The Alzheimer’s Association International Conference on Alzheimer’s Disease (ICAD) 2009 drew nearly 3,800 international attendees to Vienna, Austria, to share the latest ideas, thoughts and theories in dementia science. Breaking research and new technology from the world’s leading scientists were highlighted to explore innovations in unlocking the mysteries of Alzheimer’s. Hawaii will be the Proud Host of ICAD 2010.

It is an exciting time in Alzheimer’s research, with the field progressing rapidly. There are more than 50 potential drugs in Phase II and Phase III clinical trials. These drugs in late stage clinical trials show promise to slow or stop the progression of the disease. In addition, hundreds of research studies were presented at ICAD about drugs in the earliest stages of investigation. Scientists at ICAD also reported their most recent findings regarding early detection, biomarkers, which are characteristics that can be measured and evaluated; risk factors; and possible causes of Alzheimer’s and dementia. Combined research advancements regarding effective medication therapies and early detection have the potential to change the state of Alzheimer’s care in our lifetime.

To learn more about research opportunities in Hawai‘i, contact the Alzheimer’s Association, Aloha Chapter at 808-591-2771.
Executive Director’s Report

It’s Memory Walk season, a wonderful time of year for the Alzheimer’s Association, Aloha Chapter. This is the time when the support we receive from the community expresses itself in the hundreds of dedicated walkers, runners and volunteers who come out to show that we are on the move to end Alzheimer’s.

Mahalo nui loa to all of the hours spent planning and organizing these walks. There’s still time to sign-up to join (or support) the walks on Maui and in Kailua-Kona on the Big Island.

The Chapter operates on a fiscal year from July 1st through June 30th. In FY2008–2009, the Chapter served ___ caregivers through education and training, as well as care counseling and through the 10 facilitated support groups on O’ahu, Kaua‘i and the Big Island.

As one caregiver shared: “My family took advantage of every training that the Alzheimer’s Association offered and it truly helped us to care for our mother. Thanks to the training, we knew what to do and where to go for help and it helped us provide compassionate care for my mother. That was valuable.”

As we move into FY2009–2010, we look forward to offering presentations to communities of faith, local businesses and the general public about “Understanding Memory Loss,” and how to “Maintain Your Brain.” Please call Arlene (808) 591-2771 in our O‘ahu office if you wish to schedule a presentation.

This holiday season, we will be offering a holiday card for the first time. This is not just any holiday card; it’s actually a service to help you take care of your holiday shopping and card list at the same time. For a suggested donation of $10, the Association will send a holiday card to the recipient of your choice. Just send us your list along with your contribution and we will hand address cards and envelopes to your friends, family and co-workers. The sentiment inside the card may read: “A donation has been made in your name so that a caregiver can receive essential support, and research for a cure for Alzheimer’s disease will be funded.” You may read more about the holiday card project on page 3, or call Tim at (808) 591-2771 for more information.

During these difficult economic times, it’s even more important to know that your contributions are being utilized correctly to provide the highest level of service to families and friends of those affected by Alzheimer’s disease and related disorders. Mahalo for your thoughtful generosity!

Me ke aloha pumehana,

Elizabeth Stevenson
Executive Director & CEO
Born in Saskatchewan in 1925, Amy grew up in the heart of the Canadian wheat belt. The oldest of six children, she became an elementary school teacher in her home province and British Columbia. In 1954, Amy flew to Hawai‘i with a girlfriend for a vacation. At an open-air dance at the Moana Surfrider Hotel, she met a young man named F. William Littlejohn. Bill was born and raised on O‘ahu; his family had a vaudeville troupe and Bill was a renowned performer in his own right. After exchanging addresses, Bill wrote over the next year to encourage Amy to return to Hawai‘i, even finding her a job at Holy Nativity School in Honolulu. In 1956, Amy agreed and moved to Hawai‘i to marry Bill.

In her 33 years at Holy Nativity, Amy taught kindergarten through fifth grade and served as the principal of the school for nine years before retiring in 1988. This was about the time her journey with Alzheimer’s disease began.

In 1988, Amy’s husband Bill informed her that his job had been downsized along with others at his company. In reality, Bill, just 57 at the time, was the only person let go; memory problems were impacting his ability to act as a bookkeeper. Amy pieced together other problems Bill had been exhibiting and together they visited their doctor. Initially, Bill was diagnosed with B-12 deficiency. Later tests revealed early onset Alzheimer’s disease.

Amy contacted the Alzheimer’s Association, Aloha Chapter for guidance and help. The Aina Haina support group was closest to home, and she began attending. Amy soon became the volunteer phone coordinator, and when the support group facilitator Mel Nishihara was unavailable, Amy filled in—a compatible arrangement that continued for over 20 years.

Amy has seen hundreds of neighbors and friends come and go on their personal journeys with Alzheimer’s disease. Together with volunteer Norman Kumura and Aloha Chapter Program staff member Ira Kazama, Amy leads the support group and assists new members as they navigate through this rough and difficult reality. According to Amy, “I learned so much from other caregivers and [I] wanted to help create a place for people to fully express themselves.” It is a sentiment that she readily shares with new members.

Mahalo nui loa to Amy Littlejohn for 20 years of service to the Alzheimer’s Association, Aloha Chapter and families living with Alzheimer’s disease in her community.

Volunteer Opportunities

How you can help:
Outreach
Distribute Alzheimer’s information to churches and doctor’s offices, attend health fairs, and talk to others about how they can get help.

Office Work
Answer the telephone, enter information into a database.

Speaker’s Bureau
Conduct presentations to inform your community about the warning signs of Alzheimer’s disease.

Memory Walk
Join our steering committee, start a Memory Walk team.
Have Fun, Do Good!

Have you ever wondered how you could help the Alzheimer’s Association, Aloha Chapter? It’s easier than you think. Volunteering your time, gifts, and service may mean making a donation, adding the Chapter to your estate plans, or participating in Memory Walk. Perhaps there are other creative ways to inform the community about our programs and services:

Host a barbecue and share information about the Chapter. If you want, a staff person could join you and tell your neighbors, friends, and family what we do and how they can help.

Invite the Alzheimer’s Association, Aloha Chapter to speak at your civic, fraternal, or alumni organization.

Do you golf? Arrange a small tournament at your club. The proceeds from each foursome could be donated to the Chapter. The same is true for just about any sporting event.

Do you like to shop in the same stores or eat at the same restaurants? Do you know the owners or managers? Ask them to consider donating a portion of their proceeds for one night to the Chapter. Information on Alzheimer’s or related dementias and the Aloha Chapter’s services can be shared with staff and customers.

Do you use Facebook or Twitter? Add the Aloha Chapter to your page, tweet about us, and ask your friends for their support.

These are just a few ideas to start you thinking; your own ideas may be even better. Please call Tim Taravella, Director of Development, at (808) 591-2771 on O‘ahu if you have a great idea, need some help, or want some suggestions.

Call to Hawai‘i’s Businesses: Join the Alzheimer’s Early Detection Alliance

Alzheimer’s disease is fast becoming one of the greatest medical challenges facing Americans today. We invite Hawai‘i’s businesses to join the Alzheimer’s Early Detection Alliance (AEDA) to benefit their employees, families, their company, and community.

The Alzheimer’s Association has formed the Alzheimer’s Early Detection Alliance (AEDA) to help educate employees about the warning signs of Alzheimer’s, the importance of early detection, and the resources available to them. Corporate involvement is essential in the promotion of a healthy workforce. Evidence suggests that, as leaders of corporations promote a healthy workforce, employees listen and take action.

The Alzheimer’s Association, Aloha Chapter is inviting companies and organizations to be part of the AEDA. Please help us bring AEDA to your company. A quick email suggestion to your HR Director providing a link to alz.org/hawaii is a great way to get the ball rolling. As more employers become educated about the disease, we hope they will become more responsive to the needs of caregivers.

The Alzheimer’s Association, Aloha Chapter can assist by providing speakers to talk about the warning signs of Alzheimer’s disease, articles for company newsletters, and tips on living a brain-healthy lifestyle.

Creating and maintaining a healthy local workforce is critical to the future of Hawai‘i. We look forward to your participation. Contact Arlene Ige at (808) 591-2771 for more information.
Kaua‘i Offers Caregiver Support

By Jill Hedges-Ramsey, MA, Kaua‘i Program Office. To contact Jill, please call (808)245-3200.

The Annual Conference for Caregivers was held on June 23, 2009 at the Aston Kaua‘i at Makiawa. It was well attended by 62 community family caregivers, both professional and non-professional. Topics and presentations included:

• Maui program director, Elaine Slavinsky, MEd, MPH, RN, presented “The Basics of Alzheimer’s Symptoms and What to Do?”
• Alzheimer’s Association Board Vice Chair and Geriatrician Bret Flynn, MD, MPH, followed with “The Medications for Alzheimer’s – What Do They Really Do?”
• Elizabeth Stevenson, Executive Director and CEO, Alzheimer’s Aloha Chapter, gave a short presentation on “What is New and Exciting in Public Policy.”


Did you know there are support groups for caregivers on Kaua‘i known as “Caregiver Cafes”? Caregivers come together in a non-judgmental environment to share challenges, exchange practical solutions, provide peer support, and learn about community resources. Call the Kauai office at (808)245-3200 to confirm dates and times:

• 3rd Thursday of the month at noon at the Agency on Elderly Affairs – Lihue.
• 4th Thursday of the month at 6:30 pm at Hanapepe Hawaiian Church – Hanapepe.
• 2nd Tuesday of every other month at 6:30 pm at Mahelona Hospital – Kapaa.

Hilo’s ADRC Model for Services

By Chris Ridley, LCSW, DCSW, Hilo Program Office.

The Alzheimer’s Association Hilo Program Office now has a new home! Hawai‘i County has become among the first communities in the United States to have a nationally recognized model for services, the Aging and Disability Resource Center (ADRC) in Hilo. The ADRC is a one-stop center for finding information on services for our seniors and disabled community and is located at the renovated Sun Sun Lau Building on Kino‘ole Street in Hilo.

The center aims to cut through the maze of information and help searchers navigate and access resources. Along with the Alzheimer’s Association, the ADRC brings together several county and private programs serving seniors and individuals with disabilities: the Hawai‘i County Office of Aging, Coordinated Services for the Elderly, Hawai‘i County Nutrition Program, Senior Training and Employment Program, Services for Seniors, and the ARC of Hilo.

The Alzheimer’s Association will now have the opportunity to host education classes and support groups at the ADRC. Register for classes with Chris Ridley by calling (808)981-2111: Nov. 5, 5:00 pm, Alzheimer’s Disease; Nov. 12, 5:00 pm, Legal & Financial Matters; Nov. 19, 5:00 pm, Managing Challenging Behaviors.

L to R: Former Hawai‘i County Mayor Harry Kim; Governor’s Liaison Officer Dylan Nonaka; County of Hawai‘i Executive on Aging Alan Parker; and Hawai‘i County Mayor William Kenoi.
A Maui Story: Caring for Auntie & Uncle from Moloka‘i

By Christine Sabado, Maui Program Office. To contact the Maui Program Office, please call (808)242-8636.

It all began as a simple trip. Auntie Rosita and Uncle Petone were coming to Maui for a family party. They had lived their entire lives on the far west end of Moloka‘i, in the once lively plantation town of Maunaloa. Auntie and Uncle worked in the pineapple fields, up before dawn to meet their days under a Moloka‘i sun. From this place in Moloka‘i, you can catch a clear vista of Diamond Head. The view at night was truly spectacular. After Mama and Papa’s passing, Auntie Rosie assumed the role of family matriarch. Through the years, we noticed Auntie beginning to experience some memory loss and disorientation with time and place. Soon it became necessary for Auntie and Uncle to live with family members who lovingly watched over them.

That trip to Maui was anticipated not only by Auntie and Uncle, but by their Moloka‘i family who needed a well-deserved break from their task of caregiving. Sadly, within 24 hours, Auntie was hospitalized. Many ailments plagued Auntie’s later years. The one ailment we were slow to recognize robbed her of the present and reality. The thief was dementia, eventually diagnosed as Alzheimer’s disease.

One agency made all the difference for our family; the Maui Program Office of the Alzheimer’s Association, Aloha Chapter. Our family reached out for help and received counseling, education, and support. Doctors determined the best care available was at a facility in Kahului. At first my husband was adamant that she and uncle “stay in Moloka‘i, because that is their home!” I responded, “What if in the end she does not know where she lives, but knows we are near?” Though not at their beloved home of Moloka‘i, Aunty receives excellent care on Maui and it is a comfort to us. We are eternally grateful for the care and compassion of the Alzheimer’s Association, Aloha Chapter, Maui Program Office. Mahalo.

Alzheimer’s Breakthrough Act

The Alzheimer’s Breakthrough Act of 2009 (S.1492/H.R.3286) has been introduced in Congress! The bipartisan legislation calls for a significant increase in Alzheimer’s research funding to $2 billion and provides support for the nearly 10 million Alzheimer caregivers.

What You Can Do: Ask Hawaii’s members of Congress to co-sponsor the Alzheimer’s Breakthrough Act of 2009. Go to www.alz.org/hawaii to learn more.
What Now? An Orientation Series for Family Caregivers
Tuesdays, 9:30 am – 10:30 am
Chapter Office, Ward Warehouse, 2nd Floor
Call 591-2771 to register. Classes may be taken individually or as a complete course:

Learning to Manage Challenging Behaviors
How to approach some of the more challenging care situations that arise.
Tuesday, September 29

Taking Care of Yourself
How to cope while you care for your loved one.
Tuesday, October 6

Hiring & Managing In-Home Caregivers
Introductions to homecare planning and management.
Tuesday, October 13

When is it Time to Move a Loved One into a Facility?
Steps to take when exploring residential facilities.
Tuesday, October 20

Extended Family & Friends
Facing the challenges as a family and the impact on friends.
Tuesday, October 27

Community Resources
An easy guide to community resources.

Tuesday, November 3

Educating Yourself About Alzheimer’s Disease
A comprehensive guide to understanding the specifics of the disease.
Tuesday, November 17

Putting Legal & Financial Affairs in Order
How to begin with legal & financial issues.
Tuesday, November 24

Lessons in Caregiving Through Poetry
With Frances Kakugawa, award-winning author of Mosaic Moon.
Wednesday, October 21
10:00 am – 11:30 am
Ward Warehouse, Kaka’ako Conf. Room
1-Day Course Fee, no certificate: $80.00
2-Day Course Fee, with certificate of completion: $150.00
Phone: (808)591-2771

Caregiver University: Achievement Certificate in Alzheimer’s Care
Comprehensive training course for professional caregivers!
Thursday & Friday, October 22 and 23
8:30 am – 5:00 pm
Ward Warehouse, Kaka’ako Conf. Room
1 Day Course Fee, no certificate: $80.00
2 Day Course Fee, with certificate of completion: $150.00
Phone: (808)591-2771

HAWAI’I ISLAND:
“The Alzheimer’s Project”
HBO’s Emmy-nominated documentary.
Viewing at the Life Care Center of Hilo.
944 West Kawainui Street
Phone: (808)981-2111

The Memory Loss Tapes
Wednesday, October 7
1:00 & 6:00 pm

Grandpa, Do You Know Who I Am?
With Maria Shriver
Wednesday, October 14
1:00 pm & 6:00 pm

Momentum in Science
Wednesday, October 21
1:00 pm & 6:00 pm

Caregivers
Wednesday, October 28
1:00 pm & 6:00 pm

Support Groups
Support Groups are available on all islands, call your local Program office for more information or go to our website at www.alz.org/hawaii.
Save the Date!

There is still time to participate in your local Memory Walk:

**Kahului, Maui**
(808) 242-8636 is your magic Maui number
Saturday, October 17, 2009
Queen Ka‘ahumanu Center

**Kona, Hawai‘i**
Call (808) 981-2111 for more information
Saturday, October 24, 2009
Keauhou Shopping Center

---

**Give Aloha to the Aloha Chapter**

September is Foodland’s Give Aloha Campaign season. Bring your Maika‘i Card to your neighborhood Foodland or Sack-N-Save and ask the cashier to make a donation to support the Alzheimer’s Association, Aloha Chapter. Foodland will match up to $249 in contributions made by Maika‘i cardholders. Our agency number varies by island—bring this note with you when you shop!

Hawai‘i – 78187       O‘ahu – 77006
Kaua‘i – 78258       Maui – 77406

---

**Estate Planning**

While making your legal and financial plans, please keep the Alzheimer’s Association, Aloha Chapter in mind. For more information about how to include the Chapter in your plans, please call (808) 591-2771.