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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 the promotion of brain health.

Vision
A world without Alzheimer's disease.

The Outlook on ALZHEIMER'S

ICAD Recap
More than 3,000 leading scientists convened to report and discuss the latest advances in research on treatments, risk factors, diagnosis and causes for Alzheimer's disease at the Alzheimer's Association 2009 International Conference on Alzheimer's Disease (ICAD 2009) in Vienna, Austria July 11-16.

Here are a few highlights from the conference:

• In a surprising result, researchers found that treatment with Dimebon caused an increase in a brain protein, known as beta amyloid, in animal models of Alzheimer's. Beta amyloid is a protein that is the main constituent of plaques found in the brains of people with Alzheimer's. It is thought to be a key player in the development and progression of Alzheimer's. This result is highly unexpected as most Alzheimer's drugs are tested for how much they can lower beta amyloid levels.

• Scientists reported that following the Dietary Approaches to Stop Hypertension diet (DASH diet) was associated with higher scores for cognitive functioning. They found that four food categories – whole grains, vegetables, low-fat dairy foods, and nuts and beans – may offer benefits for cognition in late life. More research needs to be done.

• Two studies looked at physical activity and mental performance
  o One study found that maintaining or increasing physical activity throughout life may slow cognitive decline as we age. Older adults who were sedentary throughout the study had the lowest levels of cognitive function at the beginning and had the fastest rate of decline.
  o A second study in post-menopausal women found that moderate long-term physical activity may improve late life cognition; while long-term strenuous activity may actually increase risk of cognitive impairment.

You can find more results from the ICAD at www.alz.org.

Chapter Champions
We are very fortunate to have the support of some great people in the Central Ohio area. There are a few who really stand out and give generously of their time, talents and treasures.

Ginni Ragan for her outstanding leadership with Memory Day at the Statehouse and her generous support of the World Café Symposium on Alzheimer's disease.

Craig Kalie for his enthusiastic support of Memory Walk through volunteerism, sponsorship and fundraising.

Angela Petro for her repeated donations of fantastic cuisine from Two Caterers.

Sincerely,

Michelle Chippas
Executive Director and CEO
mchippas@alz.org

Visit alz.org/centralohio for information.
Health Care Reform
The health care reform debate continues to dominate the national agenda in Washington, D.C. Congress has set its goal to have a health care bill completed by the end of the summer. The talk now is “by year’s end.”

However, our message to Congress remains clear: Congress must pass health care reform that includes long-term care services and supports this year.

We are making progress on our health care reform priorities. Current proposals include:
- Medicare care coordination services for people with cognitive impairments and their caregivers
- Long-term care services and supports

As of July 1, 2009, 108 members of Congress have co-sponsored the Ending the Medicare Disability Waiting Period Act of 2009 (S.700/H.R.1708) including Senator Brown, Representatives Wilson (OH06), Kucinich (OH10), Sutton (OH13), Kilroy (OH15), Ryan (OH17) and Space (OH18).

What Can We Do Now?
We must keep the pressure on Congress. Join other Alzheimer’s advocates by participating in local activities with your members of Congress by visiting district offices and attending public meetings. To volunteer for local advocacy efforts check out Central Ohio Chapter’s web site www.alz.org/centralohio and sign up as an advocate volunteer or contact gthomas@alz.org.

People Who Make a Difference
Meet the Scheiderers
Edgar and Marjorie Scheiderer, now married more than 55 years grew up five miles apart in Union County. It’s hard to imagine a harder working couple when it comes to community involvement. Edgar is newly appointed to the Central Ohio Area Agency on Aging Advisory Council filling the vacancy left by Marjorie after she completed two terms. She is presently an advisory board member for Union County Senior Services. At the local voting precinct, she served as a presiding judge and Edgar was her assistant. Edgar and Marjorie are a team. When it comes to advocating for the needs of older adults, you will find them front row center, whether in meetings with legislators or county commissioners. Working to bring services for families and caregivers facing the challenges of living with Alzheimer’s or other related dementias is just one of the ways they go the extra mile.
Thank you Edgar and Marjorie.

Columbus Rotaract Club
The members of the Columbus Rotaract Club should be proud of the hard work they put in the golf scramble and the great benefit it brought to our community. The over $6,000 raised at the event will help us provide care consultation, education, advocacy and support research programs that touch the lives of more than 24,000 central Ohioans suffering from Alzheimer’s disease.

Alzheimer’s Association, Central Ohio Chapter Board members accept a $6,000 donation from the Columbus Rotaract Charity Golf Scramble. (L-R) John Burkhart, MD, John Petro, John Cooper, Joanie Johnson, Jim Flynn, and event co-chair Michael Horigan.

Edgar and Marjorie at 2009 Memory Day at the Ohio Statehouse with Abby Roberts, Helpline/Union County Coordinator for the Central Ohio Chapter.
Memorial Contributions
Honoring a Life by Helping Others

The tragedy of losing a loved one is difficult, but many families find comfort in honoring the life of those they have lost by requesting memorial contributions be made to the Alzheimer’s Association, Central Ohio Chapter.

Through memorial contributions, family, friends, and acquaintances can express their condolences with the positive action of advancing the fight against Alzheimer’s disease and dementia.

When a memorial gift is received at our office, we send a thank you letter to the donor and notify the deceased’s family of the donations made in memory of their loved one. A listing of all memorial contribution donors is updated every two weeks at www.alz.org/cen-tralohio.

If you are faced with the challenges of end-of-life decisions, please consider those we serve and request memorial contributions be made to the Alzheimer’s Association, Central Ohio Chapter. If the obituary will appear in The Columbus Dispatch, please request the Alzheimer’s Association logo be included.

If you have questions or would like more information, please contact Greg Winslow, Director of Development, at (614) 442-2011 or gwinslow@alz.org.

2009 Gala: Dancing with the Stars
Paint the town purple

Friday, October 9, 2009 • 7:00pm
The Renaissance Hotel, 50 N. Third Street, Columbus, Oh 43215

Please join us as we Paint the Town Purple at the 21st Annual Alzheimer’s Association Fall Gala. Back by popular demand is entertainment provided by central Ohio’s version of Dancing with the Stars.

Event Chairman David P. Blom, President and Chief Executive Officer of OhioHealth and emcee Andrea Camberrn of WBNS 10TV will lead us through an entertaining and meaningful evening that supports a better life for those living with Alzheimer’s disease.

Be in attendance for the presentation of the Ralph and Billie Hazelbaker Award to John and Helen Cooper for their many years of support of the Alzheimer’s Association, Central Ohio Chapter.

Celebrity Dancers include: Jamie Allen, Maureen Andrews, Dr. Bobby Moore, Cindy and David Stanley, and Claudia Walter. Celebrity Judges include: David Butcher, Jessica Germain, Elaine Goldberg, Stephanie Hightower, Jacob Neal, Andrew Quinn, and Bill Wells.

For sponsorship and ticket information visit www.alz.org/centralohio and click on Special Events or contact Suzy Rudolph at 614-442-2015 or srudolph@alz.org.

Making a Plan is the Proven First Step Toward Securing Your Future

A good estate plan sets goals and makes use of tools, ensuring your loved ones are taken care of after you pass away. In addition to minimizing taxes and costs, consider these questions: How can you administer assets for the maximum advantage of your survivors? What are your children’s needs? What will happen to your business? Which charitable organizations would you choose to support?

We have an increasing number of friends at Alzheimer’s Association who now are benefiting from life income gifts, gift annuities and other plans. The benefits of gift planning are many. If you’d like to learn more about your choices, contact Greg Winslow at 614-442-2011 or by email at gwinslow@alz.org.

Presenting Sponsor:
OhioHealth

Painting a Plan is the Proven First Step Toward Securing Your Future
Speaking Out
By Mari Dannhauer, MSW, LSW

The good news about Alzheimer’s care today is that more and more people living with dementia have found their voice and are speaking out. The even better news is that those of us in the business of providing consultation and services for those affected by a growing range of dementia-related diseases are actively listening and advocating for changes in the medical community.

The 2008 report “Voices of Alzheimer’s Disease” examined the rich dialogue gathered at four regional town hall meetings for people facing early stage Alzheimer’s disease. More than 800 participants, including 300 people living with the disease, declared that things need to change especially the public’s perceptions about Alzheimer’s and those who live with it. Two major issue areas surfaced: diagnostic challenges and dissatisfying interactions with the medical community.

Principles for a Dignified Diagnosis contain insights from people living with the disease on how to improve that experience. This new and innovative publication is co-authored by Dr. Steve Hume, a member of the Alzheimer’s Association Early Stage Advisory Group, who was diagnosed with younger-onset Alzheimer’s disease at the age of 61. “The face of Alzheimer’s has changed in recent years, and Principles for a Dignified Diagnosis adds a voice to that face,” said Dr. Hume. “It is important that we not only tell clinicians we want a dignified diagnosis, but also teach them what that means. There is a lot we can learn from each other.”

American Medical Association (AMA) President Nancy Nielsen, M.D., said, “Patients with Alzheimer’s disease face many challenges as they strive to maintain a normal life, and physicians are committed to helping ease the burden with high quality health care. The AMA applauds the Alzheimer’s Association for bringing forward the patients’ perspective on compassionate care, as Alzheimer’s patients, their families and their physicians battle the disease together.”

The Principles for a Dignified Diagnosis

• Talk to me directly, the person with dementia I am the person who needs to know first.
• Test early. Helping me get an accurate diagnosis as soon as possible gives me more time to cope and live to my fullest potential.
• Take my concerns seriously, regardless of my age. Age may be the biggest risk factor for Alzheimer’s, but Alzheimer’s is not a normal part of aging.
• Deliver the news in plain but sensitive language. This may be one of the most important things I ever hear.
• Coordinate with other care providers. I may be seeing more than one specialist — it is important that you talk to my other providers...
• Explain the purpose of different tests and what you hope to learn. It would help me to know what the purpose of the test is, how long it will take and what you expect to learn from the process.
• Give me tools for living with this disease. Please don’t give me my diagnosis and then leave me alone to confront it.
• Work with me on a plan for healthy living. Medication may help modify some of my neurological symptoms, but I am also interested in other recommendations...
• Recognize that I am an individual and the way I experience this disease is unique.
• Alzheimer’s is a journey, not a destination. Treatment doesn’t end with the writing of a prescription.

For a full version of the Principles for a Dignified Diagnosis visit www.alz.org.
Day Out Club
DELAWARE

By Shelly Wesner, MSW, LSW

Individuals in the early stage of dementia benefit from purposeful activities. Thanks to a grant provided by the Brookdale Foundation, the Chapter’s Delaware Office fills a niche for individuals facing Alzheimer’s and related dementias.

Every Wednesday from 10 a.m. to 2 p.m. the group works on service projects provided by community agencies including American Legion, Heartland Hospice, The Delaware General Health District, Delaware Hearing and Speech Center and the Andrews House. The group also participates in brain stimulating activities such as crossword puzzles, trivia, yoga and special projects at the local cultural arts center, The Arts Castle.

People in the early stage of dementia may be withdrawing from activities and interests that they once enjoyed, while not being ready for services provided by an adult day care setting.

Kudos to our volunteer JoAnn Wesner. JoAnn brings new musical selections and trivia each week. She is great at providing extra clues while we work out crossword puzzles together.

If you reside in Delaware County and would like your loved one to participate in the Day Out Club or you would like to assist the group by being a volunteer, please contact Shelly Wesner at the Delaware Branch office at 740-363-1365 or at mwesner@alz.org.

Meet CHRIS

As a member of the OSU John Glenn School of Public Affairs High School Internship Program, Chris joined our Advocacy team in February. Chris coordinated the Chapter’s portion of Memory Day at the Ohio Statehouse, updated the contact list for our fourteen county service area and constructed advocacy materials. Chris also participated in numerous visits to state and federal legislators. In August Chris will attend George Washington University in Washington D.C.

“The level of passion for the work we do is greater because it’s not just about making money, it’s about helping others.”

Meet Meggie

OSU senior Meggie King spent her summer as an Alzheimer’s Association, Central Ohio Chapter intern. Meggie’s major in strategic communications -- with a minor in dance – was a perfect fit for the Chapter’s evolving social networking goals. Check out some of Meggie’s work by going to www.alz.org/centralohio and clicking the Find Us On Facebook link.

“Memory Walk was such a moving experience, to see the sea of purple and to know that I had been a part of it.”

Charity Baseball Game benefiting the Alzheimer’s Association, Central Ohio Chapter

Saturday, August 22, 2009
Gates open at 12 Noon
Game begins at 1:00PM
Bill Davis Stadium,
The Ohio State University

Tickets can be purchased online at:
www.alz.org/centralohio
or stop by the Alzheimer’s Association offices
3380 Tremont Rd.
Columbus, OH 43221

TICKET PRICES:
Adults: $10
Students: $5 (elementary-college)
Children: 6 and under free
New Alzheimer’s SUPPORT GROUP LAUNCHED

The Alzheimer’s Association, Central Ohio Chapter has initiated a Caregiver Support Group for Adult Children who are caring for a parent with memory loss. Meeting are held on the first Wednesday of the month at the Worthington United Methodist Church.

The leaders for this Adult Children group Liz Zeigler and Pat Badgero, are both caring for their mothers with dementia. Liz and Pat met in February 2008, the morning of attending their first support group. They stood outside of the meeting room debating whether they were appropriate for a support group, and have since become close friends. “Our mothers might as well be twins,” remark the two. For information on Support Group Meetings go to www.alz.org/centralohio or call 614-457-6003 or email cmonjot@alz.org.

“Announcing Alzheimer’s Care Consultation in SEVEN CENTRAL OHIO COUNTIES

Residents in Franklin, Union, Pickaway, Madison, Fayette, Delaware and Fairfield counties now have access to care consultation services in their community.

Professional clinicians help people living with Alzheimer’s and their caregivers by educating them about the disease, linking them with community resources, creating a long-term plan, and offering caregiver education and support.

Information on hours and locations is available at www.alz.org/centralohio. To schedule an appointment for a free care consultation with the Alzheimer’s Association please call 1-800-272-3900.

“The impact of caring for someone with dementia pose special challenges; we provide current and useful resources so they don’t feel abandoned.”

Angela Richardson, BA, Education Coordinator

UPDATE

Find the Support Group nearest you at www.alz.org/centralohio

Support groups are open and free. Caregivers and friends of people with Alzheimer’s disease or related disorders meet regularly and are facilitated by a trained professional and/or a family caregiver. Participants discuss caregiving challenges and share helpful tips, while receiving support from others who are in similar situations.

We have support group meetings at various times and locations. Please call the Group Facilitator (listed at www.alz.org/centralohio) before attending the first time to confirm the meeting time and location.

If you don’t have access to a computer, information is available by calling 1-800-272-3900.

Find the Education Program nearest you at www.alz.org/centralohio

Caregiving 201 will meet Saturday September 19th at Wesley Ridge in Reynoldsburg. This workshop helps those coping with the middle and later stages of dementia.

Caregiving 101 series will meet on October 1st, 8th, 15th and 22nd. Location to be determined. This series helps families better understand the diagnosis and how to plan for the future.

For further information and registration about these and any of our educational programs call 1-800-272-3900 or contact Angela Richardson at arichardson@alz.org.

For more information, please contact: Alzheimer’s Association, Central Ohio Chapter, 614-457-6003 - 800-272-3900 - www.alz.org/centralohio
Memory Walk THANK YOU

We couldn’t do it without the support of our sponsors:

Thank you Franklin County!
Over 1,500 people attended the 2009 Franklin County Memory Walk making it the largest and best attended walk to date.

Through the generous support of our sponsors, participants and volunteers, we have raised over $140,000 so we can make a better life for those living with Alzheimer’s.

Upcoming 2009 Walks

September 19, 2009
Marion County Fairgrounds
http://memorywalk09.kintera.org/marionmorrow

November 1, 2009
Polaris Fashion Place
http://memorywalk09.kintera.org/delaware

Laurels of Worthington, The Forum at Knightsbridge, First Community, Forest Hills, ManorCare of Westerville, Monterey Care Center, Wesley Glen/Wesley Ridge Life Center.