

### Southern Utah Alzheimer's Staff Meets High Demand For Services

Working with eldercare leaders, engaging people with Alzheimer's, supporting their caregivers and providing consumer education; the Southern Utah staff and competent volunteers, led by LuAnn Lundquist, Regional Manager, are meeting the community's demand for services. Continued rapid growth of the aging community in Southern Utah is linked to a need for Alzheimer's awareness and programs. The Southern Utah Regional Office is a vital resource in meeting the Alzheimer's Association Utah Chapter's statewide goals.

#### Early Stage Classes

Early Stage memory Loss Education and Support classes are starting up again. This 10-week education series will feature professional speakers from the southern Utah community including a neurologist, an attorney, social workers, a Medicaid consultant, nursing professionals and more. The class size is limited to 20 people, including care persons with memory loss and their primary care partners. To participate in the class, contact LuAnn Lundquist at (435) 628-8656.

#### Community of Care

In rural southern Utah, communities care for one another. That is the mantra that the Community of Care program is based on. Community of Care services provide training to family members, friends and associates of the family or person dealing with dementia or Alzheimer's disease. Interested and committed persons or congregations are organized and receive



*Alzheimer's programs in Southern Utah provide activities for persons with early memory loss*

training on best practices for supporting their targeted families and individuals coping with Alzheimer's disease and related dementias.

Participants learn that Alzheimer's is the most common form of dementia, a group of conditions that gradually destroy brain cells and lead to progressive decline in mental function. Vascular dementia, another common form, results from reduced blood flow to the brain's nerve cells. In some cases, Alzheimer's disease and vascular dementia can occur together in a condition called "mixed dementia." Other causes of dementia include frontotemporal dementia, dementia with Lewy bodies, Creutzfeldt-Jacob disease and Parkinson's disease.

Caring for a loved one with dementia has been called the most difficult job in America. Yes, the job of being President of the United States has become more difficult in trying times, but in our difficult economy, so has the job of being

*continued on page 11*

### Early Detection Matters: Reducing Utah's High Dementia Risk

Utah's risk for Alzheimer's disease is extremely high with double digit growth in prevalence by 2010. The greatest risk factor for Alzheimer's is increasing age and we live longer in Utah.

The collective impact on individuals, families, Medicare, Medicaid and businesses will continue to be even greater; however, there is hope. There are new medications in advanced clinical trials which show great promise to slow or stop the progression of the disease. This combined with advancements in diagnostic tools has the potential to change the landscape of Alzheimer's as we know it.

With great progress being made, early detection matters a great deal. It provides time to plan for the future. There are multiple benefits:

- Early detection translates into a better quality of life for a longer period of time.
- In the early stages of Alzheimer's disease, individuals still have an ability to understand their symptoms and make decisions regarding treatment, care and planning.
- Those who are diagnosed correctly have more time to participate in clinical trials that lead to new treatments.

Can early detection lead to activity and treatment that can reduce Utah's high dementia prevalence? Yes! Even before diagnosis, treatment and medications; exercise and healthy lifestyle changes can reduce one's risk for Alzheimer's. Contact the Utah Chapter at 801-265-1944 to learn how and join our Cognasium movement (gymnasium for the brain) to prevent Alzheimer's. **Early detection matters!**

#### Inside this issue:

Still Alice  
 3

Cognasium  
 4

Memorial & Tributes  
 6

New Early Stage Program  
 8

10 million baby boomers  
 10

Gala  
 12

# Message from the Executive Director

## Dear Friends of the Alzheimer's Association Utah Chapter,

It seems like I just started with the Utah Chapter, but already five months have flown by since I assumed my new responsibilities. It has been an exhilarating journey so far and continues to become more fulfilling with each passing week. My first challenge was to learn the Alzheimer's jargon, including acronyms such as SCI, MCI, PWD, PCG, ADDGS, CC, DAAS, AAA (and here I thought up 'till now AAA referred to an organization in the automotive world). Suffice it to say my cognitive acquisition skills have been put to the test and my learning curve continues to move upward.

I feel honored to work with one of the most professional and dedicated staffs it has been my pleasure to be associated with in my long career. We are small in numbers, but big in our commitment to provide the services and programs so greatly needed by persons and families affected by this insidious disease.

We recognize that much of the credit for the progress we have made in providing program services to more people than ever before goes to the hundreds of volunteers enthusiastically supporting the Alzheimer's Association mission. These volunteers as well as our wonderful Primary Care Givers are our unsung heroes, many of whom, I have had the pleasure of meeting. To a person, they are upbeat and firmly engaged in the cause.

In 2008, 1,510 families statewide were supported by the Chapter through Care Consultation. Care consultants work with families in a collegial fashion to help identify personal strengths, as well as resources within the family system, health plan, and community. Statewide, we expanded to 43 successfully functioning support groups and our goal is 50 support groups by June 30. Volunteer hours contributed toward programs and services, i.e., support group facilitators, care consultants, respite volunteers and workshop presenters, totaled 10,805 hours in 2008, an increase of 32% over the previous year.

Even though substantial progress has been made in providing services to more people across the state than ever before, we have only scratched the surface, with the realization that a vast majority of the 40,000 people in Utah with Alzheimer's or other dementia disorders have not used the services we and our care partners provide. In 2009, look for us to do a better job in "getting the word out" so that we can serve even more individuals and families in more counties across the state. Also look for more special events, including five Memory Walks in Logan, Provo, St. George, Ogden and Salt Lake City and two Gala celebrations, including a brand new Gala in St. George.

Stop by our offices in Murray or St. George, or our Resource Center which is capably managed by the Bear River Area Agency on Aging in Logan - and we'll share some ways you can help too.

Jack Jenks

## BOARD OF DIRECTORS ALZHEIMER'S ASSOCIATION UTAH CHAPTER 2008-2009

### PRESIDENT

Janet Wood

### VICE PRESIDENT

Paul Fairholm

### TREASURER

Aaron Abendroth

### SECRETARY

David Peterson

### DIRECTORS

James Alder

Dr. Joseph Diaz

Jose Fojas

Bob Giacobelli

Rev. Nurjahn Govan

Donna Kelsey

Lance Hassell

Hooper Knowlton III

Dr. Michael Madsen

Erik Stern

Steven Tracy

Ellie van de Velde

### EXECUTIVE DIRECTOR

Jack Jenks

### PROGRAM DIRECTOR

Nick Zullo

### FINANCE DIRECTOR/OFFICE MANAGER

Melissa Lee

### SOUTHERN UTAH REGION MANAGER

LuAnn Lundquist

### SOUTHERN UTAH COMMUNITY OUTREACH

Mitzi Sullivan

### SUPPORTIVE SERVICES MANAGER

David Larsen

### EVENTS COORDINATOR

Tamisa Burns

### HONORARY BOARD MEMBERS

Princess Yasmin Aga Khan

Lonnie Wollin

## CURRENT EMAIL ADDRESSES NEEDED . . . NEWSLETTER IS GOING ELECTRONIC!



NOW, you may choose to receive the Chapter Newsletter by email! This will make our services more cost effective.

Please send your email address to [utah.chapter@alz.org](mailto:utah.chapter@alz.org). Otherwise, you will continue to receive the Newsletter by mail. Also, please let us know if you ever wish to discontinue the Newsletter. We do not provide email or mailing addresses outside the Chapter office.

Thank you for your help in this effort.

# Support Groups: SUPPORT & EDUCATION GROUPS THE ALZHEIMER'S ASSOCIATION – UTAH CHAPTER

Support and education groups are forums for caregivers, family members, and friends to express feelings and concerns, share practical techniques, gain education and network with others about Alzheimer's disease and dementia. Groups are free and open to the public. Check our website for updates: [www.alz.org](http://www.alz.org)

## AMERICAN FORK

American Fork Senior Center  
94 East Main  
Meet: 2nd Wednesday at noon  
Contact: Stephanie Puffer (801) 836-4357  
Geri Lenhardt (801) 229-3814

## BOUNTIFUL

Orchard Cove Assisted Living  
485 East 500 South  
Meet: Every Thursday at 3 P.M.  
Contact: Claire Roberts at (801) 299-4800  
or Jean Weinberger at 299-7878

## BRIGHAM CITY

Brigham City Senior Center  
24 North 300 West  
Meet: 2nd Thursday at 6 P.M.  
(Please RSVP, light dinner is served)  
General Group  
Meet: 2nd Wednesday from 10 AM – 2 P.M.  
Free on-site respite is provided. AD Group  
Contact: Vickie Wright at (435) 723-3303

## CEDAR CITY

Emerald Pointe Assisted Living  
995 Regency Road, Second Floor  
Meet: 2nd Friday at 2 P.M.  
Free on-site respite avail. w/ 1 week notice  
Contact: Josh Edwards at (435) 867-0055

## COTTONWOOD HTS

The Coventry  
6898 South 2300 East  
Meet: 2nd Tuesday at 1:30 P.M.  
Contact: Barbara Hallstrom (801) 282-5903

Neighborhood House @  
Cottonwood Presbyterian  
1580 Vine St. (1600 South)  
Meet: 1st & 3rd Thursday at 10 A.M.  
Contact: Dini Drogue at 942-1453

## DELTA

Millard County Care Center  
150 South White Sage Avenue  
Meet: 1st Wednesday at 4 P.M.  
Contact: Sandra Wood at (435) 864-2944

## DRAPER

Wentworth at Draper  
1163 South 700 East  
Meet: 3rd Tuesday at 1 P.M.  
Free on-site respite available.  
Contact: Monica Herricks at (801) 523-9393

## HEBER CITY

Wasatch Senior Center  
"Caregivers Night Out"  
465 East 1200 South  
Meet: 2nd Thursday each month at 4 p.m.  
Contacts: Linda Morrison 435-783-5708  
and David Larsen at 800-272-3900

## HOLLADAY

Mount Olympus Senior Center  
1635 East Murray - Holladay Rd.  
Meet: 3rd Tuesday at 10 A.M.  
Contact: Christine Kramer at (801) 747-2100

Silverado Senior Living  
1430 E. 4500 S.  
Meet: 1st Thursday at 6:00 P.M.  
Contact: Kema Hobbs at (801) 272-8000

## HURRICANE

Hurricane Rehabilitation Center  
416 North State Street  
Meet: 1st Thursday at 11:00 A.M.  
Contact: LaTonya Heaton at  
(435) 635-9833

## KANAB

The Kanab Senior Center has offered to bus participants to St. George to attend a support group the last Wednesday of the month at Red Cliffs Care & Rehab.

## LOGAN

Sunshine Terrace  
345 North 200 West  
Meet: 3rd Tuesday at 5 P.M.  
(Please RSVP, dinner served)  
Free on-site respite available  
Contact: Denise Ames at (435) 752-9321

## MIDVALE

Canyon Creek  
7235 South Union Park  
Meet: 2nd Thursday at 5:30 P.M.  
Contact: Brandon Peterson at  
(801) 568-9909

## MILFORD

Milford Senior Center  
410 North 100 West  
P.O. Box 206 Milford, UT 84751  
Meet: 2nd Tuesday at 10 A.M.  
Contact: Betty Jiminez at (435) 387-2698

## MURRAY

ABC's of Memory Loss  
855 E. 4800 S. Ste. 100  
Alzheimer's Assoc. Conference Room  
Meet: Call for more information  
Contact: Kathy Moran at 1-800-272-3900  
  
Hispanic Dementia Caregiver Support Group  
855 E. 4800 S. Ste. 100  
Alzheimer's Assoc. Conference Room  
Meet: TBA  
Contact: David Larsen at 1-801-529-8238

Dementia Care Professionals Support Group  
Alzheimer's Association Conference Room  
855 East 4800 South, Ste 100  
Meet: Last Friday of the month at 2PM  
Contact: Debbie Highsmith at 453-9600

"Maintain Your Brain" Classes  
Alzheimer's Association Conference Room  
Meet: 4th Wednesday at 5PM.

## OGDEN

Emeritus Estates (North end of Ogden)  
1340 North Washington Blvd  
Meet: 2nd Tuesday at 6 P.M.  
Free on-site respite available  
Contact: Lillian LaMarr at (801) 737-1230

Mountain Ridge Assisted Living  
1885 E. Skyline Drive  
South Ogden, Utah 84403  
Meet: 2nd Wednesday at 6:30 P.M.  
Free onsite respite available  
Contact: Monica Swander at (801) 475-5111

## PRICE

Active Re-Entry  
10 South Fairgrounds Road  
(Alzheimer's and general caregiver group)  
Meet: 4th Wednesday of the month at 3:30 P.M.  
Contact: Lisa Perla or Richard Jewkes  
at (435) 637-4950

## PROVO

Courtyard at Jamestown  
Assisted Living  
3352 North 100 East  
Meet: 3rd Wednesday at 6:30 P.M.  
Contact: Mindy Hill at (801) 377-3730

## RICHFIELD

Richfield Care Center  
83 East 1100 North  
Meet: 2nd Wednesday at 10 A.M.  
Contact: Caren Liebelt at (435) 896-8211

## SALT LAKE CITY

Brunch Bunch  
Meet: 2nd Tuesday at 10:30 A.M.  
At various Salt Lake restaurants  
Contact: Nick Zullo at (801) 265-1944

Brighton Gardens "Dementia Care  
Education Group". 76 S. 500 E.  
Meet: 4th Wednesday at 6:30 P.M.  
Contact: Alicia Hadley at (801) 359-0050

## SANDY

Alta Ridge Assisted Living  
1360 East 9400 South  
Meet: 2nd Saturday at 10A.M.  
Contact: Lindsay Fredrickson 571-1010

Sunrise at Sandy  
"Family Gathering"  
2130 E. 9400 S.  
Meet: 4th Thursday at 6:30 P.M.  
Contact: Debbie Highsmith at (801) 453-9600

Frontotemporal Dementia Support Group  
Sandy Senior Center  
9310 South 1300 East  
Meet: 2nd Wednesday at 10:00 AM  
Contact: Bonnie Shepherd at (801) 231-3442

## SOUTH JORDAN

South Jordan Senior Center  
South Jordan Senior Center on Redwood Rd.  
Meet: Every 3rd Tuesday at 10AM  
Contact: Kathi Yap (801) 598-4768

## ST. GEORGE

Cliff View Senior Living  
134 West 2025 South Circle  
Meet: 2nd Thursday at 2 P.M.  
Contact: LuAnn Lundquist at (435) 628-8656

Kolob Care & Rehab  
178 S. 1200 E.  
Meet: 3rd Thursday @ Noon  
FREE LUNCH SERVED  
Contact: LuAnn Lundquist at (435) 628-8656

Red Cliffs Care & Rehab  
1745 E. 280 N.  
Meet: Last Wednesday of month @ 2:00 PM  
Contact: LuAnn Lundquist at (435) 628-8656

## TAYLORSVILLE

Legacy House of Taylorsville  
6305 South Gold Medal Dr.  
Meet: 1st Thursday at 6:00 PM  
Contact: Michelle at (801) 327-8400

## TOOELE

Cottage Glen Assisted Living  
1892 Aaron Drive, Activities Center  
Meet: 3rd Tuesday at 2:30 PM  
Contact: Frank Reed at (435) 882-2870  
Ext. 130

## WEST JORDAN

West Jordan Senior Center  
Meet: Every 4th Monday at 10AM  
Contact: Kathi Yap at (801) 598-4768

## WEST HAVEN

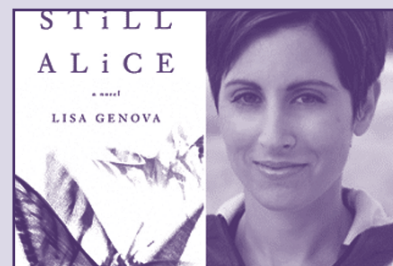
Peachtree Place Assisted Living  
4607 South Midland Drive  
West Haven, UT 84401  
Meet: 4th Wednesday at 7:00 P.M.  
Contact: Jenny Francis at (801) 686-3678

## WEST VALLEY CITY

Pioneer Valley  
Hospital- ask desk help  
3460 S. Pioneer Pkwy  
Meet: 2nd Thursday at 6 P.M.  
Contact: Diana Cook at (435) 849-2440

# Still Alice

## Tells Younger Onset Story



**S**till Alice is a novel about the descent of a 50-year-old university professor diagnosed with younger-onset Alzheimer's disease, and has just been re-released nationwide and in 14 other countries.

The Alzheimer's Association assisted author Lisa Genova with her research, which included interviews with several members of past Early Stage Advisory Groups. The Alzheimer's Association is also featured prominently in the book's plot.

In addition, the Association worked with Genova, who also blogs at [actionalz.org](http://actionalz.org), to create the *Still Alice* discussion guide, specifically for people living with Alzheimer's. The guide, the first of its kind, is intended to help people with the disease use Alice's story to connect with their experience and explain it to others. The guide is available on our website, [www.alz.org](http://www.alz.org) or by contacting any Chapter office, in Logan, Salt Lake City, or St. George.

The new edition of *Still Alice* is available at [www.amazon.com](http://www.amazon.com), [www.simonsays.com](http://www.simonsays.com), through major retailers and the Green-Field Library, of which the Utah Chapter is a branch. It is also available locally at Sam Weller's Zion Bookstore in Salt Lake and at all Barnes and Noble locations in Utah.

The Utah Chapter encourages Alzheimer's caregivers and younger onset dementia caregivers, in particular, to use the *Still Alice* re-release and discussion guide in support groups and in book club gatherings.

The Utah Chapter will be holding public discussions on the book. Contact the Chapter for dates and locations. ■

# The *Cognasium* Movement: Is There Such a Thing As a Gymnasium for the Brain?



A *Cognasium* is a gymnasium for the brain because we now know exercise improves health from the neck up as well as the neck down

It's called a Cognasium, a gymnasium for the brain. Cog- or cognition is from the Latin root meaning "to know" or "to recognize." We would imagine a Cognasium is to the brain what the traditional fitness center is to the body. We would substitute lack of cognition and recognition for lack of coordination and stamina.

Cognasium is about prevention of memory loss and improving brain health as gymnasium is about prevention of muscle loss and improving physical health. Ironically, what we do for the body from the neck down is what is needed from the neck up. Good heart health results in good brain health.

Once we know that and care about that, convinced that we can prevent memory loss and reduce the risk for, delay the onset of, and minimize the impact of possible Alzheimer's disease someday, our community- or home-gymnasium becomes, for us, a *Cognasium*. This should be new motivation to stay in shape for life.

By inventing our new term, are we really returning to the old meaning? To truly envision a world without Alzheimer's do we need to envision a *Cognasium* for our modern world? At the Alzheimer's Association Utah Chapter, we say "yes." The Utah Chapter recently posed the question, in effect, to the United States Administration on Aging. It turns out, the AoA agreed. Thanks to the collaboration of the Utah Division of Aging and Adult Services, the Utah Chapter received an innovation grant for nearly \$300,000 to develop the concept of *Cognasium* in Utah over the next 18 months, a word we invented in the grant proposal to mean "acting to improve one's brain health."

Our proposal suggests the following six ways of acting to improve brain health:

1. Awareness (learn, attend a workshop)
2. Nutrition
3. Exercise
4. Social engagement
5. Cognitive activity ("Maintain Your Brain" program)
6. Relaxation or respite (especially stress reduction)

*Cognasium* is any place or activity in which these 6 actions occur by intent. It is therefore, first and foremost, a state of mind. It may engender a cultural awakening.

*Cognasium* is for everyone in Utah. We invite all Utahns to adopt the *Cognasium* concept in their lives. To avert what has been called an impending Alzheimer's epidemic, we would do well to reinforce and motivate each other through a grass-roots movement toward brain health. How does such a movement get started? Astronaut William Anders, aboard the first manned space flight to the moon, took a photograph of the entire earth beyond the horizon of the moon. It is said to be the most influential environmental photograph ever taken because it inspired the *Earth Day* movement. A certain critical mass is necessary to develop a concept, even a new word such as *Cognasium*.

*This then is a call to arms.*

**Won't you join us?**

The first action is, *awareness*.

**Find out what a  
*Cognasium* is for you.**

View our website at [www.alz.org](http://www.alz.org) and go to the *Cognasium* link. Participate soon in a "Maintain Your Brain" workshop. Email the Utah Chapter at [info@alz.org](mailto:info@alz.org). Tell us what you are doing to maintain your brain. We will share your ideas along with others' ideas on the *Cognasium* link.

**We look forward to hearing from you! ■**

## More Than Half of Long-Term Care Residents Have Dementia Producing a Demand for Training by Dementia Care Providers

Caring for individuals with dementia requires specialized skills and exceptional sensitivity. The Utah Chapter provides a national training program that gives care professionals hands-on practices based on the latest research and expert evidence in the dementia care field. This program is supported by leading health and senior care organizations. It is known as *Foundations of Dementia Care*.

Studies show that staff trained specifically in dementia care are able to provide a better quality of life for residents and have increased confidence, productivity and job satisfaction.

The Utah Chapter has been committed to improving care for people with dementia for more than 25 years. Providers trust our staff with unmatched training and care practices that will improve the residential environment for everyone. Families choosing quality residential care for their loved one with dementia will in turn trust organizations who have received the *Foundations of Dementia Care* training.

The following organizations have completed training or are receiving training at this time in Utah:

- Caregiver Support Network
- First Choice Home Health and Hospice
- Garden Terrace Alzheimer's Center of Excellence
- Legacy House Bountiful
- Legacy House Logan
- Legacy House Ogden
- Legacy House Taylorsville

# What Does the Alzheimer's Association Do?

## Core Services to Families Coping with Dementia

Utah's Alzheimer's population is expected to reach 32,000 by 2010 – a 45% increase in the first decade of the new millennium. According to a past issue of *Neurology*, in 15 additional years, the Utah Alzheimer's population will have grown to 50,000. A 127% increase by the year 2025, the highest in the nation. Recognizing that Alzheimer's disease is about 70% of all dementias, there could be 70,000 Utahns requiring dementia care by then, including vascular dementia, frontotemporal dementia, Lewy body dementia and other mixed forms of dementia. Utah Chapter programs and services are designed to help persons with Alzheimer's disease and related dementias confront Utah's growing prevalence. Since caring for someone who has Alzheimer's disease is perhaps one of the biggest commitments a person can face, Chapter staff and volunteers are ready to help each day. Prevention and preparation are also key Chapter priorities.

### Helpline

Caregiving is filled with emotional stress and hard work, but it can also be meaningful and rewarding. Sometimes families can feel isolated and may not know where to turn for help. The Helpline is a statewide, toll-free number, 800-272-3900. Anyone can call 24-hours a day and speak to a consultant, and access our website at [www.alz.org](http://www.alz.org).

### Care Consultation

The purpose of the Alzheimer's Association is to help families cope with all aspects of the disease through information, education, support, and advocacy. The gateway to these services is Care Consultation. By telephone, in person visit at the Alzheimer's office or in one's home, by email or in community-based settings, extensive planning and decisional support are provided.

### Support Groups

Caregiver support groups, support groups for individuals in the early symptomatic period of dementia, those concerned about other dementias, and those coping with younger onset dementia are the various



**24/7** Chapter services are accessible through Helpline and on the Chapter website. Call or connect today!

forms. Education and support are the purpose for such groups. There are support groups throughout the state and no individual, caregiver or family should attempt this journey alone.

### Information and Referrals

The Utah Chapter works in a collegial manner with eldercare and Alzheimer's providers throughout the state. Each year thousands of referrals simplify the difficult challenge for families of discovering what resources are available in the community. When memory loss is the primary issue, or collateral concern with other illnesses, contact the Chapter for information and referrals. Physician referrals, diagnostic referrals, home-based and community-based care options, behavioral care, and day respite are included. The Chapter does not endorse any service or product, but is a resource for decision-making.

### Consumer Education

This newsletter, the Chapter website, books and media library, Caregiver Guidebook, Caregiver Well-Being Kit, and other free publications provide a solid dementia care education and answers to key questions: What is Alzheimer's? What is the impact on families? What progress has been made in scientific research? What do experts believe about being able to prevent the disease? How do we maintain brain health? How do we partner with our doctor? What about diagnosis? Can we join a clinical trial? See, also, our website and look for

notification statewide area conferences for the medical community, eldercare providers, families and early stage individuals.

### Safety Services

Recently, a couple attended a home game of the Utah Jazz. One of them went for a refreshment, became disoriented, and was lost until found by her equally frantic husband. In the early stages, 6 in 10 wander with Alzheimer's. Our MedicAlert+Safe Return program is an identification program with bracelet or other insignia and toll-free access to the service 24 hours a day, 7 days a week. Our Jazz fans came to the Utah Chapter, enrolled in Safe Return and not only have the identification program in place, but also, receive Chapter support, educational materials and the national *Safe and Sound* newsletter as well.

### Research and Advocacy

Although there is no cure for Alzheimer's, there are strategies, therapies, and treatments that can help manage the disease. The Alzheimer's Association can be a guide and a support to persons with Alzheimer's disease and their families as they learn about options and begin to plan for the future. Combined with our sister Chapters and the national Association, we are the largest private source of funding for Alzheimer's research, and we provide national and local advocacy to improve outcomes for individuals with Alzheimer's disease and related dementias and their families. ■

# Circle of Donors

Donations from June 1 through December 31, 2008

*We express sincere appreciation for these generous donations. With people like you, there is hope for the world without Alzheimer's disease, but until then, there is hope and support for those coping with this devastating disease.*

## \$1000+

Alfred & Francis Ross Foundation Alpine of Ogden Apple Village Barbara Swenson Brown Shoe Company Cache Valley Electric Canyonlands Lutheran Church Castle Foundation Cliffview Senior Living Community Health Charities Coral Desert Rehab Danville Support Services David & Hanne Duke	Equitable Life & Casualty Garden Terrace Haynie & Company/ Dave Peterson Janice & Robert Hinckley Joan & Donald Basco Joyce Harris Keith & Patricia Bailey Kindred Healthcare Kindred/ St. George Care & Rehab Kolob Care & Rehab Laura Watkins Legacy House of Bountiful Legacy House of Ogden	Legacy House Taylorsville Roy & Ramona Lawson Sorenson Legacy Foundation TeamSage Productions United Way Dixie United Way Iron County Utah Families Foundation Walmart St. George Walmart Store #1439 Wasatch Care Center Wasatch Valley Rehab Western States Retirement Communities Wheeler Foundation
--	---	---

## \$500-999

Alta Ridge Assisted Living At Home Personal Care Avalon Beehive Home Care Canyon Creek Care Center Diane Sheya Horizons West Healthcare	Hurricane Rehab Jeanne Oki Jones Waldo Holbrook & McDonough Ken & Luann Nelson Legacy House of Logan Lori Padilla Red Cliffs	Senior Care Advisors Senior Management Concepts Silverado Senior Living Superior Care Pharmacy The Meadows Utah Central Credit Union Wasatch Consulting Services
---	--	--

## \$250-499

Andrew Schlotterbeck Andrus Prosthetics Arbor Senior Care Canyon Creek Assisted Living Diabetic Home Options Discover Financial Group First Choice Grant Family Hearts For Hospice	Helga Love Herbster Family Foundation Home Instead Senior Care HomeWatch Caregivers IHC Homecare Mountain Ridge Assisted Living Reliance Orthodontics Silverado Hospice Southern Utah Home Care	Stapley Pharmacy Susan & Gordon Van Utert The PI Foundation Thomas Reed Wentworth Assisted Living Williams Company Young's Market Zion's Way Hospice
--	---	---

## \$100-249

Alene Russon B.R.A.G. Bonnie Riggs Caregiver Support Network Charles & Mary Wintzer Cindy Viger Clarkson, Draper, Beckstrom Crossland Retirement Comm Dale Bake Dennis & Belva Higgins Dennis Clark Diana Cook Dignity Hospice Don & Neva Bake Dorene Cluff Elvin & June Anderson Emanuel & Dorothy Manusakis	Eugene & Noreen Larkin Evercare Res Center Fairway Management Frank & Patricia Cooley Granetta Breeze Heritage Care Center James Lang Janet Reeve John & Maleta Ahlrichs Ken & Mary Carlos Lee & Carolyn Adams Leon & Janet Earl M. Joy & Dallas Adair Martin & Francis Ausick Maurice & Patricia Clark Metcalf Mortuary Mike & Sue Cleary	Mountain States Fence Co. Nevon Bake Panasonic Labs Richard & Barbara Ausick Ridgeview Gardens of St. George Ronald Casper Salt Lake County Golf Courses Select Homecare Silversneakers Summit America Insurance Services Susanna Florez Terrance Malouf The Coventry @ Cottonwood Hts Theda & Edward Mawod Tom Rogers Twilight Energy
---	--	---

# Memorial & Tributes – August 12 through December 31, 2008

**Dr. Mortimer Rothenberg**

Mr. & Mrs. Osguthorpe  
Mt. Olympus Condo Association  
Dorothy Feiler

**Lois Wells Kettering**

P.E.O Sisterhood Chapter A  
San Mateo County Sheriff's  
Association

**Dorothy Meachum**

Ann Fassio

**Barbara Keener**

Jody & Don Rogers  
Jack Carney  
Terry Price & Wunderli  
Jack Carney  
Betty & Duke DeRouchev  
Larry & Nary Thornock  
Annette Swenson  
C. Dale Eriksen  
Herbster Family  
Steve Stracke  
Elaine Owens  
Bob & Barbara McLaughlin  
Marlene Keener  
John Wroan, III  
Pat & Tim Haulser  
The Williams Co.  
Del & Mary Draper  
Mary Anne & Floyd Cooper  
Joyce Harris  
Keith & Patricia Bailey  
Sara & Merwyn Pittman  
Scott & Erin Updyke  
Bonnie & Russell Keener  
Curt & Lynne Kennedy  
Helen Berry  
Cliff & Jean Leimback  
Stewart & Joan Ogden  
Dianna & Barry Swartz  
Danville Support Svcs  
David Garner  
Mary & David Brenner  
Dorothy Harrison  
Ken Stracke

**Maxine Tidwell**

Ann Kenkel & Rob Starmer

**Boyd Henrie**

Virginia Kelson  
Michelle & Jeff Cline  
Bonnie & Robert David  
Plaque Donators

**Joyce Reed**

Wasatch High School

**Mary Crippen Thuli**

Beacon Heights Elementary  
Sue Ann Heath

**Martha Collins**

Brent Myers  
Bruce Myers

**Robert Odekirk**

Mary Bone  
Jean Valley

**David Werner Fernau**

Salt Lake County Golf Courses  
& Staff  
Candace & Jerry Brewster  
Ray Quinney & Nebeker  
Don Froscheiser

**Keith Brown**

Mary Bone

**Therma Sorenson**

Rayma Gardner  
Terry Atkinson & Family

**Kirk Rennemann**

Dave & Brynn Bollschwiel  
Family

**Margaret Anderson**

Danville Support Svcs

**Pat Berkley**

Ralph Allison

**Rubin Adelman**

Sheri & Richard Jaffa

**Morrie Firestone**

Sheri & Richard Jaffa

**Paul Hofeldt**

Ralph Allison

**Rachel Garringe**

Arlene Russon  
Damaris Madsen  
Gordon Martindale

**Ginny Cook**

Connie Somerville

**Art Robinson**

Donna Reading  
Karla Reading  
Sharon Atkinson  
Gayle Godfrey

**Vera Weaver**

Members of the 4<sup>th</sup> Ward in  
North Canyon

**Dolores Dahmen**

Panasonic Labs  
Mary Barker  
Roy & Beverlee Dahmen

**Floyd Wright, Jr.**

Wells Fargo BD Card Products  
Wells Fargo International Division  
Lorr Crever

**Margery Faulkner**

Jon & Trudy Daich  
Verla Bramble

**Helen Neuteboom**

Verla Bramble

**Margie Finlinson**

Ralph Allison

**Richard Harper**

Barbara Cook  
Cohne Rappaport Segal  
Vernon Hopkinson  
Collins & LuDean Thompson  
C. DuWayne & Alice Schmidt

**Durie Arly Johnson**

Housing Authority of  
Portland, OR

**Martin Ausick**

Maurine Osoro  
Martin & Frances Ausick  
Richard & Barbara Ausick  
Emanuel & Dorothy Manusakis  
Ken & Mary Carlos  
Constance & James Zornow  
Dr. & Mrs. Kozarek  
Mr. & Mrs. LaBella  
Brown Shoe Company

**Iris G. McCleary**

Robert & Kathryn Meier

**Fred Schneiter**

Charles & Joyce Speak  
George & Carol Barclay

**Paul Linton**

Kearns Senior Center

**Geraldine Martinez**

Mountain States Fence Com-  
pany  
Dennis & Belva Higgins  
Susan & Kevin Deesing  
Hal & Carolyn Bloom McVey  
Lucy McClure  
Ross & Connie Brunetti

**Verl Hendricks**

Kim & Cynthia Johnson

**Cornelius P. Richman**

Sara & Jess McDaniel  
Michael Andrus

**Robert McKinnon**

Lisha Givens-Wallace

**Angelo & Iona Pangos**

Brenda Soper

**William Bowren**

Susan Ciucci

**Marie Austin**

Elizabeth Curneal

**Jaqueline Fernau**

Angelo & Dottie Cerroni  
William Griffith

**Bea & Phelon Malouf**

Sue & Mike Cleary  
Summit America Ins Services- UT  
Judy Ward  
Charles & Marsha Braun  
Jeri & Carl Malouf  
Lynne & James Quarry  
Summit America Ins Services- KS  
Sylvio & Ann Fassio  
Richard Baker  
Fred Reimherr

**Reva Roche**

Amy Sato

**Angel A. Mojica**

Questar Corporation

**Frank Hartley**

Cora Lee Hartley

**JoAnne Gray**

Carolyn Coles

**In Honor of Polly Strasser's  
60<sup>th</sup> Birthday**

Sheri & Richard Jaffa

**Judith Dye**

Ron & Janet Wortley

**Anita Filice**

Jeff & Candy Bastow

**Alan Stewart**

Lois Anderson

**Dorothy Crittenden Page**

Carole & Randy McDowell

# I CAN'T REMEMBER NAMES – DO I HAVE ALZHEIMER'S?

## A NEW CHAPTER PROGRAM MAY HELP

With the medical community's increasing understanding of the brain, it is now believed to be *normal* for aging to be accompanied by: mild memory loss concerning recent events, mild difficulty recalling names, misplacing objects, and slowed thinking (taking longer to find the answers to questions).

When memory loss *progresses* over time, and *interferes* with normal life, it goes beyond what would be expected as a part of normal aging. At this point, it may be evidence of a progressive memory loss disorder, or a "dementia." There are different types of dementias, with different causes. Alzheimer's disease is one type of dementia accounting for as much as 70% of all dementias.

Because of the lack of known cures for dementias, people often think that there is nothing to be done about memory loss. That can be dangerous thinking. Having memory loss that is beyond normal aging doesn't mean that a person is suffering from a dementia. There are many other conditions that can cause memory loss, including thyroid disease, Parkinson's, and even vitamin deficiencies. When memory loss develops rapidly (commonly called "Delirium"), it is usually caused by medication effect, or an infection or other medical condition. In many cases, if such a condition is caught early and treated, the memory loss can be reversed or at least halted.

How can you tell the difference between a dementia and a different cause of memory loss? It's often very difficult. Don't try to diagnose this yourself. When you see memory loss that interferes with normal life, involve the family doctor and don't delay. Waiting may reduce the chances of effective treatment for a non-dementia condition. The doctor should obtain some tests to search for possible medical causes of forgetfulness (such as vitamin B12 deficiency, hypothyroidism or other cause). The doctor will then treat any abnormal findings. Medications can cause forgetfulness and that can be reversed or stopped.

If there is any evidence of depression or other psychiatric symptoms, a psychiatric evaluation should be pursued. Depression and other psychiatric disorders can often lead to decreased concentration, and can appear like a dementia, but often can be reversed with treatment.

Continue to have follow-up evaluations with the family doctor to monitor for any change (improvement or worsening) in the forgetfulness with time and treatment of any underlying medical problems. The Utah Chapter can assist with strategies for partnering with the doctor, obtaining a referral for a diagnosis or becoming involved with early stage clinical trials.



**THE ALZHEIMER'S DISEASE SUPPORTIVE SERVICES PROGRAM IS BASED ON MOUNTING RESEARCH THAT SAYS WE CAN REDUCE OUR RISK FOR ALZHEIMER'S DISEASE**

In answer to the question, "I Can't Remember Names – Do I Have Alzheimer's?" the Utah Chapter recommends that you answer this way: "Not necessarily – and I'm going to see my family doctor right away to check it out."

You can also answer by saying, "I will call the Utah Chapter of the Alzheimer's Association." The Utah Chapter can help with early memory loss concerns because it is the recipient of a federal grant from the Administration on Aging and the Utah Division of Aging and Adult Services that allows the Chapter to provide Alzheimer's Disease Supportive Services to Utah's concerned about memory loss in early stage. If you or someone you know is experiencing challenges with memory, however slight, contact the Chapter to find out if you qualify for this program. All participants and their caregivers will receive services at no cost including screenings, care consultation, education and a guide to develop one's own *Cognasium*.

As part of *Cognasium*, which is your individualized brain fitness program, you may be able to receive a product called MindFit. Backed by years of neurocognitive research, MindFit provides custom tailored brain exercises, particularly for senior adults; and has been shown to significantly improve attention, memory, driving skills and other cognitive abilities. In a comparative study by the Wall Street Journal, MindFit was found to be the best computer-based program in its class for brain fitness.

Since physical exercise is so important for brain health and it's hard to get out during winter months, contact the Utah Chapter for a 30-40% discount on Utah's ICON Fitness products including Proform, treadmills, stationary bikes and ellipticals. A portion of the proceeds will support the Utah Chapter. Contact the Chapter for more information on early detection and response to memory loss. ■

# 10 Million Baby Boomers Face Alzheimer's:

## How Will We Care for Them in the Future?

A recent report to Congress predicts 10 million American baby boomers will develop Alzheimer's disease in their lifetime. This translates to 1 out of every 8 boomers. This number is particularly significant because these include people who are now just approaching the age of highest risk for Alzheimer's, age 65. Some of these people are already developing the disease.

Anita Steins recently celebrated her 62<sup>nd</sup> birthday and is nearing the milestone of retirement. She is a Utah Chapter volunteer and posed questions to caregivers and care professionals that will be asked at area conferences in Utah in 2009, "Have I prepared for my own care someday? Have I made the right investment decisions? Will my assets be protected? Can I live well as I live longer? What is the best way to protect my future? Is there something I haven't done?" Chapter care consultants almost daily assist families find long term care for their loved ones with Alzheimer's disease. Choices regarding care settings today are limited by financial choices made yesterday. Now is the time for 10 million baby boomers to ask Anita's questions for their own well-being.

The growing Alzheimer's epidemic will have a huge impact on boomer's lives, their families, and the nation's health-care system. Most people with Alzheimer's are eligible for Medicare, so the burgeoning number of Alzheimer's patients will put a major strain on the federal health insurance program. Medicare spends three times as much money on a person with Alzheimer's and other dementias than for the average Medicare recipient. The higher costs occur because Alzheimer's complicates the treatment of other medical conditions such as diabetes and heart disease. People with Alzheimer's live an average of 8 years, but they can live more than 20 years, placing an additional strain on the health-care system.

In this newsletter, the themes of awareness, early detection and prevention have been prominent. Much has been written about living a healthier, more active, and better educated lifestyle to delay the development of the disease until the end of the natural lifespan. Research supports this effort. We call this the *Cognasium* concept. In the meantime, research is promising medications that will alter the course of the illness. So until we cure Alzheimer's in the long term, we want to delay the disability in the near term.

Coupled with the theme of prevention, however, is the need for preparation – preparing for the financial impacts of acquiring the best possible care – if the disease strikes and until it can be eliminated. While most families care for their Alzheimer's loved ones at home, ultimately people with Alzheimer's disease end up in a nursing home or assisted living facility. Utah's Alzheimer's care facilities are growing in numbers. How does one afford them? The current economic downturn punctuates the need for preparation.



**For many, long-term care insurance is key to a quality lifestyle in the golden years**

Typically, long-term care is not covered by "regular" insurance, and most people don't have long-term care insurance. That should change if the Chapter's educational efforts are effective. More Utahns through education will prepare for the future through acquisition of long-term care insurance. Awareness of the potential devastation of this disease should lead to prevention and preparation efforts.

Anita's Questions should become a priority. Anita has been a nurse and administrator of long term care facilities for nearly 40 years. She has dedicated her career to caring for seniors. "I assisted them in understanding their healthcare options and to prepare for the life changes that aging and illness can bring. Sadly I watched as chronic illness and disease robbed so many seniors of their hard earned assets and severely limited their choices for care. Ultimately, many only had Medicaid to rely on for future care and services," she said. Prevention and preparation are two battle fronts until we find a cure.

Anita now works as a professional geriatric care manager for Equitable Life and Casualty Insurance Company, a 75-year old Utah-based company that supports the Chapter's efforts to educate caregivers and boomers and persons with Alzheimer's disease and related disorders. Equitable recently became a major sponsor of this year's annual Chapter Gala. Anita counsels seniors who have purchased long-term care insurance in planning for and maximizing their quality of life while receiving care in their environment of choice. Contact the Chapter for a copy of the report to Congress, the "2008 Facts and Figures on Alzheimer's Disease" and to learn of upcoming area conferences on prevention and preparation. See the Chapter website at [www.alz.org](http://www.alz.org) for caregiver resources, the CareFinder website at [www.alz.org/carefinder](http://www.alz.org/carefinder) to assess needs and coordinate care for loved ones with Alzheimer's disease, and [www.EquiLife.com](http://www.EquiLife.com) for information on long-term care insurance and over a dozen sources of related information. Contact a Chapter care consultant for additional assistance. The Chapter provides information and referrals but does not endorse any specific product or service. ■

**"The growing Alzheimer's epidemic will have a huge impact on boomer's lives, their families, and the nation's health-care system."**

# Become a Brain Builder

## Participate in a Research Study at LDS Hospital



**J**ack has Alzheimer's and up until recently he could still drive. Right about the time that driving became problematic, he became qualified to participate in the LDS Hospital's Brain Builders

program of the Geriatric Cognitive Disorders Clinic. Losing his driving privilege left a huge void in his life and added to his wife's burden as she now provides transportation for his wanderlust. She noted, however, that it is all worth it to see his involvement with the Brain Builders program. Why? Because she believes exercise to be one of those treatments that can help keep those with Alzheimer's as sharp as they are now for as long as possible.

Dr. Joseph Diaz is a senior researcher and methodologist for the Brain Builders Alzheimer's Research Program. His research is on the forefront of determining whether exercise is beneficial in the treatment of memory loss. Jack has qualified for the program and is enthusiastic about it. It has given him a purpose. He is deemed a volunteer for the program. His efforts along with others, under Diaz' direction, will help build the science behind the theories of exercise and memory loss.

Jack is no doubt enthused about the program because he meets others, cheers them on and gets encouragement from them as he works toward building his brain and improving well-being. Once he completes the program, he will graduate and schedule a one-on-one session with Diaz' staff to hear about how his memory and thinking ability have changed since the beginning of his program over a period of several months.

To learn more, contact Dr. Diaz at LDS Hospital at 408-5459, or contact the Utah chapter for more information. ■

## Clinical Trials at the University Of Utah Center for Alzheimer's Care, Imaging And Research Can Make a Difference Now and in the Future

If you saw the final episodes of Boston Legal, a popular prime time television drama, you know that William Shatner's character, Denny Crane, had been diagnosed with Alzheimer's, was in early stage, was aware of his memory loss, mood changes and unusual behaviors, and wanted to do something about it. He sought a promising trial medication to stabilize his behaviors and bring a return to a sense of normalcy. Like the TV series, his approach was unorthodox, but his objective was exactly as anyone with Alzheimer's would be – obtain the best possible treatment, now!

A recent Mayo clinic study found nearly a million Americans annually fall into the category of mild cognitive impairment, of which nearly 40 percent may go on to develop more serious memory impairment. Researchers at the Center for Alzheimer's Care Imaging and Research at the University of Utah are exploring new ways for the early detection of Alzheimer's disease, to help doctors determine which medications would be most appropriate for individuals in the early stages.

If you or someone you know is experiencing challenges with your memory, however slight, or reduced mental energy, contact the Chapter or view the Chapter website at [www.alz.org](http://www.alz.org) to find out how to qualify for one of a half dozen Clinical trials at the Center for Alzheimer's Care, Imaging and Research. The Center sets itself apart from other Alzheimer's programs nationwide by implementing its research successes in the clinic. "We have an opportunity to develop innovative approaches to dementia care," Dr. Norman Foster, Center Director, says. "I am convinced that now is the time to do this."

Participants can make a difference in their own lives through the clinical benefits of participating in research trials, and have the satisfaction of knowing they are contributing to Alzheimer's and dementia research that could change lives in the future.

A major goal of the Center for Alzheimer's Care, Imaging and Research is conducting research to better understand the causes of Alzheimer's disease. Using advanced imaging techniques and Utah's unique genetics resources, Dr. Foster and his colleagues are working to illuminate how specific changes in the brain correlate with differences in patient behavior. Ultimately, this knowledge will aid in the design of specialized treatments to combat each form of the dementia. ■

## Join Annual Gala for Fun, Fundraising, and to Honor This Year's Lifetime Achievement Honoree: Dr. Gerald Rothstein

The Alzheimer's Association Utah Chapter has announced the recipient of the prestigious ALEXA Award – an award given to an individual who most exemplifies a lifetime of achievement in the field of Alzheimer's disease. This year's award recipient is Doctor Gerald Rothstein.

A popular lecturer, author and professor in geriatric care, Dr. Rothstein was the former Medical Director of Garden Terrace Alzheimer's Center of Excellence, an advisor to the Utah Division of Aging and Adult Services and a former member of the Utah State Veterans Nursing, Planning Committee. He also served as a member of the American Geriatrics Society, Research Advisory Committee, along with numerous other associations and committees. Most recently, Dr. Rothstein served as President of the Western

Association of Physicians, the Director of the International Congress of Geriatric Oncology and was an invited panel member of the American Society of Hematology, Workshop on Anemia in the Elderly.

Says Gayle Theurer of Salt Lake City, who was thrust into the role of Alzheimer's caregiver for her husband, Dr. David Theurer, "He's exceptionally brilliant. We just bonded with him. He practices the way my husband did – emphasizing personal relationships. He's kind and calm and very intuitive."

Theurer's husband is in the early stages of Alzheimer's and is a patient of Dr. Rothstein who, as with so many Utahns through the years, has been instrumental not only in his diagnosis and treatment, but as a trusted guide in a difficult journey. "We were very

happy to learn that the Alzheimer's Association would be honoring Dr. Rothstein with this award," says Theurer. "He is extremely deserving of it." Comments from other patients, family caregivers and professionals have echoed these same sentiments of the Theurer's.

Doctor Rothstein will be honored at the 2009 Alzheimer's Association Gala, which will be held on Saturday, February 21, 2009, at 5:30 p.m., at the Marriott Hotel. The keynote speaker is LaVell Edwards. With the Alzheimer's Association Utah Chapter celebrating their 25<sup>th</sup> anniversary as a chapter here in Utah, the theme for this year's event is, "The Jazzy 20's: An Evening to Remember". The public is invited to participate. Tickets are available by calling 801-265-1944. ■

## Southern Utah Alzheimer's Staff Meets High Demand for Services *continued from page 1*

a family Alzheimer's caregiver. Community of Care has had great success in helping provide a feeling of inclusion and friendship in families that have become isolated. This service is free of charge and supported by professionals and trained volunteers.

### Dedicated Staff and Volunteers

Southern Utah caregivers are grateful to the following staff and volunteers in Utah's southern Regional Office:

**STAFF** – LuAnn Lundquist is the full-time Regional Manager. Mitzi Sullivan is the Community Outreach Coordinator and Sharleen Rodgers manages the United Way Dixie funded Respite program in St. George.

**VOLUNTEERS** – Sharyl Morgado is our dedicated volunteer serving with the Easter Seals program.

### COMMUNITY OUTREACH

**VOLUNTEERS** – Richard and Maralyn Dotson are Church Service Missionaries (CSM's) from the Church of Jesus Christ of Latter-day Saints. They

provide training and consultations in the Iron County Area. The LDS Church has approved the utilization of more couples in the St. George area and the community awaits announcement of these couples to join the cause.

### Support Groups

Support Groups and caregiver training are vital resources. Currently there are Five Alzheimer's Support Groups and two caregiver trainings scheduled in Southwestern Utah. These are wonderful opportunities to learn how to improve your caregiving environment and deal with challenging behaviors. Check the Support Group link for time and place on the Utah Chapter website, [www.alz.org](http://www.alz.org).

### Reminiscence Respite

Reminiscence Respite is an activity-based respite program that is free of charge to qualified participants in the St. George and Cedar City areas. It is supported by a United Way Dixie and United Way of Iron County grant as well as the Alzheimer's Disease Supportive Services grant from the Administration on Aging and the Utah Division of Aging and Adult

Services. Stimulating activities and entertainment are provided for participants with dementia. Please contact the Chapter Southern Utah for information about availability and qualifications. ■

## SPECIAL ANNOUNCEMENT

### SOUTHERN UTAH IS HAVING ITS FIRST EVER GALA EVENT!

It will be a wonderful evening with delicious food and special treatment at American Idols in Concert.

**YOU WILL NOT WANT TO MISS THIS ONE SO SAVE THE DATE — MAY 1, 2009.**

Funds raised will support Southern Utah programs and services.

Contact the Southern Utah Office for details and to reserve seating.

The Alzheimer's Association  
Utah Chapter

Cordially invites you to join  
LaVell Edwards and Terry Wood at the

**Annual Gala**

SILVER ANNIVERSARY  
AN EVENING TO REMEMBER

Saturday, February 21, 2009  
Salt Lake City Marriott Downtown  
75 South West Temple

(Free hotel parking – Enter north on West Temple)

5:30 p.m. Social Hour and Silent Auction

6:30 p.m. Dinner and Live Auction

Black Tie or Jazzy 20's costumes Invited

**Honoring**

ALEXA Award  
Dr. Gerald Rothstein

Caregiver Award  
Venice Sudweeks

Corporate Partner Award

Equitable Life & Casualty Insurance Company

**For Reservations, Call 265-1944**

The Utah Chapter is grateful to the following corporate sponsors for supporting outreach efforts and our capacity to offer state-wide programs and services:

**Equitable & You**  
... Committed To Caring  
Equitable Life & Casualty Insurance Company

  
Garden  
Terrace  
of Utah

**La Caille**

 **Haynie & Company**  
Certified Public Accountants

  
Seniors  
Blue Book

  
1<sup>ST</sup>  
Choice  
Home Health  
& Hospice

  
Legacy  
Retirement  
Communities

  
Kindred  
Healthcare

START A TEAM IN YOUR AREA, GO TO [ALZ.ORG](http://ALZ.ORG)

alzheimer's association  **memory walk**  
Taking steps to end Alzheimer's

alzheimer's  association

**Utah Chapter**

855 East 4800 South  
Suite 100  
Salt Lake City, UT 84107  
(800) 272-3900

**Address Service Requested**

*Our printing and postage costs continue to rise. Please let us know if you receive more than one copy of this newsletter or if you no longer wish to receive a copy.*

Non-profit  
Organization  
U.S. Postage  
**PAID**  
SLC, Utah  
Permit #4820