Family Finds A Friend In Alzheimer's Association

When Lisa Donelan’s father, Frank Lang, was diagnosed with Alzheimer’s disease almost five years ago, the news was difficult to accept, especially for her mother.

“My mom (Bea) was in denial for a long time. She didn’t want to tell her friends because she thought they might treat him differently. She just didn’t want to deal with it,” said Mrs. Donelan, a resident of Fort Thomas, Ky.

It took a great deal of prodding from the family but Mrs. Lang eventually went with her daughters and son to a When the Diagnosis is Alzheimer’s program, a Family Care Consultation and a Family Support Group held at St. Elizabeth Hospital in Fort Thomas.

Taking advantage of these Association programs turned out to be a good decision for everyone involved.

“Lisa and her family have benefited from many Alzheimer’s Association programs, starting with the What Families Need to Know…When the Diagnosis is Alzheimer’s caregiver education series,” said Anne Von Hoene, Director of Programs and Services at the Alzheimer’s Association of Greater Cincinnati.

“This comprehensive program features experts in medicine, law, nursing and social work, and provides a solid foundation of knowledge for families who are new to this disease process.”

Today, Mrs. Donelan, her mother and sister regularly attend the monthly family support group meetings held at St. Elizabeth (the second Tuesday of the month). Over time, she has observed quite a transformation in her mother.

“My mom has really come to terms with what is happening to my dad. She

Walk Tops $500,000

Thanks to the exemplary efforts of volunteers, donors, corporate sponsors and chapter staff, the 2011 Walk to End Alzheimer’s campaign surpassed its fundraising goal by more than $48,000.

The Chapter’s five Walks attracted an estimated 4,400 participants and raised $501,000… and counting.

For more on the Walks, please see the special section inside.

Art of Making Memories Returns to Taft Museum

The Taft Museum of Art in Cincinnati will once again be the host site for the 2012 Art of Making Memories benefit on Thursday, May 3.

As in the past, the 2012 event will feature framed artwork painted by individuals in the early stages of Alzheimer’s disease who participate in the Alzheimer’s Association Memories in the Making® program. Other exciting silent and live auction items will be up for bid in addition to live entertainment, dinner by the bite, wine and beer as well as an optional cash bar.

Last year, a capacity crowd of nearly 350 guests helped to raise more than $110,000 for local programs and services as well as research on a national level.

The Kohnen family will serve as honorary chairs for the event. Rodney Lear is chairperson of the event planning committee.

Those interested in working on the planning committee are asked to contact Diana Bosse at (513) 721-4284 or diana.bosse@alz.org.

Reservations for the benefit can be made by calling (513) 721-4284 or visit: http://artofmakingmemories.kintera.org/2012. Order your tickets early as not to miss out on this lovely evening.

Inside Cornerstone...

- Dementia Conference Attracts Portsmouth Audience…page 3
- Chapter Welcomes New Staff Members…page 4
- Fundraisers Support Association…page 9
- Mercer Says Goodbye to Chapter …page 10
We Succeed Because of You

Dear friends,

You did it.

And while we’re not surprised— we at the Association, and tens of thousands of individuals and families impacted by Alzheimer’s disease in our 27-county region—are in awe of your accomplishments, and deeply, deeply grateful.

The passion, heart, determination and generosity of an estimated 4,400 walkers, 472 team captains and hundreds of volunteers, raised a record total half-million dollars—and counting—at this year’s five regional Walks to End Alzheimer’s.

Everyone was there—daughters, sons, husbands, wives, brothers, sisters, grandchildren, nephews, nieces, cousins, college roommates, high school friends, corporate and community partners, university teams, health care professionals.

From West Union to West Chester, from Portsmouth to Augusta, and across Greater Cincinnati and Northern Kentucky, our community came together to celebrate and honor those they’ve lost, and to empower and support those fighting Alzheimer’s disease and related dementias right now.

There were beautiful and unforgettable moments at all of the walks. Each Walk was unique in time and place, but similar in drive, determination and dedication to mission.

Because of you, the Alzheimer’s Association of Greater Cincinnati is enhancing care and support with expanded early-stage programming for affected individuals, family-care consultations, a 24/7 Helpline (800-272-3900), caregiver support groups, on-line coaching, community education programs, MedicAlert-Safe Return, Trial match and more.

Because of you, we are working to advance research, treatment, prevention, and ultimately, a world without this devastating disease.

We close 2011 with enormous gratitude and great expectations. Our Chapter has exciting events planned in 2012 that you’ll read about in this edition of Cornerstone—latest research update from a top scientist in April, The Art of Making Memories celebration in May, our annual Education Symposium in August, another great walk season in the fall, expanded public policy outreach and third-party events throughout the year.

My grandson, Zach, who’s 9, flew in from Florida for this year’s walk. He solicited pledges from his friends, was a volunteer greeter, walked the route…and when he got home wrote about the experience for school.

In that essay he said, “Alzheimer’s affects me because my grandma was diagnosed with Alzheimer’s in his fifties. He lost his memory, and does not remember me. I hope we can find a cure so that he will recognize me. Can we make this happen?”

That’s our goal. Zach. That’s our goal.

Family

Continued from front page

has grown so much as a member of the support group,” she said. “Now, she shares her stories and experiences and has actually become a resource for our group.”

For Mrs. Donelan, the support group has also taught her many things, notably the advice of a fellow group member to lower your expectations when it comes to dealing with a loved one with the disease, to “just go with it.” In addition, Mrs. Donelan said she found a friend in Ms. Von Hoene.

“Anne has been so important to our family,” she said. “Anne has cried with us, laughed with us. We have a real bond with Anne.”

For now, Mrs. Donelan said her 75-year-old father knows things aren’t always right but he still smiles and really enjoys his family when they are with him.

“My dad and mom have four children, four daughters and sons-in-law, nine grandchildren, three grandchildren-in-law and three great grandchildren and for now…he knows us all.” she said. “Of course that could change any day and we will have to be ready to accept and adjust to it.”

Mrs. Donelan recently participated in the opening ceremony of the Cincinnati/Northern Kentucky Walk to End Alzheimer’s at Sawyer Point on Oct. 1. She said it was a great experience for her and her family.

“Dad was really at peace during the walk, he would enjoy his family when they are with him.

He has lost his memory, and does not remember me. I hope we can find a cure so that he will recognize me. Can we make this happen?”

That’s our goal. Zach. That’s our goal.

Our Vision

A World Without Alzheimer’s.

Various programs and services are funded in part by the Ohio Department of Aging through the Council on Aging of Southwestern Ohio and the Area Agency on Aging District 7.

Thies to Present Research Update

William H. Thies, Ph.D., Chief Medical and Scientific Officer for the Alzheimer’s Association, will be giving a special presentation on current advances on Alzheimer’s disease research in Cincinnati on Wednesday, April 18.

While details of the event are still being finalized, professional and family caregiver sessions will be planned.

Details on the event and related programs that day will be available soon. For more information, call the main Cincinnati office at 1-800-272-3900 or visit our website www Alzheimer’s.org/ Cincinnati.

A Word About Us

By Paula Kollstedt

Executive Director

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Wandering is a common behavior for people with Alzheimer’s disease. More other activities that are not part of the person’s usual wandering at this time of year include changes to the familiar and reassuring. Common triggers for homes or nursing facilities in search of something harsh winter weather can prove especially life threatening by putting lost persons at risk of exposure and hypothermia.

There are many avenues for diagnostic testing of individuals with symptoms of dementia. In the Greater Cincinnati area, we are fortunate to have several geriatric assessment or memory disorder centers that can conduct the full battery of recommended testing with a team of clinical specialists that includes geriatricians, neurologists, psychologists, nurses and social workers. There are also many neurology groups that can coordinate diagnostic testing and provide ongoing care to diagnosed individuals and their families.

In a 2008 report, the Alzheimer’s Association identified diagnostic challenges and dissatisfying interactions with the medical community as two major challenges articulated by people living with the disease. Principles for a Dignified Diagnosis is the first statement of its kind written by people with dementia on the subject of the Alzheimer diagnosis experience. These principles are their insights on how to make that experience better.

**Principles for a Dignified Diagnosis**

- Talk to me directly, the person with dementia.
- Tell the truth.
- Test early.
- Take my concerns seriously, regardless of my age.
- Deliver the news in plain but sensitive language.
- Coordinate with other care providers.
- Explain the purpose of different tests and what you hope to learn.
- Give me tools for living with this disease.
- Work with me on a plan for healthy living.
- Recognize that I am an individual and the way I experience this disease is unique.
- Alzheimer’s is a journey, not a destination.

Why is diagnostic testing important? Because a probable diagnosis of Alzheimer’s disease or another form of dementia allows the diagnosed person and the family to put a name to the problem. And with a name, they can become educated about the particular disease process and plan accordingly for the future. As the saying goes… knowledge is power. We at the Alzheimer’s Association find that the better educated and supported family members are, the better they will cope with the disease throughout its continuum.

For information about various forms of dementia and referrals to community resources, please contact our 24-hour Helpline at 1-800-272-3900.

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**Conference in Portsmouth**

The Alzheimer’s Association of Greater Cincinnati reached out to health care professionals and family caregivers in southeastern Ohio with an education conference in Portsmouth on Oct. 19. The Southeastern Ohio Dementia Conference was held at the Friends Community Center on the Southern Ohio Medical Center’s south campus. The day-long event attracted 70 professional and family caregivers.

The conference, designed for healthcare professionals, featured a variety of workshops focusing on Alzheimer’s disease and related dementias. Conference speakers included Brenden Kelly, M.D., Medical Director of the UC Memory Disorders Center; Christine Raber, Ph.D., OTR/L, Shawnee State University; and Clarissa Rentz, MSN, APRC-BC, former executive director of the Alzheimer’s Association of Greater Cincinnati.

**Dementia Videoconference**

Nearly 30 caregivers attended a dementia videoconference at the METC Center of Northern Kentucky University in August. The free educational program provided interactive videoconferencing between groups at three different sites in Kentucky. The program was a joint effort between the University of Kentucky Sanders-Brown Center on Aging, the Kentucky TeleHealth Network and the Alzheimer’s Association.

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**Give the Gift of Safety During Holiday Season**

The holidays can be a time of added stress and confusion for a family affected by Alzheimer’s disease or other forms of dementia. Due to increased activity at this time of year, people with dementia are at a higher risk of wandering away from their homes or nursing facilities in search of something that is familiar and reassuring. Common triggers for wandering at this time of year include changes to the environment and routine, such as holiday decorations, large gatherings of people, out-of-town visitors and other activities that are not part of the person’s usual schedule.

Wandering is a common behavior for people with Alzheimer’s disease. More than half of people with the disease will wander and get lost at some point during the illness. They may get lost in a shopping mall or even in their own neighborhoods and may not remember how to get home or ask for help. Some have traveled hundreds of miles before being found. Although wandering is always potentially dangerous, the harsh winter weather can prove especially life threatening by putting lost persons at risk of exposure and hypothermia.

The MedicAlert® Alzheimer’s Association Safe Return® program assists in the safe and timely return of individuals with Alzheimer’s disease and other dementias who wander or become lost. The program provides a stainless steel identification bracelet or necklace inscribed with the individual’s first name, ID number and the MedicAlert® 24-hour, toll-free crisis line. The identification products alert others that the individual is memory impaired and needs assistance. When a registrant is discovered by a person in the community and a call is placed to the emergency line, the crisis operator at MedicAlert immediately notifies the family members listed in the database and helps facilitate a safe return.

The initial enrollment fee for MedicAlert® Safe Return is $54.90, and there is an annual renewal fee of $30. The Alzheimer’s Association of Greater Cincinnati has limited funds to offer financial assistance toward the initial enrollment fee for residents of our 27-county service area in southern Ohio, Northern Kentucky and southeastern Indiana. For more information about this program, call 1-888-572-8566 or visit www.medicalert.org/safereturn.

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**Caregiver News**

Not All Dementia Is Alzheimer’s: Testing Is Important

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By Anne Von Hoene

Director of Programs and Services

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Alzheimer’s Association • Greater Cincinnati Chapter • 3
Chapter Welcomes Gorley and Hubbuch to Staff

Lee Hubbuch and Jill Gorley, LSW, are the newest members of the Alzheimer’s Association of Greater Cincinnati staff.

“We are very pleased to welcome Jill and Lee,” said Executive Director Paula Kollstedt. “Both bring a wealth of professional knowledge and a commitment to helping our chapter and its mission.”

Ms. Gorley was named the Multicultural Outreach Coordinator in August. A native of Cleveland and a graduate of the University of Akron, she will coordinate education and service outreach for minority populations in the Chapter’s service area.

Ms. Gorley previously served as Director of Operations for InReturn, a non-profit organization that provided education and skills training for individuals with traumatic brain injury.

“It’s a great pleasure to join such an energetic and dynamic group,” said Ms. Gorley. “The staff and volunteers are so dedicated to helping others.”

Ms. Gorley and her son, Cameron, reside in Mason. As an executive assistant, Ms. Hubbuch is responsible for assisting Executive Director Paula Kollstedt with administrative goals and special projects as well as day-to-day operations.

“My mother had Alzheimer’s disease for many years and during that time it was helpful to know that the Alzheimer’s Association had a variety of resources for our family,” said Ms. Hubbuch. “I am excited to be part of a team who is committed to supporting those with the disease.”

Before joining the Alzheimer’s Association, Ms. Hubbuch worked part-time for many years at College Hill Presbyterian Church in addition to positions with other companies and organizations. A native of Cincinnati, she has a Bachelor of Business Administration degree from the University of Kentucky.

She and her husband, Doug, and her three children reside in Colerain Township.

Caregiver Tips

The holidays can present a variety of unique challenges for those affected by Alzheimer’s disease and their caregivers. It is important to be aware of behavior “triggers” that can make caregiving situations more difficult to manage. Caregivers should take special note of the following:

Physical Changes/Health Problems

- Effects of medications
- Impaired vision or hearing
- Acute illness, such as an infection
- Dehydration or poor nutrition
- Physical discomfort / pain
- Depression
- Fatigue

Environment

- Environment is too large
- Too much clutter
- Excessive stimulation, too many people or too much activity
- Unstructured environment and lack of orientation cues – not sure what to do, where to go
- Poor sensory environment, e.g. lighting, noise
- Unfamiliar environment

Difficulty in Task Performance

- Task too complicated  •  Too many steps combined
- Task not modified for increasing impairments  •  Task unfamiliar

Communication Challenges for the Caregiver

- Asking too many questions at once, or quizzing the person
- Talking too fast, or not making sure your words are understood
- Arguing, or insisting on using reason and logic to correct the person
- Not identifying yourself and your purpose for being there
- Communication problems can cause a person to appear uncooperative or withdrawn

For more tips on communication techniques and managing behavioral symptoms, please call our Helpline at 1-800-272-3900 or visit www.alz.org.

Research Study at UC

The University of Cincinnati is currently seeking adults with mild to moderate Alzheimer’s disease (AD) for a research study looking at the safety and effectiveness of an investigational drug for mild to moderate AD. Participants will receive the study drug or a placebo (a pill with no medication) and undergo tests that check attention, concentration and memory.

Participants must:

- be 55 years of age or older
- have been diagnosed with mild to moderate Alzheimer’s disease by a physician
- be on a stable dose of donepezil (Ariecept) for at least 4 months
- have a consistent and reliable caregiver

Participants will receive:

- study-related medical exams at no cost
- study-related investigational medication at no cost
- compensation for time and travel

For more information about this study, please contact Stephanie Nolting at 513-558-7183 or email: stephanie.nolting@uc.edu.

DISCLAIMER: The Alzheimer’s Association does not endorse any particular research study. When speaking with staff at clinical trial sites, please be prepared to ask questions regarding inclusion and exclusion criteria, consent, and the risks and benefits of participation in the study.

Multicultural Forum Focuses on Caregivers

The Multicultural Caregiver Forum, featuring the theme “Dementia and Challenges,” was held on Saturday, Oct. 15 at Dayspring Church of God in Forest Park (1060 Smiley Ave., Cincinnati, OH 45240). The forum, which focused on particular dementia risk factors and care challenges for the African-American and Hispanic/Latino communities, was free to the public.

Featured speakers included Ty Brown, MD, of St. Elizabeth Physicians – Neurology; and Rhonda Robinson, RN, MSN, of Vitas Innovative Hospice Care.
An estimated 3,100 walkers weathered a breezy and cool morning during the Greater Cincinnati/Northern Kentucky Walk to End Alzheimer’s at Sawyer Point on Saturday, Oct. 1. WLWT-TV News anchor Jack Atherton joined the B105.1 FM morning team of Chris Carr, Maverick and Jason “Stattman” Statt as event emcees.

The event raised a record $361,946 for the Greater Cincinnati Chapter.

“I am just grateful to the community for their strong support of our 2011 Walk in these trying times,” said planning committee co-chair John Heppler.

“Certainly, recognition has to go to the sponsors, the teams and all the walkers. I would especially like to thank all of the generous sponsors and teams for their help as well as the planning committee for all their valuable work,” added committee co-chair Mark Cawley.

Top Individual Fundraisers:
1st – Brenda Caldwell - $3,600
2nd - Mindy Ross - $3,355
3rd – Lindsey Otradovec - $2,881

Top Fundraising Teams:
- Corporate Team: Modern Office Methods Dallas • Cincy Steppers - $2,038
- Friends & Family Team: Meyer’s Marchers - $10,530
- Health Care Team: The Kembwood by Senior Star - $12,586
- School & Community Team: Xavier University Department of Psychology - $2,318

Top Fundraisers:
- 1st Place – Hubert Tyler - $770
- 2nd Place – Lennie Grooms - $699
- 3rd Place – Jennifer Williams - $500

Adams, Brown and Highland Counties

Nearly 200 enthusiastic participants made the Adams, Brown and Highland Counties Walk to End Alzheimer’s one to remember. The Walk at Adams Lake State Park on Saturday, Aug. 27 raised $15,916 in support of local programs and services provided by the Greater Cincinnati Chapter.

The top three individual fundraisers were:
1st Place – Hubert Tyler - $770
2nd Place – Lennie Grooms - $699
3rd Place – Jennifer Williams - $500

The top fundraising team was Team Erma Kate with $3,256.

“This community is so giving and generous. Thanks to everyone for making the Walk such a success,” said Melissa Dever, Southeastern Ohio Branch Manager for Greater Cincinnati Chapter. “This was done with the support of many individuals raising money in memory or in honor of someone they know affected by this terrible disease, along with local businesses, community and healthcare organizations. Their spirit and dedication to our mission made the day so much fun.”

Gemelia Tyler served as planning committee chair.
Portsmouth

Nearly 300 participants enjoyed a scenic Ohio River walk at the Portsmouth Walk to End Alzheimer's on Saturday, Sept. 17. The event raised a record $25,690 in support of local chapter programs and services.

Top Individual Fundraisers:
1st – Jamie Williams - $1,540
2nd – Rachel Coleman - $1,464
3rd – Mary Ann Hill - $780

Top Fundraising Teams:
Team USSA Adult Day Center - $3,306

“We are so grateful for the continued generosity from participants and donors of the Butler, Warren and Clinton Counties Walk,” said Special Events Coordinator Marcy Hawkins. “Thank you to everyone who supported the Walk and made it so successful.”

Susan Dickey and Dave Noonan served as co-chairs of the event planning committee, which included Stephanie Adams, Jerry Craft, Donna Deaton, Lori Deaton, Debby Farmer, Lisa Grinstead, Jennifer Kinney, Brenda Lovich, Jennifer Mims, Karen Rolek, Diana Siciliano and Stephanie Wehrman.

Bracken County, Ky.

About 90 walkers enjoyed pleasant weather and a scenic walk along the Ohio River at the Bracken County Walk to End Alzheimer's on Sunday, Oct. 9. The event in Augusta, Ky., raised $12,954 in support of the Greater Cincinnati Chapter and its services in Northern Kentucky.

Top Individual Fundraisers:
1st – Holly Hoffman - $2,593
2nd – Agnes Moore - $903
3rd – Eric Bach - $400

Team Mar-Lin was the top fundraising team with $2,593 in donations.

“We take all of us working together to make a difference and we did it for the Walk to End Alzheimer’s,” said Jamie Williams, Event chairperson.

The event planning committee consisted of Scott Akers, Rachel Coleman, Ryan Lawson, Rosemary Malone, Erica Moore, Alma Tatman and Ms. Williams.

Butler, Warren and Clinton Counties

More than 750 walkers joined the B105.1FM morning team of Chris Carr, Maverick and Jason “Stattman” Statt at the Butler, Warren and Clinton Counties Walk to End Alzheimer’s at Wetherington Golf & Country Club in West Chester on Saturday, Sept. 10. The event raised a record $84,514.

Top Individual Fundraisers:
1st – Christina Jenkins - $1,065
2nd – Jim Burton - $1,000
3rd – Cheryl Kalous - $990

Top Fundraising Teams:
Friends & Family Team: Friends of Kathy O’Friel Hammond - $7,415
Health Care Team: Blackstone Steppers - $4,095
School & Community Team: First Baptist Church of Fairfield - $1,040
Corporate Team: Sibcy Cline Realtors - $478

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A RECORD TOTAL - THANKS TO YOU!
Walk Sponsors

Cincinnati/Northern Kentucky

Presenting

Platinum

Gold

Silver

Snack Stop

Water Stop

Butler, Warren & Clinton Counties

Presenting

Silver

Water Stop

Banner

Promoting Hope

Bracken County

Gold

Silver

Banner

Media

Bronze

Water

Adams, Brown & Highland Counties

Silver

Media

Banner

Promoting Hope

Portsmouth

Gold

Silver

Banner

Bronze

Ohio Valley Home Health

Comfort INN

Southern Ohio Medical Center

Best Care Nursing and Rehabilitation Center

Eagle Creek Nursing Center

Genesis Oxygen & Home Medical

Edgewood Manor of Lucasville

Hallmark Health Care

The Lodge Care Center

The JS Foundation

Cassidy Turley

Graeter’s Inc.

Ohio Valley Home Health

Burlington House

Johnson Investment Counselor

Lanfair Retirement Community

Margie Bach Family

WFLE

First State Bank

Post 2734

National Bank of Adams County

Mercy Franciscan at Schroeder

The Christ Hospital Center for Health & Aging

Council on Aging of Southwestern Ohio

Ritter & Randolph, LLC

Arden Courts of Anderson & Kenwood

Bob & Carolyn Wehling

Rudd & Schumacher

Augusta Nazarene Church

The Bill Boling Family

Cash Express

First National Bank of Brooksville

Heritage Development Corporation

First State Bank

Roush Insurance Agency

Kroger Food Stores

The Woodlands of Hamilton Cassinelli and Shanker Orthodontics

Comfort Keepers

Atrium Medical Center

Cincinnati Bell

Cassidy Turley

Mason Christian Village

Mark & Susan Dickey

Kroger Food Stores
Divided to reflect the age old rivalry between blondes and brunettes, two teams will compete in a flag football game to raise awareness and funds in the fight against Alzheimer’s disease. In addition to the players, both men and women can join as coaches, fans and even cheerleaders.

BvB is coming to Cincinnati in the Fall of 2012. Contact cincinnatibvb@gmail.com or Amy Horn at amy.horn@alz.org for more information or to get involved.

Now recruiting for planning committee members, team members, coaches and volunteers.

**A Ride to Remember**

The inaugural Ride to Remember took place in Gallia County in May. The bike ride, organized by Abbyshire Place, attracted more than 50 motorcycle entries. Participants also enjoyed a live country western concert and great food. The event raised $1,110 to benefit local programs and services provided by the Alzheimer’s Association of Greater Cincinnati as well as research at the National level.

**Artisans Fest Celebrates Record Success**

Thousands of visitors joined with artisans in the beautiful foothills of Appalachia for the Appalachian Mountain Artisans Fest second weekend in October. In addition to the crafts, homemade ice cream and delicious Amish goodies, folks enjoyed live entertainment, a charity auction, hay maze, petting zoo, historical reenactments and other demonstrations too numerous to mention.

The picture-perfect setting and gorgeous Indian summer days also helped draw in a record crowd.

Festival attendees displayed their generous spirit as donations for the Alzheimer’s Association totaled more than $2,800.

Next year’s event will be Oct. 12-14. For more information, to view photos from this year’s event, or to reserve booth space visit www.appalachian-mountainartisansfest.com today.

**Wine Tasting Offers Spirited Fun for Good Cause**

Linda Osterman brought together her love for wine and love for her sister, affected by Alzheimer’s, by hosting a fundraiser.

Joined by friend, Ann Seeger, who lost her own father to the disease, the pair held an exclusive wine and food tasting at Seeger’s Meats and Deli in Lebanon on Sunday, Oct. 16.

A sold-out crowd of nearly 70 guests enjoyed samplings of several wines and delicious tidbits as well as bidding on silent auction items donated by many of the local businesses. The first time event, raised $3,127.50 for the Alzheimer’s Association. Cheers to all who participated.

After Cris Suesz lost her father, Charles McQueen, to Alzheimer’s disease nearly eight years ago, she was inspired to do something to show her love for him and to support the fight against Alzheimer’s disease. What better way than to hold a fundraising event in his memory around Valentine’s Day?

With the help of her husband, Joe, along with family and friends, Ms. Suesz plans to continue the tradition of conducting a benefit dance in 2012. The 7th Annual Cherish the Memories Valentine’s Dance will be held at the Marriott Hotel-Cincinnati Airport in Hebron, Ky. on Saturday, Feb. 11 from 7 p.m. until midnight.

Join the Suesz and McQueen families for an evening of dancing, silent and live auctions as well as door prizes and raffles! Music will be provided by B105.1 FM deejay Jesse Tach.

For more information, please contact Cris Suesz at crissuesz@chasseligman.com.

**Rusty Ball Rocked, Rolled and Raised Funds**

A sold-out crowd of more than 4,000 people packed the Duke Energy Center on Oct. 22 and were transported back to the 1980’s with live music from the Rusty Griswolds, one of the area’s most energetic and beloved bands.

Due to the Griswold’s popularity, the band was often asked to perform benefit concerts that they often had to regrettably decline. Their resolution was to hold one mega-event to benefit many worthwhile organizations, thus, four years ago the Rusty Ball was born.

This year’s concert supported 119 beneficiaries, including the Alzheimer’s Association of Greater Cincinnati.

“It was the most fun I’ve had since 1987,” said Chapter staff member Diana Bosse. “Steve and the band unselfishly devote quite a bit of time to help our community and everyone is so appreciative of what they do. I will definitely be there again next year, only I’ll be wearing more comfortable dance shoes.”

**A Round to Remember**

The Second Annual Round to Remember, benefiting the Alzheimer’s Association of Greater Cincinnati, was held on Friday, Aug. 12. The weather cooperated fully and the golfers truly got into the “wing” of things at beautiful Grand Oaks Golf Course in West Harrison, Ind. Lead by David Martin, the event exceeded the 2010 fundraising total and brought in $650 for the Chapter.

David Martin has already secured two courses for participation in the 2012 event and hopes to attract the interest of even more. For more information or to join a committee, please contact Mr. Martin at 513-484-8015.
Chapter/Development News

It Has Been a Personal Honor to Serve All of You

By Brigid Mercer
Development Director

"The reason it hurts so much to separate is because our souls are connected. Maybe they always have been and will be. Maybe we've lived a thousand lives before this one and in each of them we've found each other... this goodbye is both a goodbye for the past ten thousand years and a prelude to what will come." - Nicholas Sparks, The Notebook

How do you say goodbye to work in a mission anchored in deep need, passionate staff, devoted volunteers, donors and advocates and grateful clients? I am not sure I really can. There are no words that can adequately reflect what I carry in my heart.

What I can share with you are things you already know.

The commitment and contributions that our Chapter donors and volunteers have already made and will make to our mission in the future is breathtaking. There exists strong and consistent support of staff efforts, fundraising events, advocacy initiatives, outreach activities, local programs, national research and daily operations.

The power of our Chapter programs and services can be transformative for families on the wicked journey of Alzheimer's disease. We need every resource that can be imagined in order to support and expand local services.

If you are already supporting the mission, thank you. If you feel that you could do more, do it. The mission demands it and the Chapter community, affected individuals and their caregivers are more deeply grateful for your help than you could ever imagine.

Research shows there are as many as 5.4 million Americans living with Alzheimer's disease and that number is expected to grow to as many as 16 million by 2050. In the United States, someone develops Alzheimer's every 69 seconds.

But you can do something to help end this epidemic. Become an ALZ Star by joining the Race for the Brain Team and participate in one of the races offered by the Cincinnati Flying Pig. Whether you're a runner or walker, the Flying Pig has an event for you. Participate in the 5K, 10K, half marathon, full marathon or 4-person marathon relay the weekend of May 5-6, 2012.

There is no registration fee or fundraising requirement to join the Race for the Brain Team; however, participants must pay their own entry fee to the Flying Pig. Help lead the fight against this devastating disease. Register at http://ALZStars2012.kintera.org/Cincinnati and begin fundraising today!

Money raised through ALZ Stars benefits the care, support and research efforts of the Alzheimer's Association.

Contact Marcy Hawkins at (513) 721-4284 or marcy.hawkins@alz.org with any questions.

The Chapter staff are a special team made up of the most talented professionals and caring human beings that you could ever hope to be lucky enough to meet, not to mention have the opportunity with which to work for six years. And, I mean work. This team delivers top-notch clinical services, funds full mission with aggressive fundraising event projects and takes special care to always thank donors and volunteers for their part in Chapter accomplishments. And, as a happy consequence, really functions as a work family; a fun, intensely gifted, warmhearted, amazing family.

A family that I now must leave to move onto the next mission that I am called to serve. A mission that happens to be in beautiful Seattle. So, as I make my way to Seattle, I send to all of you in the Chapter community this most appropriate Irish Blessing:

May the blessing of the rain be on you - the soft sweet rain.  
May it fall upon your spirit so that all the little flowers may spring up, and shed their sweetness on the air.  
May the blessing of the great rains be on you, may they beat upon your spirit and wash it fair and clean, and leave there many a shining pool where the blue of heaven shines, and sometimes a star.

It has been my honor to serve the mission of the Alzheimer's Association of Greater Cincinnati, our clients, staff, volunteers and donors.

Namaste,
Brigid

ALZ Stars Race Team Prepare for Flying Pig

The reason it hurts so much to separate is because our souls are connected. Maybe they always have been and will be. Maybe we’ve lived a thousand lives before this one and in each of them we’ve found each other... this goodbye is both a goodbye for the past ten thousand years and a prelude to what will come." - Nicholas Sparks, The Notebook

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Contact Marcy Hawkins at (513) 721-4284 or marcy.hawkins@alz.org with any questions.

From left: planning committee members Jim McKale, Lisa McKale and Jamie Weaver (not pictured: David Custer and Jaime McLaughlin).

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May it fall upon your spirit so that all the little flowers may spring up, and shed their sweetness on the air.  
May the blessing of the great rains be on you, may they beat upon your spirit and wash it fair and clean, and leave there many a shining pool where the blue of heaven shines, and sometimes a star.

It has been my honor to serve the mission of the Alzheimer’s Association of Greater Cincinnati, our clients, staff, volunteers and donors.

Namaste,
Brigid
Looking Back on a Year of True Achievement

When President Obama signed the National Alzheimer’s Project Act (NAPA) into law in January, it marked a political milestone for the Alzheimer’s Association. NAPA will launch a coordinated National Alzheimer’s Disease Plan to address the federal government’s role in support of Alzheimer’s research, care, institutional services and home and community-based programs.

During the month of August, the Alzheimer’s Association conducted nearly 100 NAPA Public Input Sessions to help identity priorities related to how our nation will confront this growing epidemic. These input sessions, along with www.alz.org/napa, collected comments from thousands of individuals from across the country. This public input will play a key role in determining the focus of the NAPA initiative, helping to ensure that our nation has an aggressive and coordinated national strategy to confront the Alzheimer’s health crisis.

The Association also enjoyed a number of public policy successes at the state level. In March, Kentucky joined a growing number of states to adopt the Uniform Adult Guardianship and Protective Proceedings Jurisdiction Act (UAGPPJA). The Act establishes a uniform set of rules for determining jurisdiction and a framework that allows state judges in different states to communicate with one another regarding adult guardianship cases. In Ohio, a bill to adopt UAGPPJA is currently being considered and could be passed by the end of the year.

In August, the Ohio Department of Aging adopted Alzheimer’s-specific goals that will be part of its newly approved State Plan on Aging. The goals, created by the Ohio Council of the Alzheimer’s Association, sets a framework for health priorities as it relates to the state’s future response to the Alzheimer’s epidemic.

These achievements would not have been possible without your support. As advocates, you help spread our message and Enlighten our elected and appointed leaders as to the issue of Alzheimer’s disease in our society.

As we look forward to a new year, you can rest assured that the Alzheimer’s Association will continue to fight for better legislation, better policies and greater investment in the fight against Alzheimer’s disease and support of those affected.

For more on the Alzheimer’s Association and its public policy efforts, visit: www.alz.org or contact me at steve.olding@alz.org.

Finally, I wish to thank all of you for your gracious support of the Alzheimer’s Association this past year. May your holiday season be joyous and your New Year be truly blessed.

The Greater Cincinnati Chapter conducted a NAPA Public Input Session at The Kenwood by Senior Star on Aug. 24. The public hearing took public testimony and comment from more than 30 participants.

- Volunteer Spotlight -
Buehler Makes Big Difference in Short Time

The Alzheimer’s Association of Greater Cincinnati is always in need of volunteers for certain projects and tasks. To learn more about volunteer opportunities, please call Development Volunteer Coordinator Diana Boze at (513) 721-4284 or email: diana.boze@alz.org.

When Lucia Buehler was laid off from her job earlier this year, she decided to turn a negative into a positive by donating her time to the Alzheimer’s Association.

“I was in transition and wanted to stay busy so I decided to give my time to the Alzheimer’s Association,” she said. “I have many friends and family whose parents had Alzheimer’s, and I eventually passed away from the disease. I saw just how hard it was on them to deal with all the changes and the deterioration of their loved one.”

During the past five months, Lucia has been a weekly fixture at the Linn Street Office and has participated in a number of Chapter special events as well as serving on the Mosaic Advisory Council that focuses on outreach to minority populations.

“Lucia’s can-do attitude and professionalism has been such an asset to us,” said Development/ Volunteer Coordinator Diana Boze. “When asked to help with an extra shift at the front desk, to join a committee, assist at a volunteer fair or special event, Lucia always says ‘yes’ even before the request is made.”

A native of Southern California, Mrs. Buehler earned a degree in International Business at California State University Fullerton, a master’s degree from Thunderbird and has over 20 years global medical marketing experience. She moved to Cincinnati in 1999 with her husband, Tony. Together, they have three children.

“The most rewarding aspect of volunteering here was in knowing that I was making a difference in people’s lives. I was able to learn about the disease and the resources the Association provides to families in our community,” she said. Unfortunately for the Chapter, Mrs. Buehler will be leaving the area for a new and exciting position with a company located in Southern California. She leaves, however, with fond memories of the Chapter.

“I really felt appreciation, warmth and encouragement from the Association team. They have made me feel valued and welcomed,” she said. “I felt like I was part of a family that was making a difference and helping others dealing with Alzheimer’s.”

The Alzheimer’s Association of Greater Cincinnati is always in need of volunteers for certain projects and tasks. To learn more about volunteer opportunities, please call Development Volunteer Coordinator Diana Boze at (513) 721-4284 or email: diana.boze@alz.org.

2012 Advocacy Events

Alzheimer’s advocates should mark their calendar for upcoming advocacy events in 2012:

Kentucky Alzheimer’s Advocacy Day (Capitol Building, Frankfort) – Tuesday, Jan. 24
Ohio Memory Day (Ohio Statehouse, Columbus) – Tuesday, April 3
Alzheimer’s Association National Public Policy Forum (Washington, D.C.) – April 23-25

For more information or to sign up to attend one or more of the events, contact Steve Olding at steve.olding@alz.org or visit: www.alz.org/cincinnati.

Donor Recognition List Online

To conserve our financial resources and limit the printing cost of our newsletter, we have omitted a portion of the donor recognition list and the memorials and tributes from the print version of this newsletter.

Both lists (for donations made between June 21 and Oct. 28, 2011) can be viewed from the digital version of our newsletter at: www.alz.org/cincinnati.

We have made every effort to acknowledge contributions and spell names correctly. If we have inadvertently omitted or misspelled your name, please contact Amy Horn, at (513) 721-4284 or amy.horn@alz.org.

The Greater Cincinnati Chapter depends on friends in our community to help support Chapter programs and services through donations, tributes, memorials and bequests. Thank you very much for your support.

By Steve Olding
Communications Director

LUCIA BUHELER
Wife,如何像阿兹海默症协会提供服务的志愿者，以电话或电子邮件与我们联系。
**Family Education/Support**

**Friday Family Forum – Northern Kentucky**

**What:** Family caregivers of individuals with Alzheimer’s disease or another dementia are invited to attend an information and discussion session on various subjects related to caregiving.

**Cost:** Free, but advance registration is required. Space is limited.

**Contact:** To register, call the Alzheimer’s Association-Northern Kentucky branch at 859-240-5016 or the main Cincinnati office at 1-800-272-3900.

**Kenton County**

**Where:** Atria Summit Hills, 2625 Legends Way, Crestview Hills, KY 41017

**When:** Friday, Jan. 6 from 2:30 p.m. to 3:30 p.m.

**Boone County**

**Where:** Elmcroft of Florence, 212 Main Street, Florence, KY 41042

**When:** Friday, March 2 from 5:30 p.m. to 6:30 p.m.

**NEW PROGRAM – Orientation to Memory Loss**

**What:** A basic, introductory program for individuals experiencing mild symptoms of cognitive impairment due to Alzheimer’s disease or other forms of dementia. Family members are encouraged to attend the program with the affected person.

Topics include early symptoms, diagnostic tests, treatment options and important planning considerations.

**Where:** Alzheimer’s Association, 644 Linn St., Cincinnati, OH 45203

**When:** One session only on Saturday, Jan. 21 from 10 a.m. to 11:30 a.m.

**Cost:** Free, but advance registration is required. Space is limited.

**Contact:** Call the Cincinnati office at 1-800-272-3900 to register.

**What Families Need to Know... When the Diagnosis is Alzheimer’s Disease or Another Dementia**

**What:** An educational series for families of individuals with Alzheimer’s disease or another dementia. Separate topics are presented at each session by experts in the fields of medicine, law, nursing and social work.

**Cost:** Free, but advance registration is required. Space is limited.

**Contact:** Call the Cincinnati office at 1-800-272-3900 to register.

**Cincinnati – Winter Series**

**Where:** Alzheimer’s Association, 644 Linn St., Cincinnati, OH 45203

**When:** 2-part series held on Saturdays, Jan. 28 & Feb. 4 from 9 a.m. to 1 p.m.

**Cincinnati – Spring Series**

**Where:** Alzheimer’s Association, 644 Linn St., Cincinnati, OH 45203

**When:** 4-part series held on Tuesdays, March 6 – 27 from 6:30 p.m. to 8:30 p.m.

**Grant County, KY – Spring Series**

**Where:** St. Elizabeth Healthcare - Grant County, 238 Barnes Rd., Williamstown, KY

**When:** 2-part series held on Thursdays, March 22 & 29 from 5 p.m. to 8 p.m.

**Early Stage Strategy Group - Living with Alzheimer’s/Dementia**

**What:** An 8-week series of education/support sessions for individuals diagnosed in the early stages of Alzheimer’s disease or another dementia and their primary caregivers. Participants must have an awareness of their diagnosis and a willingness to discuss it.

**Where:** The Alzheimer’s Association, 644 Linn Street, Cincinnati, OH 45203

**When:** Tuesdays, March 27 through May 15 from 10:30 a.m. to noon

**Cost:** Free, but initial screening is required. Participation is limited to the person with the diagnosis and one family member.

**Contact:** Call Marjorie Rentz at (513) 721-4284, ext. 102 to schedule a screening interview.

**Program Calendar**

**Professional Education**

**Foundations of Dementia Care In-Service Training**

**What:** A variety of educational sessions on dementia-specific care practices are available for health care providers. Modules include: understanding dementia, making connections, enhancing mealtime, reducing pain, preventing falls, understanding wandering, encouraging restraint-free care, providing end-of-life care, and learning to lead a dementia care team.

**Where:** On-site at health care facilities or community service providers.

**When:** Dates are subject to staff availability.

**Cost:** $100 per one-hour session

**CEUs:** Call (513) 721-4284 for current information about continuing education approval.

**Contact:** To schedule an in-service, call Janet Milne at (513) 721-4284 or 1-800-272-3900.

**Ethical Considerations in Dementia Care**

**What:** A special program for social workers focusing on ethical considerations in the care of individuals with Alzheimer’s and other dementias. Topics include disclosing the diagnosis, safety concerns, decision making ability, end-of-life care and more.

**Where:** Location to be determined

**When:** Thursday, March 22 from 9 a.m. – 12:15 p.m. Registration starts at 8:30 a.m.

**Cost:** $35 per person.

**CEUs:** Application submitted for 3 hours of continuing education in ethics for Ohio social workers and counselors.

**Registration:** Reservations must be made in advance and are guaranteed only with payment. To register for this program, download a registration form at www.alz.org/cincinnati or call the Cincinnati office at 1-800-272-3900.

**Family Support Group Facilitator Training**

**What:** A training session for those interested in learning the basics of starting, facilitating or maintaining an Alzheimer’s family support group in the community.

**Where:** The Alzheimer’s Association, 644 Linn Street, Cincinnati, OH 45203

**When:** Friday, April 27 from 8:30 a.m. – 12:30 p.m. Registration starts at 8:15 a.m.

**Cost:** $50 per person. There is no fee for Alzheimer’s Association Family Support Group Network facilitators.

**CEUs:** Application submitted for 3.5 hours of continuing education for Ohio social workers and counselors.

**Registration:** Space is limited. Reservations must be made in advance and are guaranteed only with payment. To register for this program, download a registration form at www.alz.org/cincinnati or call the Cincinnati office at 1-800-272-3900.

**Save the Dates**

The Alzheimer’s Association of Greater Cincinnati presents the

**2012 Summer Symposium**

Friday, August 24
8 a.m. – 4:30 p.m.

AND

**A Day for Caregivers**

Saturday, August 25
8:30 a.m. – 12:30 p.m.

The METS Center of Northern Kentucky University
3861 Olympic Boulevard
Erlanger, KY 41018

Please watch for more information at www.alz.org/cincinnati.
The Alzheimer's Association Greater Cincinnati chapter gratefully recognizes the following individuals, corporations and foundations who have made contributions to our Chapter received between June 21, 2011 and October 28, 2011. Your support and generosity are vital to our services and the support and generosity are vital to the services our Chapter provides to persons in our 27-county territory in Ohio, Kentucky and Indiana.

We have made every effort to acknowledge contributions and spell names correctly. If we have inadvertently omitted or misspelled your name, please contact Amy Horn, Development/Donor Services Coordinator - amy.horn@alz.org.

The Greater Cincinnati Chapter depends on friends in our community to help support Chapter programs and services through donations, tributes, memorials and bequests. Thank you very much for your support.

Donor Recognition

Annual Fund Drive
Alois Society ($1,000 - $9,999)
Mr. Hal Rynerson
Annie J. Floyd
G Foundation Matching Gifts Program
Ms. and Mr. Richard Gragerman
Mary's Foundation
Mr. Thomas A. McAlister
Pacific Foundation
Ms. and Mr. Larry Plum
The Cincinnati Foundation, Inc.
Mr. and Mrs. Alan Schell
Mr. and Mrs. Ray Trushfield

Patron ($200 - $499)
La Salle High School Staff
Bill & Algene Rutze
Dr. Steve Warkany

Supporter ($100 - $199)
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Ms. and Mr. Kerri Avoy
Ms. and Mr. Walter Rathbun
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Ms. Mildred Bathurst
Mrs. Kameron & Edward Want
Western Hill HS, Class of 1941
Ms. and Mr. James J. Harlan
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Donor Recognition

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Mr. and Mrs. James Burns
Mr. and Mrs. Mary Burns
Mr. and Mrs. Charles Day
Louise R. Bellem
Mr. and Mrs. Danish Bushman
Mr. and Mrs. Jerry Fukled
Proud to Support the 2011 Walk to End Alzheimer’s

Steve Scherzinger, Chair
Jeff Holtmeier, Vice Chair
Bob Robinson, Secretary
Margaret Lunsford, Treasurer
Kim Beach, Trustee
Walt Lunsford, Executive Director
Proud Sponsor of the Walk to End Alzheimer’s
The Kenwood by Senior Star staff members would like to thank the The Alzheimer’s Association for their tireless dedication to making their vision of a world without Alzheimer’s disease a reality. You are an inspiration to us all and we are extremely thankful for the opportunity to support your vision.

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