At a certain stage of progression (later/middle stages), a person with Alzheimer’s disease may lose interest and ability in speaking or using language. Sentences can come out in confusing word salads and mixed up thoughts. For some, no words seem to come out at all. Conversations may seem futile for both the person with dementia and for those of us on the outside. Life can become very lonely and isolating for people with dementia, because the world slowly stops talking to them. The person with Alzheimer’s cannot uphold their end of the conversation anymore. In this awkward state, we give up the effort to converse and we unintentionally shut out the memory-impaired person.

When the brain endures changes due to Alzheimer’s disease, strokes or other illness, the language ability is often seriously impaired. It is important to assess for clinical depression as well as neurological changes when searching for the causes of language loss. If the word loss is due to neurological brain change, the loss of language may be permanent. If depression or medication side effects are the cause, a person may regain some language abilities with treatment and a change in medications. When the language loss seems permanent, you need a new plan. You need a way to continue relating together and to continue communicating in meaningful ways. It is

Communication Hints

- Show that you are listening and trying to understand what is being said
- Maintain eye contact
- Encourage the person to express thoughts even if he or she is having difficulty
- Be careful not to interrupt
- Avoid criticizing, correcting and arguing
- Be calm and supportive
- Use a gentle, relaxed tone of voice
- Use positive, friendly facial expressions
- Always approach the person from the front, identify yourself, and address him or her by name
- Speak slowly and clearly
- Use short, simple, and familiar words
- Break tasks and instructions into clear, simple steps
- Ask one question at a time
- Allow enough time for a response
- Avoid using pronouns and identify people by their names
- Avoid using negative statements and quizzes (e.g., “You know who that is, don’t you?”)
- Use nonverbal communication such as pointing and touching
- Offer assistance as needed
- Don’t talk about the person as if he or she wasn’t there
- Have patience, flexibility, and understanding

Conversation, continued on page 4
Message from the Executive Director

The news I share is bittersweet. I have resigned as Executive Director of the Greater Iowa Chapter. It has truly been my privilege to serve the chapter over these past four years.

You all helped show me the way. Being able to answer your Helpline calls kept me grounded in understanding what your days and nights are like. Meeting with you at educational seminars and lunch and learns helped me understand how hungry you are for new information and ways to care for those you love. Hearing your frustration and fears about taking the next steps when care could no longer be provided at home helped me understand how critical it is for us to influence our policy makers. Hearing the objections of one neighborhood in response to a proposal to build a care facility near their school reminded me of how far we have to go.

I have been inspired by the courage of so many of you: The Updegraph family for testifying before Senator Harkin's sub-committee to urge increasing federal funding for research; for the people who stood up in support of a new care facility noting the opportunities it provided for their neighborhood; for the volunteers who give their time to coordinate events, facilitate support groups, and support the office; for a friend of the chapter who believed and over 3 years gave about $45,000 to help us hire experienced, qualified staff for family service.

Together we have accomplished a lot including; a merger, faith in our services, redesign of the chapter, Area Chapter status, Contact Center, public policy leadership, recruitment of a great staff, and quality service. As I pass on the torch, be assured that the staff and Board of Greater Iowa are dedicated to good service and meeting the needs of people with dementia and those who care for them.

For now my contribution to the cause will come from a different place. I have accepted a position with AARP as the Associate Director of Community Services, a new division of the Iowa AARP office. In this capacity I will still be involved with many of the same folks working in the same issues. My passion for the cause started before I had the opportunity to serve at the Alzheimer's Association and will continue on into my future.

Thank you all,
Becky Groff, Executive Director
In February 2003, the Greater Iowa Chapter was awarded one of Prairie Meadows' 2002 Community Betterment Grants for $10,000. These funds will help provide training for police, firefighters, and emergency medical personnel on identifying people with Alzheimer's disease, appropriate interventions, communication, community resources, and the Safe Return Program. Funds will also support education for families of people with Alzheimer's disease and the friends and neighbors who care about them.

Prairie Meadows' 20-member Grants Advisory Committee, comprised of education, religious and business leaders from the greater metro area, reviews all grant requests and recommends funding levels. In 2002, over 300 organizations applied for grants.

“Our sincere thanks to Prairie Meadows and the committee who recognized the scope of need for support in our community; their foresight will ensure training for professionals and family members both to ensure the safety and quality of life for people with Alzheimer’s disease,” said Becky Groff.

The Greater Iowa Chapter, through a grant from Wellmark Blue Cross Blue Shield, presented “Taking Good Care...Powerful Tools for Caregiving” to family members in two locations in our territory this spring. With three workshops held on consecutive weeks, we were able to cover subjects such as how to meet the basic needs of an individual with Alzheimer’s, taking care of oneself, communicating effectively and finding out how to use community services. Enrollment was limited to 20 family members so one-on-one time could be utilized, which was very appreciated by participants. One family member who participated in the Boone event stated “Resources in a smaller community are so much different than what is available in Des Moines or other area, so it was helpful to have this specialized time. And it really brought home to importance of setting goals and taking care of myself; I'm not going to be any good to my husband if I'm ill or run down.” Another participant wrote, “Thanks to Wellmark and the chapter for teaming up on this event; it's nice to see a large company giving back to our community.”

Caring. Concerned. Connected. For one year now, the Greater Iowa Chapter has defined those three words through our 24-hour Helpline. Anyone calling in our chapter territory in Iowa or Illinois will be connected, day or night, to a trained, caring and knowledgeable staff member. We know the questions and issues of caregiving don't wait for business hours, so now you don't have to wait for help. During regular business hours (Monday-Friday, 8am-5pm), the Helpline (1-800-738-8071) will be answered by staff members familiar with local care options, support groups, services available to family members, and much more. After hours, any calls to the Helpline will be answered by trained professionals in our national office, where the calls will be documented and a report sent to our Chapter office the next business day, allowing us to follow up with any unresolved issues.

In addition, we can provide access to translation services for as many as 140 languages and dialects, and access to Alzheimer’s Association Chapters across the country. So remember 1-800-738-8071, day or night, we are here for you.
Updated Quality Data on Iowa Nursing Homes Available to Consumers

Iowans seeking a nursing home for a loved one now have access to updated information about the quality of individual nursing homes in the state. Thanks to the U.S. Department of Health and Human Services, the federal government recently released updated data designed to help consumers in Iowa and across the United States make more educated decisions when selecting a nursing home.

In November of 2002, the Centers for Medicare & Medicaid Services (CMS), a federal agency of the U.S. Department of Health and Human Services, launched the "Nursing Home Quality Initiative" to help consumers make more informed decisions. The "Nursing Home Quality Initiative," gives Iowa residents access to quality information about individual nursing homes via a national Web site.

The updated quality information about individual nursing homes is available at Medicare's consumer Web site, www.medicare.gov, or by calling 1-800-MEDICARE (1-800-633-4227).

When visiting the national Web site, consumers and other caregivers can research specific quality measures reported on nursing homes in their area. The quality measures are calculated from resident assessment data routinely collected on residents during their nursing home stay. The information pertains to the resident's physical and clinical conditions and abilities. CMS has calculated 10 of the quality measures for public reporting and improvement.

Consumers are encouraged to view the published measures and ratings as a starting point for asking further questions about a nursing home's quality of care.

Keep Talking!

People with dementia continue to relate to the world even without words. Most crave the company of people and conversation, even if they cannot participate very well. They often understand much of what you are saying, or at least pieces. And even if they don't understand, people want to be included in the lives of others. They do not want to be abandoned because of their inabilities or illnesses. Keep talking! Become a good storyteller. Tell the daily stories and happening of your routine life. People need to relate with others about the good, bad, challenging, funny, beautiful, philosophical and perplexing things in life. Reminisce out loud about your own memories or theirs. Now is your time to hug the conversation and have an interested, loyal ear listening to your every word. When you tell someone your stories or the details of your daily life, the person listening feels important. They feel as if they still matter to others. It does require more interest, effort and creativity on your part to keep conversations happening. The switch is that now the conversation will feel one sided. Just consider it a time to let the person with memory loss get to know YOU. After years of politely sharing conversation time, courteously not interrupting and not dominating discussions, this is your chance. Feel free to do all the talking, to help fill in the gaps of life. Enjoy yourself and remember to laugh at things. Don't silently walk by a person who has lost their words, stop and say hello or share a story with them! Just relax and try it out. The more you do this, the easier it will get! Often you will see your connection confirmed by a wide smile, a raised eyebrow, a laugh or some facial expression. And when you least expect it, a perfectly phrased few words may come out in response.

Examples of topics:

A recent movie, how you got a flat tire on the way to work, how your garden is coming along, complain about the rain and hope for the sun, your recent trip, a book you are reading, putting your shirt on inside out this morning, a recipe you tried and like, memories of your childhood or school days, what you did over the weekend, funny things your children do at home, your favorite thing about holiday time, doing the laundry, standing in line at the grocery store...anything at all about your daily life routine! (Remember, it is the relating to someone that matters the most, not as much as what your say.) Just keep talking. Your one-way conversation will be a free gift to someone who has lost the art.

Our Mission:
To provide leadership to eliminate Alzheimer's disease through advancement of research, while enhancing care and support services for individuals and families.

Courtesy Western and Central Washington State Chapter
Uptegraph Family Impresses Congressional Panel

Dubuque resident and former art teacher Dwayne Uptegraph loves to share his gift with students even after his diagnosis of Alzheimer's disease. On April 1, Dwayne, his wife Mary Jean and other family members shared more than his artistic abilities; they shared the reality of living Alzheimer's disease. The Uptegraphs appeared before the Senate Labor, Health, and Human Services Appropriations Committee, to share how their experiences with early onset Alzheimer's has touched their lives financially, socially and emotionally. This committee is co-chaired by long time Alzheimer's supporter Senator Tom Harkin, who is the Ranking Member of the committee.

The 56-year-old Uptegraph first realized he needed help by late 1999. After doctors put him through a barrage of tests to eliminate any other causes of his forgetfulness, Dwayne and Mary realized they were starting down a road they never planned on traveling. But they contacted the Greater Iowa Chapter's Dubuque branch office for disease information and support, and then realized that they could help others too. When contacted about traveling to Washington, D.C. to testify as well as attend the 15th annual Alzheimer's Association Public Policy Forum, Mary Jean and Dwayne knew they had to go. "It is something Dwayne and I need to do," Mary Jean said. "Our experience has been one of hope and companionship. At a time when we were struggling with isolation and helplessness, we found open arms and tears of understanding. Our trip to the Capital has strengthened our resolve to fight this disease and educate others."

The Uptegraphs were in Washington along with hundreds of other families to urge lawmakers to increase Alzheimer research funding at the National Institutes of Health to $1 billion a year. Current funding levels are approximately $650 million. Executive Director Becky Groff said, "Congress must act immediately and aggressively to prevent the economic and emotional disaster that Alzheimer's will otherwise cause. There is no other salvation. We either make the necessary investment now or leave it to our children, and to future Congresses and future Presidents, to reap the devastating financial and human consequences of inaction."

Also present at the hearings were St. Louis Rams head coach Mike Martz and San Francisco 49ers receiver Terrell Owens. For Martz, it was an opportunity to talk about his mother, and for Owens, the chance to ask for help in the name of his grandmother. Both these NFL professionals' families have the financial resources to take good care of their loved ones, but Owens and Martz spoke of the emotional and physical toll on caregivers as well. "We must find a way to stop this disease," said Martz.

Advocates Storm the Hill!

Tuesday, February 11th was a pivotal day for the Iowa Alzheimer's Association Chapters- that day, Chapter staff and advocates descended on the Iowa Statehouse to raise their voices in support of adequate training for professional caregivers, access to home and community-based care, and safety and dignity for older Iowans! Over 30 advocates from all corners of the state came to Des Moines for a brief seminar on how to contact their representatives and senators, led by former State senator Tom Slater. "Be honest and be yourself" was the message emphasized over and over. After lunch and a final review of the 2003 Policy Platform for the four Iowa Alzheimer's Association Chapters, advocates and staff put their skills and stories to good use, contacting almost 70 of Iowa's 150 Legislators. Reactions from elected officials and advocates were very positive. "These people are contacted all the time by professional advocates and lobbyists, but this was the chance for them to hear from the people their decisions will affect," said one family member. For more information on the Public Policy issues of the Greater Iowa Chapter or to sign up to become an advocate, please call 1-800-738-8071.

Speaking Out When You Have Alzheimer's

Sharing your experience living with Alzheimer's is a meaningful way to educate others, influence policy makers and health care providers and make a difference in the fight against Alzheimer's disease.

There are a number of ways to work together with the Greater Iowa Chapter in Speaking Out!

• Accompany a staff member to testify on legislative issues
• Participate in interview with the media (television, radio or newspapers) along with staff or other family members.
• Be available to call or write legislators when local or national issues arise.
• Write down or dictate your experience to contribute to the chapter newsletter.

To learn more about advocacy or to register as an advocate for the Greater Iowa Chapter, call 1-800-738-8071 or email Gale.Brubaker@alz.org.
2003 Memory Walks

The Alzheimer's Association is celebrating its 20th anniversary, and the Greater Iowa Chapter will recognize the strength of the partnerships made in the fight against Alzheimer's by celebrating "The Ties That Bind" during the 2003 Memory Walks. From family education series to support groups to our 24/7 toll free Helpline, the funds raised at Memory Walk support our neighbors, friends and families in Iowa and Illinois.

<table>
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<tr>
<th>City</th>
<th>Date</th>
<th>Location</th>
<th>For More Info:</th>
</tr>
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<tbody>
<tr>
<td>Dubuque</td>
<td>September 13</td>
<td>Louis-Murphy Park</td>
<td>(563) 589-0030</td>
</tr>
<tr>
<td>Clinton</td>
<td>September 13</td>
<td>Riverfront Park</td>
<td>(563) 324-1022</td>
</tr>
<tr>
<td>Quad Cities</td>
<td>September 20</td>
<td>The Mark</td>
<td>(563) 324-1022</td>
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<tr>
<td>Fort Dodge</td>
<td>September 20</td>
<td>Downtown Ft. Dodge</td>
<td>(515) 263-2464</td>
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<tr>
<td>Maquoketa/Jackson Co.</td>
<td>September 27</td>
<td>Fifth Ward Park</td>
<td>(563) 589-0030</td>
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<tr>
<td>Des Moines</td>
<td>September 27</td>
<td>Blank Park Zoo</td>
<td>(515) 263-2464</td>
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<tr>
<td>Ames</td>
<td>October 4</td>
<td>Brookside Park</td>
<td>(515) 263-2464</td>
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<tr>
<td>Savanna, IL</td>
<td>October 4</td>
<td>Old Mill Park</td>
<td>(563) 589-0030</td>
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<tr>
<td>Fort Madison</td>
<td>TBA</td>
<td>Blank Park Zoo</td>
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<td>Burlington</td>
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Resident Advocate Trainings Scheduled

Did you know all long term care facilities in Iowa are required to have a Resident Advocate Committee? These vital volunteers support, defend and uphold the rights, dignity and quality of life of people in care facilities. The Iowa chapters of the Alzheimer's Association were recently awarded a grant from the office of the Long Term Care Ombudsman to train resident advocates on the specialized needs and situations of people with Alzheimer's disease. These 2 and a half hour long trainings are scheduled for at least 46 sessions in Iowa, including 24 in Greater Iowa's territory.

Debi Meyers, the state long term care ombudsman, also announced an extension of this awareness training for fall, 2003, to include consumer education about the choices, rights and options in long term care. For more information on Resident Advocates and how to become one, contact your Area Agency on Aging or the Iowa Department of Elder Affairs at 800-532-3213.

Wearing Their Hearts on their Sleeves (and Backs)

One of the most touching parts of Memory Walk is the parade of personalized t-shirts sported by family and corporate teams. Many times, these shirts feature a loved one's picture and name, sometimes a quote or memory, and are a reminder why we walk each fall. Below are some examples of Memory Walk shirts.

Welcome Liz Howe!

The Greater Iowa Chapter, Quad Cities branch office, welcomes our new program specialist Liz Howe! Liz is a registered nurse who comes to us from Bickford Cottage, where she provided educational programs to staff on caring for people with dementias, as well as worked closely with residents and families to provide a "pleasant present" in their daily life.

"I want to help families enjoy their loved ones and feel comfortable with the care they are providing and the decisions they are making or have to make in the future. Mostly, I truly enjoy being around our elders, they have given so much...they deserve to be heard, cared for and loved." We couldn't agree more!
Young Author Touches Lives

18-year-old author Stacie Stoelting delivered a series of touching presentations based on her experience with Alzheimer’s disease as it ravaged her Grandpa. Combining discussion, book reading and Stacie’s singing, “Still Holding Hands” was well received at the Newton Country Club on March 18, as well as at the Boone County Hospital and Willowbrook Day Center later that same day. Her insightful, dramatic program depicted her family’s story of losing their hero to Alzheimer’s disease.

Pfizer sponsors "Worried About Being Forgetful?"

Many people worry that becoming forgetful may mean they have Alzheimer’s disease. Others ignore increasing problems, chalking it up to just being forgetful. To increase understanding of memory loss and the health care interventions, Pfizer Pharmaceuticals, along with the Greater Iowa chapter and Dave Michael, Physician Assistant with the Lakeview Center for Senior Health in Des Moines, presented a series of free workshops recently to grateful audiences. One participant from the Creston program on March 18 stated, “This is information I wish I had access to ten years ago; it seems so basic, but the section on how to talk to your physicians was invaluable.” Sessions were also held in Atlantic, Centerville, Perry, Newton and Oskaloosa.

Jackson County Education Programs

The Dubuque office will present a series of free educational programs, beginning on May 8, beginning with Dr. Roger Shafer speaking on the basics of Alzheimer’s disease. The programs will run for 4 consecutive months, all on the 2nd Thursday from 6:30-7:30pm at the Maquoketa Public Library. Topics of the meetings will be: June 12: family coping, July 10: panel of service providers from Jackson county, August 14th: Attorney Steve Kahler with legal issues for the elderly.

Greater Iowa Launches Consumer-Physician Partnership Program

Buying a car, making a public speech, and knowing how to communicate with your physician- three very stressful parts of life! We can’t help with the first two, but the Greater Iowa Chapter is one of 8 Champion Chapters launching a Consumer-Physician Partnership. This initiative teaches communication strategies to help Alzheimer caregivers and people with the disease partner more effectively with their physicians so they can make informed decision about care and services and improve the quality of care they receive. The program consists of a 90-minute consumer workshop titled “Working with Your Doctor When You Suspect Memory Problems” and an 18-page booklet. More information on upcoming sessions will be available in July.

Soup Supper

The Kensington in Fort Madison hosted its 4th Annual Celebrity Soup Supper February 6, raising over $1100 to support Alzheimer’s Association family services programs. Sally Denning of Lincoln Schools and Father Tim Sheedy of Sacred Heart Catholic Church (photo) were two of the twelve celebrities whose “famous” soups were sampled by guests. Celebrities entertained the guests with costumes, balloons and even kisses, chocolate of course.

It was a fun night for all who participated and sincerely appreciated by those who will benefit from services. Our Thanks to all of the Celebrities and the Kensington for so warmly opening their doors for a worthy cause. For more information about how you might host a soup supper please call 1-800-738-8071.

From the Quad Cities

Julie Arndt & Liz Howe are offering 6 hour/CCDI dementia trainings through Scott Community every other month- the next training is scheduled for June 26.

We will offer a three part educational series, sponsored by Pfizer, in Geneseo, Il, on June 5, 12th and 19th at the local Senior Citizen Center from 6:30-8pm. Topics covered will include: "Diagnosis of Alzheimer's Disease & Other Dementias"

"Legal Issues for Families with Dementia"

"Caregiving and You"

Liz Howe, Greater Iowa Alzheimer's Association

Support group facilitator trainings will be offered on June 4 & June 11- more information will be arriving in the mail.

Don Krambeck Recognition Dinner is scheduled in Clinton for June 10. Don has been a major supporter, advocate, and fund-raiser for the Alzheimer’s Association for over a decade. We welcome this opportunity to share with him how much his support is appreciated!

Quad Cities Team Captain Kick-Off Breakfast is scheduled for July 24 and will feature a presentation on team building by Donna Honold, Honald & Associates. Persons or groups interested in putting together a team are encouraged to call the Quad Cities office at (563) 324-1022.
Memorials and Honorariums

GLENN AAAGAARD
   Delores Aagaard

MARGARET ALBRIGHT
   Donna Edgington

KENNETH ANDERSON
   Barbara Krall, Beth Newton

MARY LOU ANDERSON
   Marilyn Leamen

MAURICE ANDERSON
   Steve Briggs

JACK ANTE
   Colleen Ahlers, Kenneth Anderson, Margaret Albright, Glenn Aagaard, Ralph Breitenbcher, Chester Book

ROBERT ATKINSON
   Wayne and Shirley Anderson, Melissa Anderson, Mathilda Christensen, Linda Atkinson, Delores Aagaard, Marilyn Leamen

FLORENCE BABBITT
   David and Elizabeth Bishop, Dale Morgan

EDNA BACHMAN
   ...............Joy Shah

NETTIE BALE
   ................John King

JACQUELYN BARBER
   Susan J Marasco

MARGARITE BARTELL
   Mrs. E. P. Desmet

BERNICE BAUNHOVER
   John Deere Dubuque / Abby McAllister

ROBERT BEHNKEN
   Eleanor Behnken, Nancy Bush, Linda Ceuvorst, Kite Decker, Joan Dechesper, John Goodall, Delores Plowman, Maureen Schwartz, Susan VanAcker

EARL BERGE
   .............Jill Augustine, Dave Harty

PRISCILLA BICKFORD
   Velma Riegel

KAROL BIXBY
   ...........Anthony Kurtz

WILLA MAE BLACK
   .........Lois Elliott

JEANETTE BLAKELY
   .........Nancy and Dave Clark, Virginia and Richard Daewel, Vicky Peterson

SYLVIA BLOCK
   ............Delores Hall

CHESTER BOOK
   ............Larry Book

RALPH BREITENBCHER
   Jack Cronin, Colleen Gredell, Dennis Jenkins, Robert Kraus, Louella Loeschen, Lyle Rector, J. A. Rovane

LILLIAN BRIMEVER
   ................Joanne Swift, Julia Tervillger

ROBERT BYRUM
   ..........Judith Garside

IRENE CADI
   ..........Joyce Kirkhove

FRANK CALIQUIR
   .........Madonna Batchelor, David and Elizabeth Bishop, Mary Buban, Paul Caliquiry, Zita Haas, Trudy Holman, Kenton Klein, Anna Marie Maigaard, Susan J Marasco, Pat Pendroy, Petersen Court Reporters

EMILY CARLILE
   ..........Lois Stawicki

CLARABELLE CARLISLE
   Janice Miller, Diane Sifford

ELTON CARTER
   ...........Deere & Co. / Sandra Schmidt

HAZEL CHEERS
   .........Jeffrey Becker, Mrs. Russell Cheers, Alice Ellis, Brenda Gavin, Jeannine Irelan, Jerry McNeely, Louisa Murphy, Patricia Nelson, Marilyn Sparks, Barry Spear

RAYMOND CONNELLY
   Lynn Eckstein

JOSEPHINE COOPMAN
   Dick Bailey and Family, Julie Boulijou, Pat and Linda Huys, Jane and Dale Koegn, Larry Manecke Family, Terry and Gail Massey, Jack and Jan Meyer, John and Betty Rock, Bill and Kate Shaner, Clark Smith, John Welling Family

RUTH DEPUE
   ..........Lois Ann Anderson, Mary Beth Carey, Mrs. Victor Christensen, Althea Hoskins, Carol Jeffries, Arlee Kabrick, L. B. Patterson, Susan Peters, Mildred Ward, Becky Weaver

GERALD DERRRHO
   Neita Derrrhou

JEAN DETLOFF
   .........Kay Anderson, Karlyn Claude, Richard Degner, Becky L Groff, Bernadine Jayne, M. Kreidler, Mrs. Curtis Meier, Douglas West

KENT DICKENSON
   Premier Real Estate Group, Inc.

WILMA DIGMAN
   ...........Elton Digman

DOROTHY DOYLE
   .........Susan Long, Marilyn Schmidt

CLARA DUKE
   ..........Kathy Jensen, Christel Laukh, Helen Paul, Rose Peiffer, Charles Yagla

VIVIAN DURKOP
   ..........Luella Keeney

BETTY DYBAHL
   ...........Thomas Clinkan

RALPH ECKSTEIN
   Mary Sue Reeves

SAM EDELMAN
   ............Harriette Freeman

MARGARET ELWELL
   John and Vickie Miller

FERN ENGLEKIRK
   David and Elizabeth Bishop

ROSE FARAO
   ..........Susan J Marasco

JUDY FELDMAN
   Alan and Hattie Beecher

STAN FIESE
   ............August Mueller, Prudence Murphy

LYLE FISCHER
  ............Evelyn Barber, Gordon Berst, William Blake, Lois Block, Mark Cleveland, Marcella Eckerman, Arlene Eggers, Richard Ehlers, Family Credit Union Staff, Harlan Fischer, Janet Fischer, Lasha Fischer, Mary Green, Marian Gregiel, Arthur Jansen, Linda MacDonald, Marilyn Meier, Randy Mumm, Gary Munson, Lois O'Connor, Lenora Olson, Kyle Pwe, Nadine Pwe, Sandra Pwe, Sylvan Pwe, Joseph Rogers, Jean Rusch, Jim Smith, Joan Smith, Roy Smith, Frank Snyder, Darleen Traulau, Claire Walter, Marie Witt, Diane Wulf, Barbara Wulf, Wina Yerex

MARK FRISTO
   ..........Hanne Harris

THEKLA FULLER
   .........Shirley Anderson, Jack Arp, Nancy Czubara, Ms Marilyn J Dannerich, Christine Lynch, Carolyn Mahieu, Mohanass D of M #2, Thomas Schieber, Lawrence Schroeder, Kathleen Veith, Ida Weibel, Judith Welzenbach

WALT FULLER
   ..........Lillian VanLancker

DORIS GEFFEN
   Margo A. Blumenthal

MELVIN GORDON
   ...........Dorothy DeMay, Helen Gordon, Michael Gordon, Patricia Maynard, Mary McMurray, Rhoda Meyers, Jean Schave, Tina Sims, Margaret Smith, James Terros, Sherie Williams

HOMER GREENE
   Black Hawk College

RUHAMA GREENWOOD
   Helen Coe

MATILDA GRGURICH
   Carol Jungman, R W Vranich

BETTY HALL
   ...............Richard Hall, Leora Lister, Sharon Smith, Nell Welch

IRENE HAMPTON
   George Carpenter, Dale Wersma

RUTH HAMPTON
   Dwight Hampton, Leonard Hill, Donna Lloyd, Teri Peschang, Ruth Hampton Trust, Richard Smith

VIRGINIA HANNA
   Everett and Jessie Boyd, Jeanne Colson, Rosemary and John Copeland, Gordon Devrieze, Andrea Dewaele, Don and Carol Frits, Martha H苍, Martha Koehler, Janet Lelonek, Beverly Nichols, Mona & Charles Temple, Bob & Vi Weihler

RUBY HAYDEN
   ............Carol Taylor

IRENE HAMPTON
   George Carpenter, Dale Wersma

RUTH HAMPTON
   Dwight Hampton, Leonard Hill, Donna Lloyd, Teri Peschang, Ruth Hampton Trust, Richard Smith

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   Everett and Jessie Boyd, Jeanne Colson, Rosemary and John Copeland, Gordon Devrieze, Andrea Dewaele, Don and Carol Frits, Martha H仓, Martha Koehler, Janet Lelonek, Beverly Nichols, Mona & Charles Temple, Bob & Vi Weihler

BETTY HANSON
   ..........Cheryl Carlson

WILLIAM HARLOW
   .........Charlotte McCurdy, William Harlow, Wilma Dobson, Constance Meyer

KELTING
   ......John Arnold, Wade Hartmann, Marilyn Katin, Anna Marti

COLESTRA HENSLEY
   .........Ellen Keine

VIVIAN HILLMAN
   ...........John Johnson

DANE HOOPT
   Charlotte McCurdy, Debra McKinley, Virginia Moore, Clarence & Linda Jo Robinson, Velma Rodman, George & Marge Stilwell

MILDRED HATCHIK

ELAINE HOUSE
   ............Jack House

PHIL HUBER

JOAN HUTCHINS
   Lisa and David Torgerson

RICHARD ICKES
   Butch and Kathleen Trevor

CATYHA JOHNSON
   Joanne Pedersen, Violet Robinson

NORMA JUNGE
   .........Irene Huffman, Chris Madsen, Kathy Moorecy, Sandra Rathjen, Sharon Schapkoeh, Jane Werner

RUTH KAISSA
   Larry and Karen Breeding, Norma and Edgar Cloyd, Dennis and Cindy Crushank, Marilyn Cummings, Dave and Denise Kaisard, Sharon Kaisard, Jim and Vera Robison

MARTILY KATRANA
   David Collier, DDS

LINDA KELTON
   ............Janice Britton, Delores Cook, Yoland Daniels, Al and Sandra Echolm, Judy Ethington, Leona Kuberski, Midcoast Fine Arts, Vernon Thomas, Helen Vancoura

CONSTANCE KELTING
   Mr. and Mrs. Steve Myers

FERDINAND AND CONSTANCE KELTING

WAYNE KELY
   ..........Laura Reckman
NORMA KENDALL
Mr. & Mrs. Leslie Buchholz,
Vesta Howk, Bud and Mary Northrup,
Margaret Ruby, Lillian Rummelhart

DAVID KERR, SR.
Eleanore Dideriksen, David Kerr,
Vona Larson, Barbara Powers,
Diane Stoecker

ROSALIA KESSLER
Elizabeth Frommelt

BUSTER KING
J. Mullen

DONNA KING
Janet Boesen

MOYE MORIE KING
John Tapsott

JAY KIRKPATRICK
John Carter, Charles Cook,
David and Vickie Gaureluk,
Doris Glett, Sherry and Daryl Griffin,
Tighe Hallowell, Ray Hamilton,
Betty and Don Hepner,
Janice Knowlton, Joydene Koresko,
Karen and Art Lockner,
Joe Ann Lockwood,
Jean Machalek, Dora Schmooke,
Bob Smahaj, Linda Staufacher,
Linda and Dave Staufacher,
Lavenor and Carol Swinbrun,
Myra Tunwall, Dean and Jill Veskauf,
Don and Barb Veskauf, Cal Wemer,
Art Yonke

AUGUST KIRSE
Carroll and Helen Olson

MARIE KLUESNER
Sylvester Kluesner Family

RUSSELL KRAKLOW
Diana Acord,
LEWIS MYERS
JAMES AND VICKY PETERSON

RUSSELL KRASKOW
Brian Fleming, Jim Gripp & Family,
Dorothy and Bobby Koehlmoos,
D.W. Hansen, Laurel Hughes,
Marlene Meyer, Fran Michael,
William Sayre, Warren Stone,
Laverne and Carol Swinbrun,
Caroline Dickey, Ruth Felton,
Linda and Dave Stauffacher,
Mr. & Mrs. Leslie Buchholz,
Janet and Rich Wood,
Cindy Meilike, Kay Reeves

PHYLLIS METZ
Myra Tunwall, Dean and Jill Veskauf,
Don and Barb Veskauf, Cal Wemer,
ART ZYK

JOHN MAYER
...Gladsy Anderson,
James Drehman, Royce Farber,
Tim Greer, David Hanson,
Ray Hanson, Lee Kane,
Ethel Kershaw, Ted Klockoppen,
MaryAnn Krebs, Ray Lake,
Dorothy Lievens, Kent Matthews,
Matthew Meyer, Bob Mills,
Leonard Minnart, Martha Meilike,
Paxon, Jack Rosenberg,
Ruth Rosenberg, Dan Rosgard,
Schuetzler, Adam Shaw,
James Snyder, Tim Stein,
Kyle Taylor, James Thomas,
Mary Wellig, Ed Wilson,
Perry Wood

BETTY MILLER
...Agnus Barnhouse,
Joan Glaus, Bonnie McCarthy,
Barbara Murrin

F.M. MORENCY
Ray and Marie Hinds,
SID TOOL COMPANY, INC.

M. C. MUSAL
...M.B. Ahlgren,
E. Louise Dipple, Mary Norton,
Ann Rodine, Stephen Suiter

LEWIS MYERS
...Joni Borghesi,
Amy Kort

IMOGENE NELSON
...Melanie Acord,
Alvin L. Doerr, Slaci Eckman,
Virginia Ford, Philip Johnson,
Christy Lundahl, Ramona McKeenan,
Melody mossman, Ruth Nelson,
Gordon Panichuk, William Patrick,
Patricia Ream, Virginia Ryner

FREDIE NIELSEN
Betty Gordon

CLARK NORTHCUT
...Beverly Abell,
Barb Echelberry, Eileen Eide,
Marjorie Gambell, Joyce Millikin,
Jeanne Hinde, Carol Knudsen,
William Sayre, Warren Stone,
Mike and Deb White,
Janet and Rich Wood,
Roger and Jody Woodruff,
Steven Zumbach

GEORGE LAWSON
...Lois Lawson

MAXINE LONG
...Debra Andresen,
Leola Brouhard, Patty Buckley,
Shirley Cardani, Dorothy Curran,
Collette Fisher, Doris Lake,
Joann Marie Long, Steve and Rhonda Long,
Marlene Meyer, Fran Michael,
Mary O'Brien-Orman,
Judy Rachford-Richards,
Judy Workman

WELDON LONGAKER
Mary Louise Bradshaw
Alice Conrad, Conrad Linney,
Joyce Longaker

MARCUS LOW
...Carolyn Griffin,
D.W. Hansen, Laurel Hughes,
Molo Oil Co, William Moon

MARY LUALLEN
Mr. and Mrs. Roger Bates,
Mr. & Mrs. Louis Browning,
Mr. and Mrs. Jim Luallen,
Willis Luallen, Estelle Miller,
Mr. and Mrs. Charles Pappas,
Mr. & Mrs. Chuck Paul and family

JOHN MACK
...Kathrine Patton

Buster King
John Tapsott

SUSAN MCKINLEY
James and Jean Arndt

WINFRED MEILIKE
...Robert Adams

ELNORA MCDOWELL
Aly Colman-Eakins, Ann Jane,
Robert McDowell, Cindy Messenger,
Ginger Sheetz

MARCUS LOW
...Kathrine Patton

JOAN LAMB
...Nancy Paulin

IRENE LAVERTY
Max and Florence Ashbaugh,
Doyle and Mary Lou Borts,
Chadwick Family, Mary Crasel,
Caroline Dickey, Royce Farber,
Doris Gaumer, Lucille Goodhue,
Pat and Fred Hastie,
Orrie and Beverly Koechimoos,
John and Marvis Landa,
Jerry and Helen Ripperger,
William Sayre, Warren Stone,
Mike and Deb White,
Judy Ryder, Rich Wood,
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Mr. and Mrs. Roger Bates,
Mr. & Mrs. Louis Browning,
Mr. and Mrs. Jim Luallen,
Willis Luallen, Estelle Miller,
Open House

Pictured above: Gerry Rea, Sister Dolores Ulrich and Lynette Dietz

The Dubuque branch office recently held an open house to thank the community for its generosity and publicly unveil the plaque in memory of Janice Reiter Dietz in memory of Lynette Dietz. Lynette has given the Dubuque office money for the respite scholarship program as well as funds to purchase a donor recognition plaque.

Safe Returns Celebrates 10 Years of Success

The Alzheimer's Association marks the 10th anniversary of Safe Return, our successful nationwide identification program that assists individuals with Alzheimer's disease who wander and become lost. Since 1993, the program has registered more than 100,000 people and has facilitated the recovery of nearly 8,000 of those individuals who have wandered.

Wandering is a life threatening behavior that may accompany Alzheimer's disease. Of the 4 million Americans diagnosed with Alzheimer's, including the nearly 70,000 Iowans, up to 60 percent of them will wander at some point during the disease. If the person is lost and not found within the first 24 hours, there is nearly a 50 percent chance they will be at risk for serious injury or even death.

Registration is quick and easy. Contact the Greater Iowa Chapter at 1-800-738-8071 for an application, and return it with a clear, head-and-shoulders shot of the person with AD. You will receive identification products, including bracelets or necklaces, wallet cards, clothing labels and telephone stickers. You will also receive:

- A confidential, national photo/information database
- A 24-hour toll-free emergency incident line
- The security of knowing your loved one is under 24-hour protection

Enrolling in Safe Return's nationwide identification program provides safety and peace of mind to the person with Alzheimer's disease and their caregivers, and may prevent a potentially deadly situation.
You Can Touch A Life

"What we do for caregivers is as important as curing the disease. The Association is close to my heart. They were there when I needed them, so my volunteering is a way of paying back."
Don Williams
Greater Iowa Chapter Volunteer

Chapter volunteers like Don Williams touch lives every day because they know first-hand what a lifesaver the Association's services can be. Just a few years ago, people who suffered from or cared for individuals suffering from "senility" did so very much alone. They were usually isolated and misunderstood. Very little was known about Alzheimer's disease, its cause, or the overwhelming needs of people with Alzheimer's disease and their caregivers.

"Friends and family stayed away because they didn't understand Alzheimer's." Those were very lonely years. The Alzheimer's Association's support groups saved my life."
Neita Derrough
Greater Iowa Chapter Volunteer

When Neita Derrough's husband, Gerald, was diagnosed with Alzheimer's disease, she struggled with many caregiving challenges and decisions. She learned all she could about the disease from the Association and its support groups. Now, as an Association volunteer, she helps others who are going through what she went through. She finds that volunteering for the Association gives a purpose to Gerald's life and her own.

Caregivers Face Many Challenges

Caregivers like Don and Neita need education about the disease, decision-making guidance, emotional support for the many losses they bear, practical assistance, and connection to local services.

Despite a recent survey revealing that 95% of Americans believe Alzheimer's disease to be a serious problem facing communities, there is no health care system in place to address this disease. That's why the Association's services are so crucial for caregivers.

How You Can Touch a Life

Like Don and Neita you can help others by volunteering your time and talents or by making a financial contribution. For more information about volunteer opportunities, please call Robin Koger at 515/263-2464. To make a financial contribution in support of our Annual Gift Campaign, please fill out and return the enclosed remittance envelope.

Please know that like Don and Neita, you, too, can touch a life.

Dubuque Talented and Gifted

Each year the fifth grade classes at Table Mound Elementary School in Dubuque study the human body- its systems, its structure, and problems that can afflict it. This year, the 13 students in language arts enrichment chose to study Alzheimer's disease. They read the books The Graduation of Jake Moon by Barbara Park, and Night of Fear by Peg Kehret. Both of the young adult novels discuss a family whose life is drastically changed when a grandparent is diagnosed with AD. In addition, these fifth graders discussed their books and then decided to stretch their learning even more through imaginative projects which were a service to the community. These projects included memory quilts, poetry, lap robes, a game for other children who need to understand Alzheimer's, and even a CD-ROM developed to assist local caregivers as they explain Alzheimer's to classes or families.

Teacher Cynthia Nelson said about the experience, "The students felt that this type of reading and project opened their eyes to what could happen to someone in their family or even to them. They enjoyed the books and learned much from not only the reading but the research and reflection. They recommended that other students have the opportunity to take part in a unit like this one."

Students this year also visited the Alzheimer's Association Dubuque branch office and assisted with our open house. One student is working with Special Projects Coordinator Diane Brondyke to develop display boards with Alzheimer's information, which will then be set up at community sites, especially rural libraries.

Dubuque TAG students, Katie and Shelby, show their Memory Quilt to their class.
Beware of Sound-Alike Organizations

How often do you open your mailbox, see a letter asking you to give to Alzheimer's disease, and grumble, "Another request from the Alzheimer's Association!" Before you toss that mail aside, take a closer look at it.

There are several other groups not affiliated with the Alzheimer's Association that ask for money on behalf of Alzheimer's disease. Following are a few key things to look for when you receive a solicitation:

1. Mailings from the Alzheimer's Association will feature our two-person logo symbolizing Help and Hope for those impacted by the disease. Look for this logo when you receive information or a solicitation concerning Alzheimer's disease.

2. Mailings from the Greater Iowa Chapter will bear our local address.

3. Mailings from the national headquarters of the Alzheimer's Association, based in Chicago, will bear either the Chicago address or the address of the Association's National Donor Processing Center in St. Paul, MN.

Please “recycle” this newsletter with your friends, colleagues, doctor's offices, houses of worship or others.