Surgery can be a traumatic experience for people with Alzheimer’s disease if their families do not thoroughly consider several factors before making a decision. The unfamiliar world of a hospital, the possibly negative sides of anesthesia and drug interactions all should be discussed.

"Think of what it’s like for any of us during a hospital stay. Our sleeping pattern is disturbed and anesthesia and narcotics make us all less aware of our surroundings," says Eric Tangalos, MD, chair of the community internal medicine division at the Mayo Clinic in Rochester, Minnesota. "During hospital stays, the Alzheimer patient loses track of space and time and can show his or her worst side."

Restoring individuals with Alzheimer’s to their normal state or pre-operative mental and functional state can be quite challenging or never occur. Decisions should also be based upon several factors including the individual's stage in the disease, capacity to handle a change in routine and environment and the benefits of the procedure.

The patient's ability to rehabilitate is critical in determining whether to choose surgery. Caregivers must keep in mind that the individual with Alzheimer’s has trouble learning and problem solving. Major surgeries, such as hip surgery, increase the risks of lowering the quality of life. An elective operation will reduce pain, but the individual could become less mobile because of the inability to use a new hip.

Some surgeries do enhance the life of a person with the disease. An example is cataract surgery. The procedure can be done on an outpatient basis and not disrupt the person's daily routine. The elimination of cataracts may also lead to fewer hallucinations.

Still, general anesthesia may make the patient extremely confused post-operatively. For someone in the early stages of the disease who is able to perform daily activities, the general level of the person's mental status will decline temporarily, but this may not be the case for a person in an advanced stage. "As the disease progresses, the risks of surgery to mental status and function exponentially, as does recover time," says Geri Hall, PhD, gerontology clinical nurse specialist.

For the normal elderly person over the
Letter from our President

It is truly an exciting time for the Greater Iowa Chapter!! Here are some highlights since our last newsletter:

- At the October annual meeting of the Board of Directors, we voted to consolidate the three Leadership Councils with the Board of Directors. The new expanded membership brings a broader diversity of experience and background to the Chapter's leadership.
- A new slate of officers were elected by the Board at the annual meeting:
  - Tom Cross, President; Matt Harper, Vice-President; Sandy Ham, Treasurer; Julie Seline, Secretary.
  - A new committee structure was set-up and every Board member will be involved with at least one committee. The committee structure and chairs are: Executive Committee - Tom Cross, Program Committee - Sarah Stanisz, Public Policy - Marty Kenworthy, Fund Development - Laurie Albert-Connor, Resources and Infrastructure - David Bailie, Personnel and Board Development - Matt Harper.
- The Board and staff participated in a strategic planning session. It was extremely productive and helped us all recognize our strengths and where we need to improve as a Chapter. The output from the strategic planning session was a list of objectives for each committee. The committees will review the list and bring back to the Board a recommendation for the priorities for the coming year.
- The 2003 Memory Walks were a wonderful success! Many thanks to the hundreds of volunteer and staff hours in planning and organizing these events. Also, a huge thanks to all the sponsors, contributors and walkers that made this year one of our best years ever!

With all this activity, there seems to be a new sense of energy for the Chapter. Helping patients and families is our focus and we will continue our efforts to provide education, caring and support within our area. We are set for a great year!!!

Tom Cross, President

Message from the Executive Director

As you'll read throughout this newsletter, the Alzheimer's Association, Greater Iowa Chapter, has been very busy since the last issue. We've continued to offer our core programs and services throughout the areas we serve. Highlights include a new program, Family Advocate Training. This is an educational program for family members with a loved one with Alzheimer's disease in a nursing home. We've also developed a new program to help family members and persons with Alzheimer's disease form a partnership with their physician to improve the quality of care. Our annual Memory Walk fund raising events were held in communities across Iowa. We sincerely appreciate the support of individuals, teams and corporations who participated in and contributed to this event. Memory Walks are the Alzheimer's Association most significant fund raising event and proceeds allow the organization to continue to provide our programs and services.

There are also a number of changes occurring within the organization to help improve our efficiency and effectiveness. As indicated by Tom Cross, president of our board of directors, we have expanded the size of our board to enhance representation from the communities we serve. We have initiated a strategic planning process to address the ever-changing needs of our constituencies while staying focused on our mission. We are working to improve collaboration and communication among the branch offices of our chapter and other chapters in Iowa. We are seeking ways to diversify our sources of revenue to provide a solid financial future for the organization. Finally, we have strengthened our relationship with the national office of the Alzheimer's Association to tap into the resources and expertise of the national organization and its many chapters throughout the country.

During the upcoming months, you can expect our organization to continue these initiatives. I welcome your feedback and suggestions on how we impact our mission to eliminate Alzheimer's disease through the advancement of research and to enhance care and support for individuals, their families and caregivers. Thank you again for your involvement and support of the Alzheimer's Association.

Sincerely, Carol Sipfle
**The Forgetting** Scheduled for January

*The Forgetting*: A Portrait of Alzheimer’s will be a two part, high profile, high-impact special airing Wednesday, January 21 at 7 p.m. on IPTV. The aim of this project is helping Americans better understand and cope with the fearsome disease of Alzheimer’s. The cornerstone of the project is a 90-minute documentary, based on David Shenk’s extraordinary best-selling book on Alzheimer’s, *The Forgetting- Alzheimer’s: Portrait of an Epidemic*. Like Shenk’s book, the documentary will be a dramatic, compassionate, all-encompassing look at Alzheimer’s-weaving together the history and biology of the disease, the intense real-world experiences of Alzheimer’s patients and caregivers, and the race to find a cure.

The 90-minute program explores the latest Alzheimer research and the devastation toll Alzheimer’s takes on people with the disease and caregivers. In examining this looming social and economic crisis, The Forgetting focuses on several families whose lives have been steadily ravaged by Alzheimer’s. Like so many coping with this tragedy, these families are drawing on reservoirs of strength and compassion to stay focused on the person they love even as personalities and capabilities change from day to day.

*Alzheimer’s: The Help You Need*, a half-hour follow-up special hosted by award-winning actor David Hyde Pierce, will bring together a panel of experts to answer commonly-asked questions and direct viewers to organizations and resources that can offer help and support. Having experienced the ravages of Alzheimer’s first-hand-through both his grandfather’s and father’s illnesses-Hyde Pierce, has been a tireless advocate in the fight to find a cure.

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**Host A House Party for The Forgetting**

The PBS documentary *The Forgetting* offers the Alzheimer’s Association an excellent opportunity to mobilize communities in support of our $1 billion research goal and increase visibility about the problem of Alzheimer’s disease in local communities. So we are calling on volunteers to host house parties across the country to be held in conjunction with the airing of the show.

What is a house party? A volunteer hosts 5-15 friends in their home to watch the show, discuss it and participate in an advocacy action. At its best, a house party is a neighbor-to-neighbor grassroots tactic that can best be accomplished through volunteer effort. A house party can also be sponsored by other organizations, or even a facility.

Hosting a house party is fun and easy. Once you sign up we will provide two sets of materials to you. The first will be about the basic set up for the evening and include ideas to help you invite others to the house party. The second, which we expect to send in mid December, will have specific ideas to promote discussion after the film, and take advocacy action.

Why? The messages of this documentary are clear. Alzheimer’s disease is an epidemic. It threatens our families, our health care system, and us. There is help- the Alzheimer’s Association. A mass mobilization through house parties adds one more message- take action against Alzheimer’s disease.

How do I sign up? There are two ways: Sign up online at http://www.alz.org/Advocates/forgetting.html or send your name and address to Mike Splaine, Alzheimer’s Association, 1319 F. Street NW Suite 710, Washington, DC 20004 or fax (202) 393-2109.

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**Memantine Update**

The U.S. Food and Drug Administration approved Memantine in October 2003 for treatment of moderate to severe Alzheimer’s disease. Forest Laboratories Inc. will market the drug under the trade name Namenda®. Forest anticipates that memantine will be available in U.S. pharmacies by early 2004 as an oral medication in 10 mg tablets.

Memantine appears to work by regulating the activity of glutamate, one of the brain’s specialized messenger chemicals involved in information processing, storage, and retrieval. It’s the first Alzheimer drug of this type approved in the United States, and is different from the three commonly prescribed cholinesterase inhibitors- Aricept®, Reminyl® or Exelon®. Cholinesterase inhibitors temporarily boost levels of acetylcholine, another messenger chemical that becomes deficient in the Alzheimer brain.
Dubuque Wish List
The Dubuque Branch Office would appreciate donations of art supplies (paint, paper, paint brushes, markers, water colors, etc.). These supplies will be used in a special art program involving people with dementia in the Dubuque area. If you have any questions or would like to donate supplies, please call Mary or Diane at the Dubuque office at (563) 589-0030.

Mason City
The Faith in Action "Stand By You" program is on its way! Faith in Action is an exciting program sponsored by The Robert Wood Johnson Foundation which was awarded to the Greater Iowa Chapter earlier this year. Faith in Action fosters caring relationships between volunteers of all faiths and their neighbors with long-term health needs in the areas of Mason City/Charles City.

We have five Partners in Faith congregations:
• First Presbyterian Church, Mason City
• Immaculate Conception Catholic Church, Charles City
• Salvation Army, Mason City
• Trinity Lutheran Church, Mason City
• Wesley United Methodist Church, Mason City

We also have two community resources:
• Mason City Clinic, Mason City
• Elderbridge Agency on Aging, Mason City

At this time we have approximately twenty-five volunteers from the above congregations.

Driving Program in Dubuque
The Scenic Valley Area Agency on Aging, along with the Dubuque office and the Department of Transportation, present "Driving After 65; How to Know If You’re a Safe Driver" Wednesday, February 18, 2004 from 1-3pm at the Golden Age Activity Center, 1208 W. Marion Street in Manchester. For more information or to pre-register, please call (563) 589-0030.

“Knowing Me, Knowing You” Education Conference a Success
Tuesday, October 21 was a day filled with information, insight and sharing as nationally known gerontologist and Alzheimer's expert Mary Lucero presented "Knowing Me, Knowing You," the annual education conference for the Greater Iowa Chapter. Ms. Lucero riveted a room of over 230 nursing home administrators, CNAs, family caregivers, social workers, activity directors and others dedicated to providing excellent care for people with Alzheimer’s disease.

Ms. Lucero spoke on subjects ranging from assessment tools for impairment and pain to nutrition and hydration and activities. Attendees gave her high marks for her hands-on information and helpful advice for both professional and family caregivers. "Ms. Lucero's presentation made me laugh and cry all in the same day. I learned so much about communication and difficult behaviors to take back to my facility," read one evaluation.

Iron Warriors Ride Again!
Saturday, June 12, 2003, the Iron Warriors and the employees of Mid American Energy hosted a motorcycle poker run to benefit the Iowa chapters of the Alzheimer's Association. These dedicated individuals have partnered together for several years, arranging cross-state rides and auctions of wonderful donated prizes. This year, the Iron Warriors and MidAmerican Energy employees raised $2,000 for the programs and services provided by Iowa Alzheimer's Chapters! Many thanks for this generous gift!
Blood indicators may help measure disease

Levels of a certain fatty substance in the blood may help measure Alzheimer-related changes in the brain, according to a study presented October 21 at the American Neurological Association in San Francisco by Sam Gandy, MD, PhD, director of the Farber Institute for Neurosciences at Thomas Jefferson University in Philadelphia and vice chair of the Alzheimer’s Association Medical and Scientific Advisory Council.

Many neuroscientists believe that production and aggregation of the protein fragment beta-amyloid are the key pathological events in Alzheimer's disease, leading to a breakdown in cell-to-cell communication and eventual death of brain cells. Researchers and physicians would like to be able to monitor beta-amyloid levels in order to track the advance of the disease, assess the effectiveness of drugs, and improve diagnostic methods.

Unfortunately, although beta-amyloid can be detected in the blood and in cerebrospinal fluid, the amount of the protein fragment in these fluids does not seem to correspond with levels in the brain or progression of Alzheimer's. Gandy has demonstrated that a fatty substance called F2-isoprostane may function as a “substitute” for measuring beta-amyloid.

Gene may be linked to Alzheimer’s and Parkinson’s

A gene on chromosome 10 may play a role in controlling the age at which individuals develop both Alzheimer's disease and Parkinson's disease. Researchers at Duke University's Center of Human Genetics reported in the October 21 online edition of Human Molecular Genetics.

The gene identified provides the biological blueprint for the protein glutathione S-transferase omega 1 (GST01), an enzyme that is produced in the brain's glia, specialized cells that support and nourish nerve cells and also play a role in the brain's immune response. Some research suggests that GST01 may be involved in the activation of interleukin 1-beta, an inflammatory molecule found in some studies to be elevated in Alzheimer and Parkinson brain tissue.

GST01 does not by itself appear to increase an individual's risk of developing Alzheimer's or Parkinson's. Rather, it affects the age at which these diseases manifest themselves in individuals who are already destined to develop them.

This study may offer a step toward gaining that understanding, assuming that additional work by independent investigators confirms these results. This report is somewhat surprising, because Alzheimer's and Parkinson's are not currently believed to share molecular disease mechanisms.

Caution urged regarding antibiotics treatment

The Alzheimer's Association expressed caution about new research on two antibiotics as possible treatments for Alzheimer’s disease based on a study presented at the Annual Meeting of the Infectious Diseases Society of America.

Researchers studied 101 people with suspected mild to moderate Alzheimer's disease at five clinics throughout Canada. In the study, 50 patients received placebo pills, and 51 were assigned to take 200 mg of doxycycline and 300 mg of rifampin daily for three months. The Standard Alzheimer's Disease Assessment Scale cognitive subscale was given to the patients to determine mental function before the study began. Six months later, the test was re-administered to 43 people in the antibiotic group and 39 in the placebo group- the remainder had dropped out, died or otherwise did not complete the study. The scores of those in the antibiotic group declined by an average of 2.75 points less over six months than those who received the placebo (on a 70-point scale). The significance in scores between the two groups was statistically significant. At 12 months, there was still a difference between the two groups, although it was not considered statistically significant.

Previous research suggested that the bacterium chlamydia pneumoniae may play a role in causing Alzheimer's disease. The two antibiotics examined in this study are considered very effective against this germ. However, the study found no evidence that levels of that bacterium were reduced as significantly as would be expected. The researchers suggest that the antibiotics may work by interfering with the accumulation of amyloid plaques around the neurons in the brain, or the anti-inflammatory effects of the antibiotics may provide some relief.

"The data in the study are certainly provocative in this relatively new area of Alzheimer treatment research," said William Thies, Ph.D, vice president, Medical and Scientific Affairs for the Alzheimer's Association.
Des Moines Walk

Our second year at Blank Park Zoo proved to be a successful one, with over 600 walkers and volunteers pouring through the gates on September 27. Walkers were welcomed by members of the SE Polk High School Marching Band, magicians, face painters and lots of wonderful food donated by Hy-Vee, Krispy Kreme, Pepsi, and Great Harvest Bakery. Our walk route took us through historical Fort Des Moines then the Zoo, and at the end of the day, we raised over $90,000! Congratulations to the following top walkers and teams: Top individual: David Bailie with $6,959; Top non-facility team, WLYS Support Group, led by Beth Bishop, raised $3,236; Top facility team, Pacifica Health Services with $722.

Thanks to our sponsors: Hy-Vee, Pioneer, Wells Fargo, Allied Insurance, American Republic Insurance, Iowa Methodist Medical Center, Medicap Pharmacy, MidAmerican Energy, Denny Elwell Company, and our media sponsors, KDSM, Press Citizen/Shopper, and 98.3 The River. Special recognition goes out to the top sponsor team, Pioneer HiBred, who raised an astonishing $7,270!

Quad Cities Walk

Once again, a dedicated committee and enthusiastic volunteers made this walk a success! The Mark in Moline was packed with families, friends and teams on September 20, for the culmination of all their fundraising efforts. Walkers asked for donations from friends, family, co-workers, sold Forget Me Nots, held bake sales and Jeans Days at work, and spread the word about the services offered by the Alzheimer's Association. Thanks to the 700 walkers for raising over $50,000, especially our top facility team, Avonlea Cottage, with $3,975. Our top individual walker was Tim Smith of Per Mar Security, raising $1,458, and the top non-facility team award goes to Per Mar, with $3,606. Thanks to everyone who made this walk a success, especially our sponsors, Silvercrest Garner Farms, Friendship Manor, Trinity Regional Health Center, Modern Woodmen of America, Neurology Consultants, Pfizer, Jewel Osco, Royal Neighbors of America, Walmart, Autumn Ridge Alzheimer's Residence, Country House Residences, Davenport Good Samaritan Center, Walgreens, Bickford Cottage, and A+ Health Care. Our media sponsors were KWQC, Quad City Times, KROS, The Dispatch, Rock Island Argus and The Leader, 50+ Publication and WOC radio.

Fort Madison Walk

Riverview Park was the setting on October 4 for the Fort Madison Memory Walk. Organized by volunteer Heather Neville, this walk drew supporters from Southeast Iowa. Top fundraising team was the BCC Walkers with $623, and top fundraiser was Theresa Moynihan, who raised $1,443. Many thanks to the Kensington and all the volunteers and businesses who helped us raise $1,095.
Dubuque Walk

Despite a cold and rainy day, the 2003 Dubuque Memory Walk was a huge success! With Celebrity Chair Coach Johnny Orr leading the way, a record-breaking 54 teams participated in the 2003 Memory Walk raising nearly $82,500. Top individual fundraisers included: Dave Crimmins of the Mulgrew Oil Team who raised $3,200; Cindy Willenborg of the Willenborg Family Team who raised $1,982; and Mary Jean Uptegraph who raised $1,096. Top Family Team was the Alan Jackson Family Team raising $2,290. Top Corporate Team was the Mount Carmel Team raising an impressive $6,722! Congratulations to all the top fundraisers!!

2003 Corporate Sponsors include: Luther Manor Nursing Home, Theisen's Home-Farm-Auto, Diamond Jo Casino, Mercy Caremor Pharmacy, Mercy Medical Center, Finley Hospital, Sunset Park Place Retirement Community, Dubuque Bank & Trust, American Trust & Savings Bank, Galena-Stauss Hospital, Home Instead Senior Care, Spahn & Rose Lumber Company and AY McDonald Manufacturing. 2003 Major Media Sponsors include: KAT-FM, KDTH, KGRR, WVRE, Lamar Advertising and Mediacom. 2003 Community Media Sponsors include: Dubuque Advertiser, KDST Radio and the Telegraph Herald.

A special thank you to the 2003 Memory Walk Committee Chairs, Joni McKay and Rosemary Cronin. Steering Committee, Duane Frick and Diane Kurt - Corporate Sponsorship, Paula Lange - Food Committee, Beverly VanDerZyl - Publicity, Betty VandenHeuvel - Prize Committee, Jane Jackson - Walker Recruitment, and Fran Ouderkirk - Logistics. Many of these people have been involved with the planning of the Dubuque Memory Walk for seven years. Thank you for all your hard work and efforts! We truly appreciate all you do to support the work of the Alzheimer's Association.

We are looking forward to next year's Memory Walk welcoming back Celebrity Co-Chairs Johnny and Romie Orr! We are thrilled that the Orrs have agreed to join us for the 2004 Dubuque Memory Walk!!!

Jackson County Walk

The Jackson County Walk was held this year on Saturday, September 28th at Fifth Ward Park in Maquoketa. Around 50 people participated in this year's Walk raising $6,304.56 (a 19% increase over last year's total)! Top fundraiser for the Jackson County Walk was Doris Currier who raised over $1,000! This year's Memory Walk included a special program that included the signing of a Mayoral Proclamation by Maquoketa Mayor, Tom Messerli.

Community Corporate Sponsors for the Jackson County Memory Walk included: Briarwood Care Center, Crestridge, Jackson County Public Hospital, Clover Ridge Place and the Maquoketa Kiwanis Club. A very special thank you to our wonderful Community Media Sponsor, KMAQ Radio. Leighton Hepker and Shari Melvold from KMAQ are wonderful supporters of the work of the Alzheimer's Association in Jackson County and we appreciate all their assistance in promoting the Memory Walk in Jackson County.

A special thank you to the Jackson County Memory Walk Committee Members. They include: Ron and Joan Delagardelle (Maquoketa), Pam Schoenthaler (Maquoketa), Kathy Miller (Maquoketa), Pat and Donita McCloy (Maquoketa), Marcy Cain (Scenic Valley Area Agency on Aging), Anita Pleiser (Bellevue), Margie Reed (Bellevue) and Diane Ploeger (Bellevue). This is an enthusiastic group that works so well together and are already eager to start working on the 2004 Jackson County Memory Walk to be held in Bellevue!
Fort Dodge Walk

For the first time, Memory Walk was part of the annual Fall Fest, held September 20. This downtown festival proved to be a wonderful location for Memory Walk, and many individuals and teams enjoyed themselves while raising $5,000! Special recognitions go to Team Safe Haven from Friendship Haven, led by Kathy Thorson and Diane Rollins, both of whom also helped organize and promote the walk while still raising $1,170. Our top facility team was the Humboldt Care Center, raising over $2,000 their first year! Top individual fundraiser was Leonore Strong, who donated $190, and the number one non-facility team award goes to long-time supporters Fort Dodge Messenger, with a total of $365. Media sponsorship recognition goes to The Messenger and KWMT-KKEZ.

Clinton Walk

This walk, held at beautiful Riverfront Park, proves that smaller walks can still be mighty! Teams and individuals worked hard to raise over $12,000, as well as awareness of Alzheimer's disease. Congratulations to the team from Mercy Medical Care, our top non-facility team with $2,454 in donations! Top individual fundraiser was the amazing Don Krambeck, who raised over $6,300! Pleasant View was our top facility team with a total donation of $1,151. Thanks to Mercy Medical Center in Clinton and everyone who donated time, effort and food!

Savanna Walk

The Savanna Memory Walk was held on Saturday, October 4, 2003 at Old Mill Park. Under the leadership of Memory Walk Chair, JoEllen McCaskey, the day was a success. About 35 people participated in the Memory Walk raising nearly $4,000. Included among the participants were some very special walkers from Big Meadows Nursing Home. It was wonderful to see walkers of all ages enjoy the beautiful fall colors of Old Mill Park. Top fundraiser for the Savanna Walk was Bryan McCaskey who raised $700. Congratulations to Bryan and all the people who raised funds to support the work of the Alzheimer's Association in Carroll County and surrounding areas.

Thank you to Big Meadows Nursing home, a 2003 Corporate Sponsor for the Savanna Memory Walk. Community Media Sponsors include: WCCI Radio, Northwestern Illinois Dispatch, Savanna Times Journal, Mount Carroll Mirror Democrat and The Prairie Advocate. We appreciate your support!

Ames Walk

Every year the Ames walk is better and better, thanks to continued support from families as well as new participants! We had a gorgeous morning at Brookside Park Saturday, October 4 and 140 walkers feasted on donuts and coffee from HyVee, listened to a lovely presentation and song by members of the Sigma Kappa sorority and raised over $11,000! Our top individual was Katie Harper with $1,442 and top non-facility team was Team Brown 1923, who raised $1,110. Congratulations to Bickford Cottage, winner of the top facility fundraising team with $300. Thanks also to our sponsors, Northcrest House, Story County United Way and media sponsors KASI and The Tribune.
Alzheimer’s Association Partners with National Institute on Aging on Family Gene Bank

Recent estimates indicate that the number of people with Alzheimer’s disease (AD) will skyrocket in the next few decades -- to as many as 13 million by 2050. Scientists are eager to speed up research efforts to understand the causes and risk factors for AD, determine ways to treat or even prevent the disease, and avert its impact on millions of people and their families. We need your help.

A major national research study, the Alzheimer’s Disease Genetics Study, sponsored by the National Institute on Aging (U.S. Department of Health & Human Services) and supported by the Alzheimer’s Association, is currently underway to find risk-factor genes for AD.

The study seeks families nationwide who have at least three members who can donate blood, including:

- Two siblings (brothers or sisters) who developed AD after age 60, and
- Another family member over age 50 who may have memory loss OR a family member over age 60 who does not have any memory loss.

Participants can live anywhere in the U.S. Participants are needed from racial and ethnic minority communities to make findings relevant to those groups. There are presently no study sites identified in Iowa.

If your family fits this profile, we hope you will join this important national research effort. Research is our best hope for a world without Alzheimer’s disease.

For more information about the AD Genetics Study, call toll-free 1-800-526-2839.

Life Stories

What could be one of the most meaningful gifts or vital transition piece for a loved one with Alzheimer’s disease? A “Life Story” book.

It’s a fact that when more recent memory fails, older adults retrieve earlier memories. Life Story books provide a “nudge” for those memories, and sometimes can open a window for the person with AD, allowing them closer contact with family and caregivers. Quality of life and understanding is increased when a person’s life story is known and used for the implementation of supportive care and shared activity. The book provides the person with Alzheimer’s much-needed affirmation as a person of worth and gives others information to help connect with that person, and build trust. Some guidelines for a Life Story Book are:

- Durable, easy to clean off cover.
- Best if it includes both words and pictures.
- Copy old pictures- if something happens to the copy, you can make more from the original.
- Should be written in the first person (the resident's point of view) i.e. “I love to go fishing”, “This is where I was born”, etc.
- Needs to contain favorite people, place and events.
- Also organizations, religious and political beliefs, awards and major achievements.
- Include any sayings they like to use, favorite foods, music, colors, pets, etc.
- Writing should be in bold print, font size minimum of 48 point up to 100 point, and use an easy-to-read font, like Arial.
- If you place the pages in a sleeve, use the non-glare type.
- Make copies of each page.
- One idea/memory per page.

Guidelines for Staff & Caregivers

- Find the components of the resident's past that are still present, abilities that can be brought out into the current day's caregiving approaches and programs.
- “Look” at the resident through his or her life story and find a deepening acceptance for today's challenges or difficulties.
- Use the Life Story Book to distract the person when there are difficult behaviors that need refocusing or moods that might respond to positive input.
- Enable the person to have easy access to his or her Life Story instead of putting it away in a closet or bureau drawer.
- Be sensitive to the person's experience, look at his/her book and be watchful for any negative or hurtful responses.
- Always empower the person to “own his or her life’s story” by asking permission to see the book.

For more information on Life Story Books, contact Connie Lucas at Connie.Lucas @alz.org.

Program Corner

Hello to our patients, families, friends, volunteers and staff! I represent yet another new face at the Alzheimer’s Association- Des Moines office. My name is Ann Riesenberg and I will be fulfilling the position responsibilities of Program Director.

I have a Bachelor’s degree in Nursing and a Master’s Degree in Business. I have worked in hospitals and nursing facilities and taught in an Associate Degree Nursing Program.

For the past 15 years my focus has been on health care education. I enjoy working with physicians, nurses, social workers and other health care professionals who want to enhance their knowledge and skills to provide quality care.

Just prior to joining the Alzheimer’s Association, I directed the Institute for Awareness, Education and Research of Hospice of Central Iowa. This position provided opportunities in public education and also support and assistance for family caregivers.

As I learn more about this wonderful organization, I plan to work with the program staff in the branch offices to offer the very best in education, training and outreach.
New Faces in the Quad Cities

We welcome two new employees to our Davenport branch office.

Marjean O'Brien- Program Services Coordinator

I am looking forward to the challenge of serving families affected by AD and other dementias; my career path has always lead to interacting people facing challenges, and along the way, I lived through my mother suffering and dying from Alzheimer's. For fun and therapy I write a monthly column for a mature audience newspaper, and I'm also my husband's favorite go-fer and ladder-, light-, and hand -holder while remodeling our house.

We will work together to training our communities' professionals in the ways of providing dignity and comfort to the lives of AD patients while raising consciousness and responsiveness to their needs, and we shall achieve our goal of creating an Alzheimer's free world.

Pat Bierman- Office Manager/Projects Assistant

My background has been mostly as an Administrative Assistant and in sales. Working at Von Maur for five years as a buyers' assistant, I learned when all of the markdowns are done. (And let me tell you, that has come in very handy!). I also worked in an assisted living community in the Quad Cities. Working with the elderly has been very rewarding for me, and once a week I also volunteer at a meal site for the elderly.

In my free time, I enjoy spending time with my family and friends, crafts, baking and movies.

New Development Director Arrives

Greetings! I'm Paul Crawford, and I am very honored to join the staff of the Alzheimer's Association as the new Development Director. Working with the Alzheimer's Association is especially important to me because my grandfather died with the disease in the late 1980s.

I am originally from Fort Madison, Iowa. I have a Bachelors degree in Biology and Political Science from Knox College in Galesburg, Illinois, and a Masters degree from Iowa State University. I have more than six years experience working with non-profit organizations and have spent the past three years working with the Juvenile Diabetes Research Foundation as a Special Events Coordinator. I am glad that I will be able to use my education and experience to help others dealing with this terrible disease.

I look forward to meeting the great volunteers and families who have helped the Association become the leader in Alzheimer's information, services, and research.

Local Poet Publishes Book

Dubuque poet and Alzheimer's Chapter volunteer, Donna Wahlert, has published a collection of her poems in a book entitled The First Pressing: Poetry of the Everyday. Wahlert, who has been published in over forty journals and anthologies, has compiled eighty-five of her poems in this new volume, which has been awarded an Editor's Choice designation by iUniverse. The book is divided into four sections-Spring, Summer, Autumn and Winter as metaphors for the life markers of childhood, adulthood, middle years and later years. The last section contains several poems about her mother's and the family's experience with Alzheimer's disease.

Donna Wahlert, at P.O. Box 61477, Ft. Myers, FL 33906-1477 or e-mail:Donna16307@aol.com. The book can also be ordered at www.iuniverse.com . It is also available through the author, Donna Wahlert, at P.O. Box 61477, Ft. Myers, FL 33906-1477 or e-mail:Donna16307@aol.com. The book can also be ordered at bookstores by its ISBN, 0-595-28959-2.

All profits from the book will be donated for the education, support, and respite for families whose loved one has Alzheimer's Disease.
Memorials & Honorariums

JOELAINE ALLISON
CLARENCE ALDRICH
JERRY AHMANN
MARION AALBERS
VERA CHRISTIAN
....June Fulton
......Barbara Carroll
RON CARROLL
LUCILLA CHILDERS
VERA CHRISTIAN
Diana Bogener-Rudge
Jean Davis, Mary Lee Greider,
Anna Kingery

LEON CHRONISTER
BERNITA ALLEN
John Braida, Jerry and Susan Fogle,
Donna George, Marilyn Halferty,
Louise Lee, Winifred Willhite

FORREST CLAYBAUGH
Richard Bornelyn,
Hector DeKezel, Ronald Vershaw

RAY CLYMER ............Violet Clymer,
Bonnie Dunnhoo, Jodi Jamison,
Janice Ramsey, Tyler Woods

ELWOOD COOK
Barbara Brereton

ALVIN CORSAIR ...........Eva Corsair

MARGARET DELOOKEY
Harriet Baker,
Marianda Foley, Charles Grayson,
Ann Hauser, Roger Montgomery,
Aloysius Roederer, Patricia Schulte,
Mrs. Ralph West

JOHN DIBBLE ..............Jodi Pentico

CHARLES DICKERSON
Marjean Poston

LEOTA DIPPOLD
David and Elizabeth Bishop

SEYMOUR FEINSTEIN
Helene Grossman

GERMAINE FETES
Lighthouse Inc, John Rule

JOHN FINCHUM ............Archie Hindal

DR VERLE FOOTE
Kimberly Beach,
Sara Kelly, Lila Ruch

MARK FRISTO ............Neita Derrough,
Ms Fran C Fazio, Ms. Sadye Fristo,
Helen Hamilton, Don Williams

GLENN GERLICH ............Lynda Carroll,
Allen and Bessie Lynn,
Marilyn and Bob Merchie

AFKAM GHASSEMI
Adam Ghassemi

NADEAN GRUNDER ..Kirk Grunder,
Mary Grunder

PATRICIA GUINN
Elizabeth Wegscheid

CHARLOTTE GUMM
Nancy Humke

JOHANNA HACKETT
TelecomPioneers

PAUL HAMMIL
Suzette and Walt Hentze

ROBERT HANNA
Joan and Harold Scebold

CHARLOTTE HARPER
Connie Beasley,
Steve and Cindy Rasmussen,
George Robeson

BEA HECKMAN ............Kathy Kurtz

JEWEL HEICK ............Candace Ford

RALPH HEINZEL
Marlyn Denkinger,
Kathleen Heinzel, Edith Nylen,
Gail Reed, Ann West

MARGARET HILL ............Laverne Hill

DORIS HILLMER ............Dorothy Hillmer

MARY JANE HOLLAND
Marianne Michel,
Jeannine Morris, Katherine Munsen,
Martha Olson, Diane Rickerl

IRENE ISEMINGER
Gerald Iseminger

EVERETT JARVIS
Atlas Roofing Corporation
Nancy Surr

DORIS JOHNSON ............Pamela Falk

EARL JOHNSON
Bertha H. Johnson

WANDA KALDENBERG
Martha Brayton,
Mrs Herman Deaton, Golda Gatch,
Martha Griffin, Leonard Hadley,
Carolyn Hobbs, J and F Paul Co.,
John Kaldenberg,
Maytag Plant 1 employees,
William Ruth, Nancy Steingreaber,
Terry Townsend, Avery Wilson

ELAINE KETELSEN
Leroy and Margie Andreason,
Ruth Badtke,
Sharon Barr and Alyn Rittmer,
Shirley Bartholomew, Marilyn Behr,
Harold and Marian Behrens,
Maynard and Jeanne Brown,
Leo Burken, Velma Burt,
James and Joan Cahill,
Tom and Lois Cloos,
Jacqueline Coon, Edith Cooper,
George Darling,
Donald and Joan Dierks,
Judy Doescher,
Ronald and Ruth Downey,
Cynthia Fischer,
Bob and LaVora Fleming,
Roland Fier,
Don and Carla Fier,
Florence Gradert, Gerald and
Mark Grant,
Dave and Kay Hall,
Harry and Diane Henzen,
Art and Stephanie Hofer,
Elaine and Rick Hofer,
Ken and Phyllis Hofer,
Carl and Doris House, Marian Irey,
Rick and Mary Jaeger,
Ernie, Eve and Elaine Jensen,
Gerhardt Jensen,
Mr. and Mrs. Keith Jensen,
Mariane Jess,
Bruce and Nancy Johansen,
Lois Johnson, LaVaun Jurgensen,
Dale and Darlene Ketelsen,
Jane Ketelsen,
Jason Ketelsen, Paula Ketelsen,
Roger Ketelsen, Alice Kroeger,
Barbara Kryomann,
Dick and Brenda Kunau,
James and Joanne Kutzbach,
Marilyn Lyons,
Bob and Marilyn Mangan,
Duane and Sally Marvin,
Mary Jane Marvin, Guy McElroy,
Arlene McElroy,
Jeff and Linda Milder and family,
LeRoy and Mynna Mohr,
Aberdeen Momsen,
Alberta Momsen,
Violet Momsen,
Harold and Betty Mootz,
Joan Nielsen, Jean Olson,
Pat Pearson,
Mr. and Mrs. Orvin Petersen,
Velma Petersen, Helen Pieper,
Mike and Joe Portz, MaryJo Powers,
Ben and Rita Reuter,
Don and Darlene Reuter,
Mr. and Mrs. Sheldon Rittmer,
Russell and Lois Rittmer,
Joanne Rogis, Mildred Ronnenfeld,
Ron Rosenow, Louise Sander,
Hellyn Sarek, Jenny Schipman,
Harry and Jeanette Schleper,
Larry and Cindy Schultz,
Richard and Deb Scott,
Carole Shannon,
Memorials & Honorariums

LUCILLE VANAUSSDALL
Janet Bode
Judith Hopkins, Barbie Johnson,
Ms. Danny Rose, Harlan Sage,
Joyce Samuels, Mary Marjorie
Wilmot

ED VOSBERG
Fran Amundsen

DENNIS WARNER
Lila Davis, Debra Egan, Kathy Lybarger,
Cindy Mammen, Ruth Quick,
Herman Stanley

BERTHA WESTGATE
Shirley Talbott

ROBERT WINEGAR
Tonya Bock, Bruce Fagerstrom, Lois Oray,
Bill and Jane Saathoff,
Richard Shepard, Janet Thoren

ESTHER WERNING
Fern Werning

LORENE WRIGHT
Marilyn Lee Sherman

RALPH VANDERBEEK
Bruce VanDerBeek

Donations

Laura Adams
James Agnew
Robert and Shirley Albrecht
Alliant Energy Foundation
Bernice Angell
John V. Azinger
Steve Bassman
Penny Berg
Dan Bomar
Bob and Zoe Casper
Catfish Bend Casinos
Curt Clausen
Violet Clymer
Colo-Sherman-New Albany United
Charities
Karla Dougherty
Bonnie Dunnihoo
Selma Edinger

Mrs. Rita Elliott
Mary Foote
Norma Foote
Candace Ford
Arnold Geske
Adam Ghassemi
Phyllis Gregory
William Haag
Grace Hampton
Matt Harper
Joyce Hart
Heartland Health Care Center
Iron Warriors Motorcycle Club
Tom and Judy Jackson
Jodi Jamison
Phyllis Jepsen
Larry Kasemeier

William King
Judith Kurtz
Karen and Jerry Lafferty
Gordon Lang
Carl Maerschalk
Barbara McDonough
Richard McNabb
Marianne Michel
MidAmerican Energy
Robert Miller
Mississippi Valley Convention
Jeanne Morris
Katherine Munsen
National Catholic Society of
Foresters
Sandra O’Brien
Martha Olson

Jermaine Prescott
Janice Ramsey
Janaa Redmond
Diane Rickerl
Bill Rosebery
Leslie Schuman
Scranton-Kendrick United Charities
Emily Shuppy
Sara Strand
Sr JoAnne Talarico
Michael Triplett
Judith Vroman
George White
Betty Wilson
Linda Wood
Tyler Woods
Hildegarde Wray

New Year, New Look

A brand new year often inspires a brand new you. You make resolutions to exercise more, eat healthier food, or add a new style to your appearance.

The Alzheimer's Association also is getting a brand new look in the new year. We are changing on the outside, while on the inside we are more committed than ever to our dual mission of research and support.

In February 2004, we will launch a new brand that creates a clear, strong identity for the Alzheimer's Association and builds upon the 24 successful years of fulfilling our mission. Over the next several months and beyond, you will see our new look, logo and messages on everything we do, from our publications and signage, to public service announcements, and even at our Memory Walk and in our Safe Return materials.

The goals of our new brand are to create greater national public awareness and recognition of Association programs and services, distinguish us from other organizations, and connect us with those who do no know that we are the world leader in Alzheimer research and support.

We are excited about our new brand, and we look forward to your continued involvement and support of the important work we do at the Alzheimer's Association.

If you’re done with this issue, please take it to a friend or a doctor’s office, rather than throwing it away. You may provide the hope someone is looking for!
The Stand By You Awards are given annually at the Greater Iowa Education Conference to individuals who stand out as examples of excellence in the provision of care to people with Alzheimer’s disease. The winners must demonstrate care, respect and compassion to both individuals with AD and to their families, make an effort to mentor others and enhance their own skills and knowledge.

The recipients of the 2003 Stand By You Awards are:

**Paul Green- Family Caregiver**
Paul was nominated by the staff of Willowbrook Adult Day Services in Newton, for the care and love he shows to his wife, Regina. “Paul knows her hair, nails...having her jewelry on and clothes were important to her, so he wants all of those things done properly. Some of those things are not easy for a guy to do—and sometimes he comes to us for help. He has even asked how to pick out the color of lipstick that would look good on her,” wrote Dee Gibbs, Program Coordinator. Paul always puts Regina's needs before his own, and his interactions with her are amazing. He still talks to her and cares for her with respect and love.

**Sharon Brown- Assisted Living**
In Sharon’s 26-plus years working with individuals with dementia, she has worked as an aide, ward clerk, licensed practical nurse, eventually obtaining her license as a registered nurse in 1998. Sharon is presently the manager of Martina Place Assisted Living Residence in Johnston. In nominating her Brian Farrell, President/CEO of Bishop Drumm, said, “Sharon provides outstanding leadership and mentors her workmates, and is well aware of the changing demographics, and the implications of the large influx of “baby boomers” in the next few years.” Sharon has worked hard to stay current with dementia education, and has made a personal commitment to caring for her residents.

**Sarah Stanisz-Nursing Facility**
Sarah is the Coordinator of the Alzheimer’s Care Unit at Bishop Drumm Care Center in Johnston. She serves as the social worker, activity coordinator, and on occasion as a nursing assistant of medication aide for this twenty-two bed unit. She also facilitates a support group with the Greater Iowa Chapter, and provides all the dementia training for the Bishop Drumm staff. Matthew Garcia, Administrator of Bishop Drumm, wrote, “There are two principals that I talk with new employees about during their first day of orientation. Maintaining a positive attitude and being adaptable to the ever-changing environment of healthcare. I believe Sarah exemplifies these expectations.” In nominating her, Doug Reese, a family member, said, “She treats my uncle like a family member, not a resident of a nursing home. Bishop Drumm is lucky to have her.”

**Polly Johnston- Adult Day Care**
Polly has worked at Willis Adult Day Service since 1980 (the year the program was originally established). Willis serves up to 35 clients a day, and approximately 80% of them have Alzheimer’s disease or some other form of dementia. In addition, Polly has been very active in the Iowa Adult Day Services Association for several years to advocate for quality care and services to day care clients. One part of her nomination said, “Polly has touched the lives of hundreds of clients in a very positive way. She frequently gets involved in client activity programs, counseling clients and families, serving meals, and even driving the Willis van if necessary. In her “free” time, she serves as a support group facilitator as well.” Polly believes in mentoring others, and has provided internship opportunities for students and new graduates, and is a leader in the development and implementation of training for her staff and volunteers.

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**Annual Report**

**REVENUE $733,294**

- Program Services $45,556
- Indirect Public Support $25,071
- Direct Public Support $194,559
- Grants $175,480
- Special Events $283,554
- Investments $5,948
- Other $3,107

**EXPENSES $701,915**

- Development $88,079
- Research $22,804
- Public Policy $23,306
- Education & Communication $293,785
- Family Services $181,630
- Management & General $189,320

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Energy Assistance Programs Available

The Low-Income Energy Assistance Program (LIHEAP) helps low-income people pay for winter heating costs. The amount of money a person can get depends on household income and size, fuel used, and the type of housing. LIHEAP is not intended to take care of the whole bill. It helps cover costs where the need is greatest.

To be eligible, the gross annual income must be less than the amount below for your household size. You must provide proof of income for the prior 13 weeks.

<table>
<thead>
<tr>
<th>SIZE OF HOUSEHOLD</th>
<th>HOUSEHOLD INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$13,470</td>
</tr>
<tr>
<td>2</td>
<td>$18,180</td>
</tr>
<tr>
<td>3</td>
<td>$22,890</td>
</tr>
<tr>
<td>4</td>
<td>$27,600</td>
</tr>
<tr>
<td>5</td>
<td>$32,310</td>
</tr>
<tr>
<td>6</td>
<td>$37,020</td>
</tr>
</tbody>
</table>

For family units with more than six members, add $4,710 for each additional member.

Applications for energy assistance must be received by April 15, 2004, and will be accepted on a first come/first served basis. Federal funds for this program are limited, so apply early at your local Community Action Agency. In most cases, benefits will be in the form of a credit applied to your heating bill by your utility company. Applications for energy assistance must be approved or denied within 30 days.

LIHEAP also provides additional temporary assistance to those faced with a crisis situation that poses an immediate threat to life or health. Crisis assistance payments may be received for the repair or replacement of a furnace up to a maximum of $1,500 per household, or for the purchase of heaters, blankets or temporary shelter up to a maximum of $200 per household from October 1 through April 15. Households can also receive assistance with the emergency delivery of propane up to $300. Applications for crisis assistance must be processed within 48 hours.

If you have additional questions regarding these programs, please call the Bureau of Energy Assistance at (515) 281-0859 or the Legal Hotline for Older Iowans at 1-800-992-8161.

Our Mission:
To provide leadership to eliminate Alzheimer's disease through advancement of research, while enhancing care and support services for individuals and families.
Caring for a loved one is draining, both emotionally and financially. Long-term care insurance is one option for families, but once a diagnosis is made, traditional long-term insurance is no longer an option; underwriters won't even look at an application. Thankfully, there are other solutions that may protect a family's savings, avert welfare, and allow access to quality care with a guaranteed lifetime income stream. In many cases this would involve only a re-positioning of the savings already being spent and in jeopardy of being completely lost. A full consultation with a specialist in these matters is a must. Please call the Greater Iowa Chapter at 1-800-738-8071 for more details.

Barry Ill, Long-Term Care Advisor

If you no longer wish to receive our newsletter, please call 1-800-738-8071 to be removed from our mailing list.

Did you know:
- How to benefit from an important tax law change that may allow you to deduct maintenance and personal care services for someone with Alzheimer's disease? (Hint: requirements include annual certification and a plan of care.)
- That long-term care costs, including nursing homes, assisted living facilities, group homes, day care centers, respite care, in-home and companion care, adult diapers, home equipment and improvements may be deductible medical expenses?
- That the deduction for your parent's medical expenses, including qualified long-term care services, might be deductible on your return?

We have a document titled “Taxes and Alzheimer's Disease” available from all our offices, outlining deductions and tax benefits available for family caregivers. Taxpayers should always seek help from a competent tax professional for advice about the proper application of laws, but this document is a valuable starting point for discussion. For a copy of “Taxes and Alzheimer's Disease”, please call 1-800-738-8071.