-6400 or visit our website: www.alztex.org
*Target audience: healthcare professionals, \$5 donation requested.

What is Respite Care?

The term **respite** refers to a short time of rest or relief. In the context of dementia care, respite care provides short term relief for the care partner while their loved one receives care from a qualified provider. Respite care offers families the time and assistance to meet personal needs and other responsibilities while juggling the demands of their new role.

Respite care can be provided:

- At home, at a community organization, or in a residential facility
- For part of the day, evening, or overnight
- By paid staff, volunteers, family or friends
- Occasionally or on a regular basis

Benefits of respite care to the care partner:

- A chance to spend time with family or friends, or just relax
- Time to get things done, such as running errands, shopping, or going to the doctor
- Time to care for themselves, such as getting a haircut, exercising or going to a movie

Benefits of respite care services to the individual with dementia:

- An opportunity for one-on-one attention and a fresh approach from the usual care partner
- An opportunity to be around others who are experiencing similar challenges
- Time away in a safe environment with structured activities and the opportunity to socialize.

What types of Respite Care services are available?

- In-home Respite Care
- Adult Day Centers
- Residential Respite Care
- Informal Respite Care
- Respite Care for Emergency Situations

In-home Respite Care services are provided in the home. These services vary in the type of assistance provided and can include:

- Companion services: help with supervision, recreational activities, and visiting.
- Personal care services: assistance with bathing, dressing, toileting, exercising, etc.
- Homemaker services: help with housekeeping, shopping, and meal preparation
- Skilled care services: help with medication and other medical services

In-home aides can be employed privately, through an agency, or as part of a government program. They may also be an unpaid helper such as a friend, family member, neighbor, or volunteer. Costs, level of training, and specific services provided will vary among workers and agencies. **Medicare does not pay for this type of help.** However, financial assistance may be available through a state or federal program (e.g., Medicaid, Veterans Administration). Be sure the aide and services are appropriate for your specific needs and the aide is knowledgeable or willing to learn about dementia and effective care strategies.

Visit our website at www.alztex.org to view lists of respite resources, call 713-266-6400, ext. 138 or e-mail us at: houstonhelpline@alz.org.

Note: A detailed description of other respite services will be outlined in subsequent issues of the newsletter.

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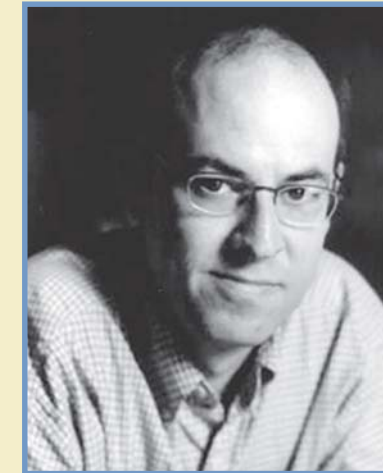
Al Malyn (1913-2004)

Harry E. Walker

Interview with David Shenk

Author of *The Forgetting*

In advance of *An Unforgettable Evening with David Shenk* in Houston on March 30 at the Hobby Center, we asked him a few questions about his career, his interest in Alzheimer's Disease (AD), and his National tour.



David Shenk

Alzheimer's: What is your professional background?

Shenk: I am a curious person by nature, and writer by training. My great aspiration has been to emulate other great literary non-fiction writers who turned narrative nonfiction into an art form. I've written about technology, music, health, and politics. In writing about any subject, I approach them as a human being, with the goal of studying an area of interest, understanding it, and then explaining it to the general public.

Alzheimer's: What was your motivation for writing *The Forgetting*?

Shenk: What I saw in AD was an incredible world – a world of amazing scientists, dedicated caregivers, and patients living extraordinary lives. Lots of books had been written telling one story, but there was not one book that brought the science together with the human experience, incorporating the political challenges as well. That's what I tried to do. It took many years for

me see how things fit – and that's the point of the book.

Alzheimer's: In *The Forgetting* you refer to AD as "death by one thousand subtractions." Could you elaborate?

Shenk: AD is unlike any other disease. There are lots of terrible diseases, but none of them takes away the inner core of what makes us ourselves. AD takes you away as a person. Over 8 – 10 years AD attacks the brain and slowly takes away pieces of you. The brain, composed of hundreds of millions of

interconnected brain cells, makes us "US." So the loss of these cells and connections takes us away from ourselves.

Alzheimer's: Why are you conducting a National tour?

Shenk: It's a continuation of the book and film. And it's based on the simple idea that people can learn more about the disease, and that knowledge can do lots of good. The goal is to improve understanding. The response to the book and the film were overwhelmingly positive. People are desperate to learn about AD. While I hope we reach everyone, I expect many families and caregivers will be in

attendance. And although AD will eventually touch everyone, people tend to attend these kinds of programs once they're personally affected. Through this program I hope to facilitate communication among families, scientists, and professionals.

"What I saw in AD was an incredible world – a world of amazing scientists, dedicated caregivers, and patients living extraordinary lives."

FUNDING OUR MISSION

Greater Houston Builders Association Benefit Homes Project Supports Alzheimer's

Pictured from left to right are: Randy Bayer, GMB - 2006 GHBA President; Richard Elbein, Alzheimer's Association; Dr. Ernest Fruge, Texas Children's Hospital; Land Tejas Representative; Courie Stegall - 2006 Chair, Benefit Homes Project; and Bette Wickline - Past Chair, Benefit Homes Project.



Builder, Pioneer Homes and Developer, Land Tejas, break ground on a new benefit home in Park Lakes, at Beltway 8 and Wilson Road in Northeast Houston.

Letter From a Supporter

Some of us ...join civic, charitable, and church activities that fulfill body and soul. We become involved in the lives of our infirmed loved ones – and other friends. We're sometimes concerned that signs of personal aging – like loss of a memory here and there – foretell of a personal onslaught...but like some smokers we sometimes don't find the time to quit...telling ourselves that recommended exercise can wait until another day. That day has arrived!

So we watch and appreciate your excellent emails, great encouragement, concern and information about this sinister "senior citizen" disease and we hope you keep it up...

(To receive our monthly e-newsletters, call 713-266-6400 or email us at info@alz.org)

Spring Luncheon, from pg. 1

Recently, Nantz was named the 2005 Sportscaster of the Year by the National Sportscasters and Sportswriters Association. This was the second time Nantz was honored with this prestigious award; the first time in 1998. He joins Pat Summerall, Ray Scott, Chris Schenkel, and John Madden as the only CBS commentators ever recognized. In addition, Nantz was inducted into the Naismith Memorial Basketball Hall of Fame as the youngest recipient of the Curt Gowdy Media Award in 2002.

Nantz is a graduate of the University of Houston and worked at the local CBS affiliate, KHOU-TV and KTRH Radio, early in his career. For many years, Jim has been a generous contributor to the Chapter through the Three Amigos Foundation, an organization he founded with fellow UH alumni and pro-golfers, Fred Couples and Blaine McCallister. Jim's support of the Alzheimer's Association stems from the fact that his own father has the disease.

Tickets start at \$150. Tables are available at the \$2,500, \$5,000, \$10,000 and \$15,000+ levels. For more information, call 713-266-6400.

New Faces in Development Office

After three years as Development Director for the Chapter, Maria Magee left us on February 9 to begin her new position as Development Director for Northwest Assistance Ministries. During her time at the Chapter, Maria instituted a direct mail program, worked with Programs and IT to revamp the website, created a Development Plan, helped to initiate the annual Men's Event and the Spring Gala and increased revenues from foundations and workplace giving campaigns.



Maria Magee

Maria is very grateful for the many things she has learned and friendships she has formed in her time here.

Our new Development Director will start in March. Anna Frankfort is coming to us from the Jewish Federation of Greater Houston, where she has served as Senior Campaign Associate for the past four years. Anna has a strong background in event planning, Board relations, and major gifts. She graduated with the University of Rochester with a B.A. in Psychology and an M.A. in Counseling and Human Development. She volunteers as a Sunday School teacher at Congregation Beth Israel. Please join us in welcoming Anna to the Chapter!



Anna Frankfort

Thank You!

AIG American General · Basiques · Diane & Phil Bazelides · Cinco Ranch Ladies' Club · The Currie Foundation · The Charles & Melissa Davis Foundation · Forest Pharmaceuticals · Greater Houston Builders Association · Harris County Area Agency on Aging · Huffington Foundation · Jackson Care Management · Kelsey-Seybold · LGR Foundation · Lucia Family · The Lyons Foundation · Palmetto Partners · Warren G. Pruess Charitable Fund · Rawley Foundation · Glen Rosenbaum · Mr. & Mrs. James A. Saye III · Joyce and Arthur Schechter · The Simmons Foundation, Inc. · St. Luke's Episcopal Health Care System · Isla Carroll Turner Friendship Trust · Zacks Family Foundation

Lucia Family Adopts Family Conference Room

A heartfelt "thank you" to The Lucia Family for adopting one of the Family Conference Rooms in our new office! The room, which will be named "The Lucia Family Conference Room" will be used for small meetings and Care Consultations. In a Care Consultation, one of our Master's level social workers meets with a family facing an Alzheimer's diagnosis to discuss medical, legal, and financial planning.

Other public spaces in the new office are still available for adoption at the \$25,000 level and above. If you are interested, please call Richard Elbein at 713-266-6400.

Houston and Fort Bend AWARE Kick off Annual Membership Drives

The Chapter's two women's auxiliaries will kick off their annual membership drives this spring. The two AWAREs (Alzheimer's Women's Auxiliary for Resources and Education) are made up of dedicated volunteers who raise funds throughout the year for the Chapter's programs.

Houston AWARE hosts the annual Family Portrait Luncheon each November, which raises funds for specific Chapter programs. Fort Bend AWARE spearheads our largest and most successful Memory Walk each year in Sugar Land.

Houston AWARE will hold its annual membership coffee on Tuesday, April 25 from 10:00-11:30 a.m. at the home of Marilyn Winters, 6231 Inwood Drive. Fort Bend AWARE's coffee has yet to be scheduled. If you are interested in joining either auxiliary, please call 713-266-6400.

Blondes and Brunettes Go Head to Head for Alzheimer's!

Over two dozen Houston ladies will trade in their high heels for cleats in a Powder Puff football game planned for May 6 to benefit the Alzheimer's Association Houston and Southeast Texas Chapter. Organizers, *Papercity* Fashion Editor Kate Allen and Marketing Director Meredith Riddle are replicating a very successful event held in Washington D.C. to benefit the Chapter there.



All-female teams of at least twenty players each will take it to the gridiron for a very good cause! Trained by eight coaches, the women will be in winning shape for Game Day. Blondes will play Brunettes, so plan to cheer on your favorite team! Tickets will be \$20 at the door. For more information, call Kate at: 713-446-5520. Watch our website for more details: www.alztx.org.

Memory Tree Growing

The Chapter's brand-new Memory Tree already has over 50 leaves on it, thanks to friends wishing to honor or remember loved ones. Over \$20,000 have been contributed through our leaf campaign thus far – funds that go toward the vital services of the Chapter. A special thank-you to our Board of Directors for underwriting the cost of the Tree itself.

Leaves are still available at the bronze, silver, and gold levels for \$250, \$500, and \$1000 respectively. Your leaf will be engraved with up to eighty characters of your choice. Many donors choose to remember or honor a loved one with a leaf, while others choose to have their name or company's name engraved. Whatever you choose, your gift of a leaf benefits the Chapter and those we serve. For more information, call 713-266-6400 or go to www.alztx.org/memorytree.

ORDER FORM -- Mail form to: 2242 W. Holcombe, Houston, TX 77030 or fax to 713-266-6487.

Yes, I want to leave a lasting legacy in support of the Alzheimer's Association!

Name or Organization : _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ E-mail: _____

____ Bronze Leaf \$250 ____ Silver Leaf \$500 ____ Gold Leaf \$1,000

____ Enclosed is a check for \$ _____ made payable to "Alzheimer's Association."

____ I will pay online at www.alztx.org/memorytree.

____ Please charge my: AMEX DISCOVER MasterCard VISA

Name on Card: _____

Card No: _____ Exp Date: _____

Signature: _____

Text to be engraved on leaf (maximum 80 characters):

