

Cornerstone

Serving Southern Ohio, Northern Kentucky
& Southeastern Indiana

alzheimer's  association
Greater Cincinnati Chapter

VOLUME 30 NO. 2 | Summer 2015

'In Their Own Words...'



As the saying goes, if you have seen one case of Alzheimer's disease, you have seen one case of Alzheimer's disease.

For those affected with the disease, their caregivers, family and friends, the challenges, emotions and experiences that accompany the disease are unique to each individual. Although they are linked by a common bond, these individuals travel different paths in confronting the disease and helping support the mission of the Alzheimer's Association. Even those not directly touched by the disease are being drawn to action.

Throughout this edition of *Cornerstone*, we feature a number of individual stories, told in that person's own words. Some are current caregivers, others are mourning the loss of a loved one, while others are taking great lengths to support the cause.

They share part of their Alzheimer's experience...in their own words.

Reds Swing at Alzheimer's on Awareness Night - Sept. 4

The Alzheimer's Association of Greater Cincinnati is proud to continue its partnership with the Cincinnati Reds in the fight against Alzheimer's.

Order your tickets today as the Cincinnati Reds battle division rival Milwaukee Brewers at the third-annual Alzheimer's Awareness Night at Great American Ball Park on Friday, Sept. 4. The evening will include an on-field presentation highlighting the Alzheimer's epidemic, a ceremonial first pitch and more. First pitch is scheduled for 7:10 p.m. You can buy discounted tickets for the game with a portion of the proceeds benefiting your Walk team and the Greater Cincinnati Chapter.

For friends of the Alzheimer's Association, you can purchase the following tickets:

- Field Box Tickets - \$40 • Mezzanine Tickets - \$24
- View Level Tickets - \$16

To order tickets, or for more information, please contact Carolyn Frank at cfrank@alz.org or call (513) 721-4284. Don't forget to wear purple and show your support that night.



'In Their Own Words...'

A Call that Changed My Life

By Shirley Martin

My husband, Russell, and I have been married for 31 years and have lived and worked in the Greater Cincinnati area since 1989. Russell was diagnosed with mild cognitive impairment in 2012 and Alzheimer's type dementia was confirmed in November of 2014. In late 2014 I made the decision to graduate from full-time paid work to primary caregiver, which completely redefined the meaning of "full time."

I came to the Alzheimer's Association office about a year into Russell's initial diagnosis because I worked in the same building on Linn Street and thought it might be helpful. Unfortunately, I was still in denial and felt my visit and some of the suggestions offered were premature. Shortly thereafter, we found out he had another serious disease. That consumed a lot of time and attention during 2013 and Alzheimer's took a backseat.

What brought me back to the Association was Kathy, the social worker at Russell's new primary care physician, Dr. Robert Keyes at Christ Center for Health & Aging, who spent time getting to know me and made a number of suggestions that I implemented. However, I resisted calling the Alzheimer's Association because I thought I could "do it on my own." It was my good fortune that Kathy encouraged me to speak with someone, so I said yes.

A call from Nancy Boss at the Alzheimer's Association literally changed my life. She addressed my concerns and her positive urging got me to come to the Memories in the Making program for Russell and the concurrent caregiver support group meetings. That is hands down the single best decision I've made since saying "yes" when Russell asked me to marry him.

I talked with Nancy on a Friday afternoon and she made me promise to come to the meeting on Monday. We drove through very heavy rain and almost didn't get out of the car once at the venue, but something pushed me to go in.

The Caregiver Support Group and Memories in the Making program have been a Godsend. Russell participates in something he enjoys while I attend the support group. Doing this simultaneously eliminated the problem of arranging for paid care while I was away and gave Russell a much needed activity.



Shirley and Russell Martin

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alzheimer's  association

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Cornerstone is the official newsletter of the Alzheimer's Association of Greater Cincinnati. Comments or questions should be directed to Steve Olding at (800) 272-3900 or solding@alz.org.

The Stories We Tell

By Paula Kollstedt
Executive Director

Tragic. Hopeless. Fatal. These are words often used to describe the story of a family's journey through Alzheimer's disease and dementia.

Dr. Jim Loehr, world-renowned performance psychologist, Co-Founder of the Johnson & Johnson Human Performance Institute, and author of 16 books including *The Power of Story*, says we underestimate the importance of story – in particular when it comes to our own.

Each of us is the author of his or her own life story. How we choose to write it is probably one of the most important decisions we will make. And how we choose to tell our story, in particular to ourselves, can determine our future. "Your life is your story and your story is your life," Loehr says. Our story forms our reality and our destiny follows.

Can you achieve your goals with the story you have? Are you writing a reality-based story that will take you where you want to go? The stories we read by families facing Alzheimer's in this edition of *Cornerstone* tell us a lot about the people who wrote them – the people who live them. And they are heroic, inspirational, transformational.

None of us expect to get dementia or have a family member get it. With Alzheimer's now the most expensive and feared disease in the nation, it's something most people don't dwell on as they go about their busy lives. But when the symptoms start, when the diagnosis is made, everything changes. That's when a new chapter begins in too many life stories, a chapter filled with shock, disbelief, denial – and perhaps the feeling that we can handle it on our own.

I speak from experience. That was my reaction when my wonderful husband, Steve, developed Alzheimer's at age 50. We have a strong, loving family and great friends. We had weathered storms before and we would handle this one. Or so I thought.

We soon found out that this disease is far beyond memory loss. Steve's brain was under attack and, while for so long in many ways he remained his extraordinary, gregarious self, a man of great wisdom and accomplishment, he began acting in ways and losing capabilities that affected every aspect of our lives and every person in them. After much gut-wrenching trying and failing, I reached



Paula and Steve Kollstedt

out to the Alzheimer's Association, took advantage of every educational opportunity they offered, joined the early-onset support group for the families of those diagnosed under 65 and met an army of professionals and families who helped immensely.

Facing a disease with no cure, it was vital to our family to do something to end it. We formed a Walk team in Steve's honor, attended the Art of Making Memories, talked to our legislators about the abysmal research funding. And as we did that, while we may not have known it, we were re-writing our story – moving from

victims to advocates, facing our reality and finding ways to cope with it, expanding our network in a way that not only allowed us to survive, but to thrive.

Was it easy? No. But was it worth that call, those problem-solving sessions, that unrelenting determination to make the best life in spite of this disease? Absolutely. The ability to have those resources while helping others going through the same challenges and working to end this disease so that other families don't have to endure the losses we did – is a tremendous gift.

While this disease continues to rage and ravage individuals and families alike – our story is changing. Alzheimer's and dementia are coming out of the shadows. More visibility is creating more awareness; more awareness is creating more concern. We are growing our programs and services to be there for more and more people every day. And we are coming closer to a cure.

In July I attended the Alzheimer's Association International Conference where more than 4,000 researchers, scientists, physicians, pharma and imaging experts shared great news about advances in experimental medications and therapies that show enormous promise. Meanwhile Congress is stepping up with proposals of \$300 million and \$350 million additional funding in the House and Senate budgets respectively to bring National Institutes of Health research funding closer to the \$2 billion we know is a minimum required to find a prevention or cure.

As we drive forward to do all of this, you are the heroes in our story. Without you, the care we provide together, the incredible advances made so far to defeat Alzheimer's, would simply not have happened. And our story? It *will* have a happy ending. Thank you for creating it with us.

Paula

A Call that Changed My Life

Continued from page 1

I came to realize that Memories in the Making isn't making memories for the Alzheimer's patient but making something tangible for me to have. I have all of the artwork he has done in his sessions, dated and stored carefully in a drawer. They testify to both his creativity and his continually changing abilities.

For me, meeting with others whose situation is similar to ours is amazing. The caregivers are all spouses and while each is at a different stage, I am with people who understand the positive and not-so-positive experiences. We share information, tips on what has and hasn't worked, make each other brave enough to take a difficult step, empathize and (surprise) laugh a lot. Meeting weekly is like a shot of adrenalin and keeps us connected. After the meeting, all of us who are able have lunch together and the social hour tops the day off perfectly. It's always a good day.

The people in our support group are truly amazing. Their generous sharing of ideas and experiences has

helped me make difficult decisions such as an Adult Day program a couple of times a week which is now part of our routine. I thank all of those people who listen to my fears and help me through them.

I'd also like to thank Joan Hock and Nancy Boss who facilitate the Art and Discussion groups. What they give to us is immeasurable.

If I have any regrets, it was my failure to understand, at the time, what my friends, coworkers and others who have dealt with Alzheimer's or any serious illness or disability have really been doing over the years. I'm embarrassed at my lack of empathy for these life-changing situations but my admiration for the courage and tenacity of these people has grown by leaps and bounds. I thank each of them for their kindness in being there for me on my journey and hope to pay it forward to others.

More People Taking NextSteps With Us



By Elise Sebastian
Director of Clinical
Outreach

In this edition of *Cornerstone* featuring "In Their Own Words," stories, you will read about people who use our services on a regular basis. You may even read about a social worker or nurse with whom you have interacted.

I often wonder how people know to reach out to us, because many do not. With free programs and services it's pivotal that we get our message out far and wide. We have many methods to do this but one program that's had significant success in reaching folks has been our NextSteps program. In a few of the stories you will read there is mention that a healthcare professional suggested

reaching out to us. A growing number of healthcare professionals make that connection between caregiver and Chapter services by way of NextSteps.

"The ability to connect families in need with the talent of the Alzheimer's Association can be transformative in helping families support loved ones. Usually families are in desperate need of help, but aren't aware that any is available. Often, they have been to neurologists and their primary care doctors, and have read things online, but the ability to meet with the Association talented staff and sit down, and discuss real

concerns, taking however long is necessary, is an amazing gift for these families. I view the referral to the Association as one critical step in the management and support of patients with cognitive issues like dementia," said Jeffrey Schlaudecker, MD.

Robin Bratt, Nurse Practitioner, adds, "I appreciate the intake notes that the social workers collect and the detailed plan for supporting the caregiver. I can review these and reinforce the plan when they return to the office."

We are not the only ones noticing the positive impact of this service and the seamless initial entry into our programs — physicians and other healthcare professionals are noticing too.

"After amazingly positive feedback from families, I have begun to refer the majority of new cases of dementia to the Association. Providing these families with additional contacts, tools, knowledge and support, without having to worry about their ability to pay, makes the care of patients so much more holistic, interprofessional, and compassionate," explained Dr. Schlaudecker.

Bratt notes that such interaction is not something readily accomplished during a typical office visit.

"It is a relief to me that I am not alone with this task," she said. "I refer everyone who shows signs of readiness to learn more about the disease to NextSteps."

Caregiver Forum Focuses On African-Americans

More than 100 people attended the Alzheimer's Association of Greater Cincinnati African-American Caregiver Forum on June 30. The morning-long program, featuring Dr. Joya Sykes, was held at the Cincinnati-Hamilton County Community Action Agency.

The free program also included breakout sessions focusing on safety issues and research as well as a dozen health and community service exhibitors.



From left, seated: Alzheimer's Association of Greater Cincinnati Executive Director Paula Kollstedt, Carolyn Sherman and Alverna Jenkins; back row: Chapter board of directors member Larry James, Dr. Sykes, Dr. Gloriajean Wallace, Lesley Wardlow and Chapter Multicultural and Community Outreach Coordinator Jill Gorley.

Traveling a Path of Uncertainty 'In Their Own Words...'

By Cybelle Weeks

I am a 45-year-old program manager and my husband, Gary, is a 75-year-old retired property manager. Gary retired in December of 2012 after working full-time for 55 years, including 35 years in property management. We currently reside in Southeastern Indiana but we're in the process of relocating to Cincinnati (to the Kenwood/Blue Ash area). Gary is someone who loves people and loves life. He likes to laugh and make other people laugh. He is kind, generous and loving.

In 2012, my sister, who is a physician, mentioned to me that she felt my husband was experiencing some cognitive impairment. She urged me to get my husband tested. I was in denial, and I resisted.

I did not want to believe Gary was having cognitive difficulties. He had hearing loss and I attributed his cognitive problems to the fact that he needed hearing aids. We did get digital hearing aids for him, and that helped with his hearing, but not his cognitive decline. I started doing a lot of reading online, and the Alzheimer's Association's website was a key resource for me. I read through many of the online caregiver resources and read and re-read about the stages of the disease. I also read about the 24/7 helpline the Association offered.

After a disastrous family vacation to Hilton Head in September of 2013, Gary and I brought up the topic of short-term memory loss with Gary's internist. By October, Gary was on Aricept and undergoing tests (MRI, blood tests, etc.). In December of 2013, Gary began confusing me with my sister. When that first happened, it frightened me literally to tears. Knowing that it was no longer safe for him to be home during the day without me, I called the 24/7 Helpline in desperation. I was a mess, crying and a bit hysterical. The counselor on Helpline calmed me down



Gary Weeks

and asked me many questions. I worked with her to figure out how to get my husband enrolled in a daytime program for adults. She provided me with guidance on how to talk with my husband about the day program while preserving his dignity and self-respect.

That call was a turning point for me. I cannot remember the counselor's name, as I was so distraught, but I remember how helpful she was and how much she cared about ensuring my husband received the care he needed. The counselor told me I could call anytime, day or night, for help. The very next day I enrolled Gary in a day program five minutes from my office.

In September of 2014 I enrolled in the Alzheimer Association's telephone consultation program. That is when I met with Kristin Cooley to discuss short-term and long-term planning. I was juggling my full-time job, caring for Gary and trying to take care of our home in rural Indiana (we mow a lot of grass). I knew that I needed to figure out how to move us back to Cincinnati, closer to our family and friends, and how to ensure the move would not be traumatic for Gary. I also needed to understand how to plan for our future and for the increased care Gary would eventually need. Kristin is helping me tackle things in small, steady steps. I talk to Kristin about once a month. It is hard to explain how reassuring it is to have someone check-in with me. The calls with Kristin keep me "on track" and focused on what is important, Gary's care.

When you are caring for someone with dementia, you can feel so alone and isolated. All of a sudden you go from being part of a couple, a team, to being the sole decision maker.

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'In Their Own Words....' Coping with Alzheimer's in the Early Stage

By Barbara Williams

For my husband, Mark, Alzheimer's disease is a real family matter. Mark's maternal grandmother, mother and mother's sister had the disease.

He himself was diagnosed with Younger Onset Alzheimer's at the age of 61 five years ago.

My first contact with the Alzheimer's Association came somewhat by accident when I attended a Council on Aging seminar. One of the featured speakers was from the Alzheimer's Association. I was impressed with the information the speaker gave about the disease and the resources available through the Association. Shortly afterward, I made an appointment to learn more about the disease and community resources, joining a support group.

While the Alzheimer's Association has helped us in many ways, the most beneficial program for me as a caregiver has been the early stage support group at their Linn Street office. The caretakers meet in one room and share stories. We laugh and cry together. Over time, the facilitators - Kathleen McFalls, Kristen Cooley, and now Shannon Braun -



Barb and Mark Williams

have been awesome, empathetic and knowledgeable.

While there have been different facilitators for the group, each one has stepped in perfectly, learned our individual trials and shared important information. I honestly don't know how they find so many truly caring, compassionate staff members.

Those affected by the disease meet in a separate room and take part in various activities. Mark loves socializing with the group.

My husband and I live in Mason. One of the most difficult situations for me is working full time and trying to find affordable community resources which provide socialization, appropriate activities, exercise and trained staff so badly needed for people like Mark. I feel these type of resources are lacking for individuals early to moderate stage Alzheimer's. Staying home all day alone is not a stimulating life.

Over time I have come to realize that every Alzheimer's case is so individual and each caretaker has unique challenges. I feel blessed that my husband's progression has been slow and his wonderful personality and sense of humor are still intact.

'In Their Own Words....' Losing My Mom One Day at a Time

By Glenda Kremer

In June, it became official. After months and months of my mom, Iva, denying something was wrong, we finally received the diagnosis from her doctor. It was Alzheimer's.

As we drove home, there was little to say. Mom finally asked "What are you supposed to do when it's Alzheimer's?"

With each passing day, my mom grows a little further apart from me. Her Alzheimer's is changing her, and our relationship.

My husband and I live in Liberty Township. My mom lives in Trenton, about four miles away. We are trying to deal with many things with mom, including her desire to drive. It is a work in progress. We are currently changing out her keys so she thinks something is wrong with the door locks and ignition. She keeps losing the keys and is having difficulty keeping track of things. Just this past week, I told her



Glenda Kremer

that my husband and I were going away for a week's vacation. She later told my brother that I would be gone for several weeks.

I first came into contact with the Alzheimer's Association when my loving stepfather had Alzheimer's in 2000. He was a big bright spot in my mom's life. He died in 2007. I attended a number of "When the Diagnosis is Alzheimer's" workshops then and am taking them again. I was so excited to again meet with Sue Dickey, who was so helpful the first time I went through this process. Sue is so encouraging and helpful. I feel I have a friend I can depend on to get us through this.

My mom is often angry with me and strikes out at me, even when we are playing games. When she leaves the room I ask my husband and friends what did I do. They say nothing. I know it's the disease, but it's still not easy.

I am so very thankful for my praying friends and family. We have seen a few answered prayers and will depend on more in the future.

'In Their Own Words....' 'Ironman' Takes Up Alzheimer's Cause

By Ryan Grimes

I am an electrical engineer - just like my father and grandfather.

My grandfather was diagnosed with Alzheimer's disease in the mid-90s. He passed away in 2002. My father was diagnosed in 2007. He passed away last August.

I watched the two smartest men I ever knew deteriorate before my eyes. After my father was diagnosed, our doctor suggested we seek help for my mother through a support group. We attended monthly until after his passing and went to many education sessions that were offered by the Alzheimer's Association during that time. Elise Sebastian of the Alzheimer's Association came to our home several times to help us with planning and working through the disease. Without her and the Association, we would have been lost.

With my father and grandfather both having the disease, I know I am at high risk. I also know there isn't anything that can be done to prevent it. The one thing that doctors have told me is that staying active and being in shape tends to lower that risk. So I started getting in shape. I lost 40 pounds and decided that to stay active, I'd train for the



Ryan Grimes

hardest physical challenge I could - an Ironman triathlon. A Northern Kentucky neighbor of mine had just completed one, and I thought I'd try. Last year, I completed a "mini- Ironman" of 70.3 miles. This year, I'll go for the full race route. If you aren't familiar, it's a 2.4 mile swim, a 112 mile bike course, and you finish with a 26.2 mile run.

In taking part in the Ironman, I hope to raise money and awareness for the Alzheimer's Association. So why the Ironman? Why the Alzheimer's Association of Greater Cincinnati? Two reasons - Lou Prabell and Elise Sebastian.

Lou got me motivated to begin training. I watched him finish Ironman Florida and couldn't believe his dedication. His heart and desire are unmatched. After witnessing first hand him finishing Ironman Louisville, I thought "I want to do that." He's my friend, coach, mentor, supporter, and (hopefully) fellow Ironman.

Elise was there for my family throughout my dad's disease. She's part of an amazing Alzheimer's Association staff who support families every single day — and never ask for a penny in return. Without Elise, the disease would have been terrible on our family. Her bright smile and comforting personality got us through some of the worst of times. Both of these people have influenced my life. I'm proud to know them.

To donate, visit: act.alz.org/2015Grimesironman.

AAIC 2015 Presents Latest in Alzheimer's Studies

Exciting new research results presented at the Alzheimer's Association International Conference® 2015 (AAIC) in July covered a wide range of Alzheimer's and dementia studies, including advances in early detection and treatments as well as the disproportionate effect of Alzheimer's on women and the benefits of physical exercise for people with Alzheimer's and other dementias.

AAIC 2015 attracted approximately 4,500 leading experts and researchers from nearly 70 countries around the world and featured more than 2,200 scientific presentations for the six-day conference in Washington, D.C.

Released Alzheimer's studies include:

Promising new data results for treatment

Results from more than a dozen experimental drug studies show the research community attacking Alzheimer's disease from multiple angles, targeting the underlying causes and some of the most pernicious symptoms. These advances show a clear maturation of the Alzheimer's research field, a recognition of the need for a broader attack, and hint at future possibilities for combination therapy. New reports included advanced trials and new analyses in three drugs targeting the abnormal amyloid protein that forms plaques in the brain (one of the hallmarks of Alzheimer's), plus three drug trials that target other pathways and symptoms in the disease, including psychiatric symptoms such as agitation.

28 Million Baby Boomers will get Alzheimer's

At AAIC 2015, projections reported by The Lewin Group for the Alzheimer's Association show that 28 million American baby boomers will get Alzheimer's by mid-century – a deluge that will consume nearly 25 percent of Medicare spending in 2040—unless there are significant advances in treatment and prevention.

Type 1 diabetes identified as a risk factor

The first study of dementia risk, including Alzheimer's disease, in older adults with type 1 diabetes (T1D) was reported at AAIC 2015. The study looking at a healthcare database of more than 490,000 people over 60 years old found that participants with T1D were 60 to 93 percent more likely to get dementia compared with people without diabetes, even when the diabetes is treated. More research is needed to validate this finding and investigate the biological reasons for the increased risk in T1D. Both type 1 and type 2 diabetes are rapidly increasing worldwide, and people with type 1 are living longer than ever before.

Early education impacts future risk

Two studies from Sweden suggest a correlation between childhood school performance (ages 9-10) and the development of late life dementia. Both studies analyzed the impact that early schooling, secondary education and occupational complexity have on the risk of developing dementia. In the first study of more than 7,500 individuals aged 65+, dementia risk was elevated 21 percent in people who were in the lowest 20 percent of childhood school grades, and dementia risk was reduced 23 percent among individuals in occupations characterized by high complexity with data and numbers. Importantly, high occupational complexity could not compensate for the effect of low childhood school marks. Results from the second study also found significant correlations between grades/work complexity and dementia risk. In this population of 440 men and women age 75 and

older, dementia risk was elevated more than 50 percent in individuals over 75 with the lowest 20 percent of early-life school grades, even if they had more formal education or a job was associated with significant complexity.

Women are at greater risk for cognitive decline

Women are at the epicenter of Alzheimer's disease. According to Alzheimer's Association 2015 Alzheimer's Disease Facts and Figures, almost two-thirds of American seniors living with Alzheimer's disease are women. Two studies revealed how the pace and impact of Alzheimer's and cognitive decline may be different between the sexes. One study of about 400 people with mild cognitive impairment (141 women, 257 men), mostly in their mid-seventies, showed that women deteriorate twice as fast as men with the condition in both cognitive and functional abilities. Additionally, women declined much more dramatically than men in cognition, function and brain size following surgery with general anesthesia, according to a separate study presented at the conference that reviewed 527 older adults from two different research program databases examining cognitive aging. Is it simply that women live longer than men, or is there something different in the anatomy, biology and/or genetics that contributes to higher prevalence and faster decline?



Researchers report new ways to predict development

Studies reported at AAIC 2015 indicate that brain scans, memory tests and body fluids may hold the keys to understanding a person's likelihood of developing Alzheimer's, even among those who don't have memory and thinking problems associated with the disease. Especially intriguing is a small study that suggests it could someday be possible to detect Alzheimer's-like changes in saliva, which is simple to obtain, easily transportable and has been successfully used in diagnosing a variety of diseases and conditions. Another study suggests positron emission tomography (PET) scans of brain inflammation could one day be used to detect the disease and track the impact of treatment.

Physical exercise may be an effective treatment

Three new research studies reported at AAIC 2015 demonstrated the value of moderate to high intensity aerobic exercise for people with Alzheimer's and other dementias, finding that this type of exercise may help them live better with the disease. One study of 200 people with Alzheimer's age 50-90 showed that study participants who completed a 4-month high intensity aerobic exercise program had fewer psychiatric symptoms, such as anxiety, irritability and depression. Those who exercised hardest also had improvements on mental speed and attention. A second study of moderate-to-high intensity aerobic exercise in 65 sedentary adults 55-89 years old with mild cognitive impairment found that exercise may reduce levels of abnormal proteins in cerebrospinal fluid and increase blood flow in the brain's memory and processing centers. Finally, a six-month study of 71 adults 56-96 years old with vascular cognitive impairment found that participating in a supervised aerobic exercise program was associated with improvements in memory and attention. These studies highlight the potential value of non-drug therapies for Alzheimer's and other dementias.

For more information and news from AAIC 2015, visit: www.alz.org/aaic/ or www.alz.org/aaic/press.asp

Chapter Welcomes Lessard to Program Staff

The Alzheimer's Association of Greater Cincinnati recently welcomed Julie Lessard, MSW, LSW, as its newest Clinical Social Worker.

Lessard, a native of Montreal, Canada, moved with her family to Cincinnati in 1996. She later earned her a Bachelor's degree in Spanish Language and Literature from the University of Cincinnati.

"We are delighted to have Julie join our program team. She is thoughtful and professional," said Elise Sebastian, Director of Clinical Outreach. "Julie will add much to the already outstanding quality of our programs."

Although her previous work experience as a labor union field representative was invigorating work, she said she knew this position would be a way to realize her true passion – working with and empowering the older adult population.

"I credit my deep love for seniors to the beautiful relationship I've been blessed to have with my grandparents. With the dramatic increase in the older adult population throughout the U.S. and worldwide, it became clear to me this was the direction in which I needed to go," said Lessard.

As an intern with the Association, she recently obtained her Master's degree in Social work at Miami University with a field interest in gerontology. Now, as a member of the program staff, she will focus on NextSteps program referrals and providing care consultations in hospital settings.

"Ironically, it was during my internship that someone dear to my heart began showing signs of Alzheimer's disease, and I've been able to not only offer support and guidance to my own family, but to the many families in the Tri-state area that are affected by this devastating disease," said Lessard.

Fluent in French and Spanish, Lessard enjoys travel, particularly to Europe.

"I do my best to travel outside of the country at least once a year," she said.



Julie Lessard

Development News



Walk to End Alzheimer's 2015 Schedule

Cincinnati/Northern Kentucky Walk

Saturday, Oct. 3

Sawyer Point, Cincinnati

Butler, Warren & Clinton Counties Walk

Saturday, Sept. 12

Voice of America Park (New location)

Adams, Brown & Highland Counties Walk

Saturday, Aug. 29

Adams County Fairground, West Union

Portsmouth Walk

Saturday, Sept. 19

Market Square, Portsmouth

Grant, Pendleton & Bracken Counties Walk

Saturday, Oct. 10

Grant County Park, Crittenden, Ky.

For more information or to register for a Walk, visit: www.alz.org/cincinnati.

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Here's to You, Mrs. Streight

By Krista Powers

Development Director

It's not hard to conjure up the image of a strong, lean woman bent over a small elementary school desk, carefully listening and answering questions for a fellow classmate. Upon standing to move onto the next kiddo in need, she would gently place her hand on the shoulder of the student and offer a smile of reassurance and confidence. Her blue framed glasses accentuated her greenish eyes and stylish blonde hair. This was Mrs. Streight, my all-time favorite teacher.

She was gorgeous, smart and quick-witted. I don't think I faked one sick day as a third grader, because I adored being around her so much! She lived an active life and had a profound love for her three children. She had a kind, yet strong spirit. Through the years I've often visited Mrs. Streight when venturing back to Northwest Ohio. It was a gift when my mom started teaching at the same school and quickly befriended Deb Streight – a relationship that remains strong through today.



Krista Powers & Deb Streight

This woman is the biggest source of my drive day in and day out as we work to beat Alzheimer's disease.

Deb (Mrs. Streight when I'm tapping into my inner-third grader) was diagnosed with a rare form of dementia after years of frustration and confusion as both cognitive and functional abilities slowly eluded her. She turned 60 earlier this year. Sixty! Her hair is now often disheveled and her clothes are stained and loose, despite living in a community that offers exceptional love and a support system of family and friends who are also part of her care team.

My heart aches for this incredible woman and all of us who have loved her...and continue to do so. I can still visit Deb and truly savor that time, yet I walk away knowing that this is not how her retirement was meant to be lived. Despite the joy that swells when she sees a familiar visitor walking her way, often the only words she's able to find are "Hello, Deb!" – a simple parroting of what we say to her. Her heart is intact, but her brain is not. So, my heart aches and...if I'm being honest, there are times my blood boils. I can't stand by. My life is forever changed because of Deb...and I will do my darnedest to make sure her story is told and that her spirit remains alive through me.

With tears in my eyes and determination in my heart, I say here's to you, Mrs. Streight. I love you so much. I won't give up this fight.

Art of Making Memories Benefit Brings Record Total

More than 650 people crowded the pavilion level of Horseshoe Cincinnati on May 7, helping raise \$205,500 for the Alzheimer's Association of Greater Cincinnati at the annual Art of Making Memories benefit. Guests enjoyed cocktails, dinner by the bite, live entertainment by Forte and The Steve Schmidt Trio along with the opportunity to view and bid on Memories in the Making® artwork and other auction items. Bob Herzog of WKRC-TV served as celebrity auctioneer.

"I'd like to personally thank our planning committee, chaired by Rodney Lear and Molly Bischoff, for lending their time and talent to another successful spring benefit, said Diana Bosse, Special Events manager.

Inspired by the Alzheimer's Association's Memories in the Making® art program, the benefit featured the work of individuals in the early to middle stages of Alzheimer's disease or other dementias, including a special exhibit from centenarian, Sr. Miriam Thomas. In addition to the unique artwork, one of the highlights of the evening was Arden Steffen as she shared her family story with an emotional appeal to take action.

Kevin and Kim Kline served as honorary chairs for the benefit.

"The wheels are already turning for a few new surprises for the 2016 event, so mark your calendar for Thursday, May 5. You won't want to miss a minute," added Bosse.



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Special Acknowledgement



The Longest Day Raises Awareness and Funds

Hundreds of local residents participated in The Longest Day on June 21. Teams conducted a variety of sunrise to sunset activities, including playing bridge, photography, cooking, bowling, playing music, craft making, playing games, golfing and hiking.

Nationally, more than 2,200 teams participated in a variety of activities from sunrise to sunset to honor those facing Alzheimer's and their caregivers, who have the longest day every day.

"On behalf of the 2015 Longest Day Task Force, thank you to the 29 teams, its members, and the many other contributors that made The Longest Day a success. We value your time, your energy and ongoing support to end Alzheimer's," said team chair Diana Barhorst. With donations still coming in, the 29 local teams participating in The Longest Day raised more than \$42,000 in support of Alzheimer's research.



ALZ Stars Step Up Support at Flying Pig

Nearly 100 participants joined the ALZ Stars Race for the Brain team during the Flying Pig Marathon in Cincinnati on May 3. In its sixth year, the ALZ Stars team raised over \$31,000 to

benefit the Alzheimer's Association. To date, the ALZ Stars team has raised \$122,000 through the Flying Pig.

"This was a record-breaking year for our ALZ Stars/Race for the Brain team," said Special Events Coordinator Jeff Dehner. "We feel this event's momentum is growing and expect even better results next year. I want to express my thanks to everyone who contributed to our success."

In addition to those who participated in the marathon, more than 30 volunteers worked the ALZ Stars cheer station as well as the Association's booths at the event Expo and Charity Village.

ALZ Stars Planning Committee members were Lisa and Jim McKale, Dave Custer, Laura Droba, Alex Van der Zee, Steve Schwalbach, Jeff Lisner, Brennan White and Jamie Weaver.

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'In Their Own Words...' Going that Extra Mile in Alzheimer's Fight

By Steve Schwalbach

It started about three years ago as I was visiting my mother, Jackie. I was thinking, "What can I do to help her?"

She had been bed ridden for more than two years, first diagnosed with Alzheimer's in 2001. I was saying prayers that had no answers. It was heart breaking to see my mother like this. I knew she was not in pain but I was watching the mother that raised me and my five brothers and sisters slip slowly into death from this awful disease.



Steve Schwalbach

That night, while on a training run for an upcoming marathon, I was thinking about what I could do. I'm not a doctor or research scientist who could develop a new drug. I'm just a construction worker and a runner. I felt helpless and started to cry. As I ran with tears coming down my face, an idea popped into my head. I would run the state of Kentucky for Alzheimer's and raise money and public awareness throughout the state of Kentucky. The more I thought about this idea, the more excited I got on my run. The tears turned into a smile on my face. I knew I was onto a good idea.

Similar to Alzheimer's, the challenges began as soon as I set my mind to my idea. People thought I was crazy and overly ambitious when I told them my plan to run the state of Kentucky in seven days, which meant averaging about 30 miles a day. I was nervous about fundraising, but my goal was to raise \$10,000. This was much more the staff at the Alzheimer's Association thought I would raise. I had one year to plan this with lots of goals. I was nervous. I had never

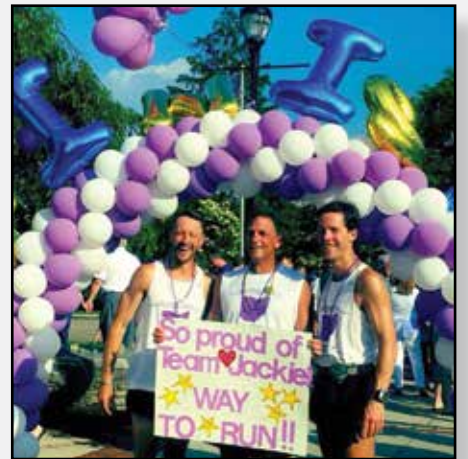
done anything like this before.

Jackie's Run started on May 17, 2014. There was a return party scheduled in Fort Thomas, Ky. on Saturday May 24. On day three of my run north through Kentucky, I called my wife and told her that I had really screwed up." She said "I told you were taking on too much." I replied that I wish I would have attempted it in four days, not a week. But the party in Fort Thomas, my parent's hometown, was scheduled for 6 p.m. on May 24, so I needed to finish on that day. I did not know as I crossed the finish line of the first Jackie's Run that it was the start of something magical.

A few days after I completed my Kentucky run, two other runners from Ohio asked me if I wanted to run 328 miles across Ohio for the Alzheimer's Association in May of 2015. About 45 days before the start of that run my mother gave up the fight to this awful disease, passing away during the night.

As with the run through Kentucky, the Jackie's Run in Ohio had many challenges but we completed that Cleveland to Cincinnati trek on May 30. Over the past two years and two states, I've raised more than \$30,000 and been interviewed by various media outlets about the run and the cause. I've come to realize that you don't need to be a doctor or a scientist to help find a cure for this disease.

Long may you run.



Third Part Events

Wine Festival Donates \$3,000

For the second year, the Alzheimer's Association has been awarded a check for \$3,000 from the Cincinnati International Wine Festival. The check presentation was made at Kenwood Country Club on June 16. We thank the CIWF for their generous support.



UPCOMING EVENTS

Rusty Ball Concert Benefit – Oct. 24

Be part of one of Cincinnati's largest charitable events and rock it out to the sounds of the 80's with popular local band, The Rusty Griswolds, at the Rusty Ball. The Alzheimer's Association will again be a beneficiary of this "FUN"draising event held at the Duke Energy Convention Center on Saturday, Oct. 24 from 8 p.m. until midnight.

Ticket prices range from \$75 - \$175 (including drinks) with reserved tables of 10 for \$1,750. Tickets go fast, so don't wait! For more information, or to order tickets, visit www.TheRustyBall.com. Be sure to select the Alzheimer's Association as your beneficiary when you order.

For details, contact Carolyn Frank at (513) 721-4284 or cfrank@alz.org.



Remke/Biggs Caring Neighbor Program

The Alzheimer's Association is part of the Remke/Biggs Caring Neighbor program. We will supply you with a re-usable gift card that may be loaded with any amount and used to shop at any Remke/Biggs location. Four percent will be donated to our Chapter each time you reload. To request a card, contact Carolyn Frank at (513) 721-4284 or email cfrank@alz.org.



Shop Until You Donate

The Alzheimer's Association of Greater Cincinnati currently participates in several rewards programs allowing our Chapter to earn money for local programs and services every time you shop at your favorite stores.

Just in time for back to school or early holiday shopping, purchase a Macy's shopping pass for only \$5 and receive a 25% discount on regular, sale and clearance merchandise and 10% on furniture all day on Saturday, Aug. 29. Passes may be used at any Macy's location in the U.S.

The entire \$5 will benefit the Alzheimer's Association. A great opportunity for Walk participants to earn fundraising money toward their Walk to End Alzheimer's teams. For more information, contact Carolyn Frank at cfrank@alz.org or (513)721-4284.



Attention Kroger Shoppers...

Take a moment to register your Kroger Plus card at www.krogercommunityrewards.com and select the Alzheimer's Association of Greater Cincinnati as your charity of choice.

This program renews each year in April, so if you have not re-registered your card, please do so today. The Chapter has been earning more than \$1,500 quarterly from this program.



Legislators Answer Call for Funding Increases



By Steve Olding
Director of
Communications
and Public Policy

When I attended the 26th annual Alzheimer's Association's National Advocacy Forum in Washington, D.C. in March, I was struck not only by the size of the event, but the enthusiasm and commitment of purpose exhibited by those in attendance. A record 1,100 advocates, including more than 400 "first-timers," attended the three-day event.

When we traveled to Capitol Hill to meet with members of Congress on the final day of the forum, it was impossible to miss our advocates and their purple apparel. While our individual stories were different, everyone had a similar request for their respective members of

Congress – support increased funding for Alzheimer's research.

Thankfully, our message is being heard, and acted upon, by our federal leaders.

In late June, Alzheimer's Association advocates moved closer to realizing their request for a major increase to Alzheimer's research funding. The House Appropriations Committee approved the Labor, Health and Human Services, Education and Related Agencies (Labor-HHS) bill, including an additional \$300 million for Alzheimer's disease research. A few days later, the Senate Labor-HHS Appropriations Subcommittee demonstrated their own commendable leadership by approving an approximately \$350 million increase for Alzheimer's research at the NIH.

Last year, Alzheimer's disease research, which is the only leading cause of death among the top 10 in the U.S. without a way to prevent, cure or even slow its progression, received \$586 million in federal funding. While the federal budget has not yet been approved as of this writing, the fact that both chambers support an increase in funding bodes well for Alzheimer's research efforts.

"As we look toward to the announcement of the first Alzheimer's professional judgment budget this summer, this surge of bipartisan support marks a turning point in the fight against Alzheimer's," said Harry Johns, president and CEO of the Alzheimer's Association.

The Alzheimer's Accountability Act, which was enacted into law in December as part of the fiscal year 2015 funding bill, creates a formal

process to ensure that scientific judgment will guide Congress in future Alzheimer's research funding decisions. Beginning in fiscal year 2017, the NIH will submit a Professional Judgment Budget for Alzheimer's disease research each year until 2025 to achieve annual research milestones established under the National Plan to Address Alzheimer's Disease. It will reflect the state of Alzheimer's knowledge and the required investments in research identified by leading scientists to achieve the plan's primary goal to prevent and effectively treat Alzheimer's by 2025.

The Alzheimer's Association continues to build a stronger and better informed network of advocates - both locally and nationally. But if we are to truly succeed in our mission of advocacy on behalf of the millions of families touched by this disease today and the many more to follow; our base of advocates must continue to grow. Today, more than ever, your voice needs to be heard.

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



Ohio Legislators Respond to our Call

More than 360 advocates from across Ohio filled the Ohio Statehouse Atrium in Columbus for the 2015 Memory Day on April 15. In addition to providing the opportunity for advocates to meet with their elected representatives, Memory Day included a luncheon program featuring House Speaker Cliff Rosenberger and Ohio Department of Aging Director Dr. Bonnie Kantor Burman. Pictured is part of the delegation of advocates representing the Greater Cincinnati Chapter. The state legislature responded to the Association's primary request by approving a 25 percent increase in Alzheimer's Respite funding in the state's new biennium budget.

'In Their Own Words...'

The Spark that Ignited an Advocate's Fire

By Tom Rotz

I first got involved in this fight about five years ago. Before that, I couldn't even pronounce "Alzheimer's." You see, I had no family history of the disease, I never had to see friends struggle with how to care for loved ones with Alzheimer's and I honestly didn't really even understand what it truly was.

In my role with the Kenwood by Senior Star, I attended the Walk to End Alzheimer's, donated and volunteered. But I was still on the periphery; I wasn't affecting the course of Alzheimer's.

Then I attended my first Alzheimer's Association Symposium in 2011. I heard the personal stories juxtaposed with the sobering facts about the inequality in research funding for this tragic disease that no one else seemed to be talking about. The experience lit a fire in me. Call it passion, call it anger, but whatever it was, I knew in my heart I couldn't stand by and watch this continue.



Tom Rotz and family

It was then that I ceased being a passenger in this fight and I started being a driver. That fire has led to me embarrassing myself at times when a soapbox becomes available and at other times challenging processes and things I didn't know much about. But I knew enough to know something had to change if we are to defeat this disease.

There have been a number of incredible, positive changes since I first got involved - growth in public awareness and grassroots advocacy; increased public conversation; and public policy is finally being implemented to address this global epidemic. But we still have a long way to go and I am in this fight until it is over – until we all see a "World Without Alzheimer's."

Editor's note: Tom Rotz is executive director of The Kenwood by Senior Star. Earlier this year, the Alzheimer's Association of Greater Cincinnati presented Mr. Rotz with the John Horn "Roll Up Your Sleeves" Memorial Award for his outstanding work as a volunteer, supporter and advocate for the Alzheimer's Association.

Traveling a Path of Uncertainty 'In Their Own Words...'

Continued from page 3

The weight of all of that responsibility is frightening. In general, I'm a strong, capable person, but caring for someone with dementia is both challenging and heartbreaking. Being able to talk to a social worker like Kristin keeps me from feeling as if I have to do this all by myself.

Gary is currently in the mid-stages of the disease, so I don't yet know what the entire journey looks like for us. I'm worried about what comes next, but I'm so thankful that I have resources to turn to when I need them. I'm also thankful for our family and friends, who have been wonderful. I am grateful for my support network.

Donor Recognition

The Alzheimer's Association of Greater Cincinnati gratefully recognizes the following individuals, corporations and foundations who made contributions to our Chapter received between February 1 and June 1, 2015. Your support and generosity are vital to the services our Chapter provides to persons in our 27-county territory in Southern Ohio, Northern Kentucky and Southeastern Indiana.

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

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

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Program Calender

Family Education

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

What: An educational series for families of individuals with Alzheimer's disease or another dementia. Separate topics are presented at each session.

Cost: Free, but advance registration is required.

Contact: To register for a program, download a registration form at www.alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

Cincinnati

Where: Alzheimer's Association, 644 Linn Street-3rd Floor Conference Room, Cincinnati, OH 45203

When: 2-part series held on Saturdays, Aug. 8 & 15 from 9 a.m. to 1 p.m.

Ripley County, Ind.

Where: VFW Post 6234 (Next to Reservation restaurant) 1007 N. Warpath Dr., Milan, IN 47031

When: 2-part series held on Saturdays, Aug. 17 & 24 from 9 a.m. to 1 p.m.

Clermont County

Where: UC Clermont College, Snyder Room (S142), 4200 Clermont College Drive, Batavia, OH 45103

When: 2-part series held on Saturdays, Nov. 7 & 14 from 9 a.m. to 1 p.m.

Kenton County, Ky.

Where: William E. Durr Branch Library, 1992 Walton-Nicholson Road, Independence, KY 41051

When: Four-part series on Thursdays, Sept. 3, 10, 17 & 24 from 2 - 4 p.m. Please check www.alz.org/cincinnati for details.

Family Support Group Facilitator Training

What: Education program for those interested in facilitating dementia family caregiver support groups. Approved for continuing education for social workers in Ohio.

Where: Alzheimer's Association, 644 Linn Street - 3rd Floor Conference Room, Cincinnati, OH 45203

When: Thursday, Sept. 10, 9 a.m. to 12 p.m.

Cost: \$35 / Free to Alzheimer's Association support group facilitators.

Contact: Call Beth Bross, (800) 272-3900 for additional information.

Southeastern Ohio Dementia Conference

What: A dementia conference offering continuing education for OH nurses and social workers.

Where: Tri City Theatres, 972 E. Main St., Jackson, OH 45640

When: Thursday, Oct. 8

Cost: : \$45 for full day; \$30 for morning session

Contact: Call (800) 272-3900 for additional information or to register.

Memories in the Making® and Time for Caregivers

What: An ongoing series that offers creative expression and enrichment activities to individuals with early to middle stage dementia and their primary caregivers.

Cost: Free. Participation is limited to the person with the diagnosis and the primary caregiver.

Contact: Joan Hock: 1-800-272-3900, for more information.

Where: The Sharonville Community Center, 10990 Thornview Drive, Cincinnati, OH 45241

When: : Thursdays 10:30 a.m. to 12 p.m., August 6, 13, 20, 27, September 3, 10, October 8, 15, 22, 29, November 5, 12, 19, December 7, 14

Where: The St. Clare Convent Peace Center, 80 Compton Road, Cincinnati, OH 45215

When: Mondays, from 10:30 a.m. to 12 p.m., August 3, 10, 17, 24, 31, October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 3, 10, 17

The Memories in the Making art program is also conducted at 15 sites within the Greater Cincinnati Chapter territory. For more information on the program, contact Joan Hock at (800) 272-3900 or jhock@alz.org.

Memories in the Museum

Designed specifically for individuals with memory loss, the Memories in the Museum program is a collaborative effort between the Alzheimer's Association of Greater Cincinnati, Taft Museum of Art, Cincinnati Art Museum and the Contemporary Arts Center. Each month, with the assistance of trained docents, individuals with memory loss and a guest take guided tours of museum exhibits. In addition to the tours, attendees can also participate in art-making exercises focused on the exhibit theme.

Alzheimer's /Dementia Lunch & Learn for Families

What: These programs will provide an opportunity for families and caregivers to learn and ask questions about Alzheimer's disease and dementia, while receiving support from others in similar situations. You are invited to attend any or all of the programs listed below.

Cost: Free but registration is required since lunch is provided at each session.

Contact: To register or for more information, call Melissa Dever, 740-710-1821

Highland County

Where: Highland County Senior Center, 185 Muntz St., Hillsboro, OH 45133

When: Tuesday, Sept. 22 - Understanding Behavior

Tuesday, Dec. 15 - Dealing with the Holidays

Time: 11:30 a.m. to 1 p.m.

Jackson County

Where/When: Thursday, Aug. 20 - Understanding Behavior, Four Winds Nursing Facility, 215 Seth Ave., Jackson, OH 45640

Where/When: Thursday, Nov. 19 - Open Discussion (Group will choose topic), Jenkins Care Community, 142 Jenkins Memorial Rd., Wellston, OH

Time: Noon to 1:30 p.m.

Scioto County

Where: Best Care Nursing & Rehab Center, 2159 Dogwood Ridge Rd., Wheelersburg, OH 45694

When: Tuesday, Oct. 13 - Understanding Behavior

Time: 1:30 - 3 p.m.

Living with Alzheimer's/Dementia: Early Stage

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

Where: Alzheimer's Association, 644 Linn Street - 3rd Floor Conference Room, Cincinnati, OH 45203

When: Wednesdays, Aug. 12, 19, & 26 from 6:30 - 8 p.m.

Cost: Free, but advance registration is required.

Contact: Call Shannon Braun, (800) 272-3900 for additional information.

Community Education

Know the 10 Signs

What: The 10 Signs Program is a key tool in promoting recognition of common changes that may help with early detection and diagnosis of Alzheimer's disease or another dementia. Early detection is vital in providing the best opportunities for treatment, support and planning for the future.

Program can be scheduled by request at community locations.

Cost: Free

Contact: Call Janet Milne at (800) 272-3900 to schedule a program at a community site.

Memory Loss, Dementia and Alzheimer's Disease Basics

What: This program provides a general overview of Alzheimer's disease and related dementias so that participants know what to expect, what they should learn and what to do next. It will also provide an understanding of the benefits of early detection and tools for seeking the right diagnostic tests, doctors and treatment options.

Program can be scheduled by request at community locations.

Cost: Free

Contact: Call Janet Milne at (800) 272-3900 to schedule a program.

Upcoming tours include:

Taft Museum of Art – Wednesday, Sept. 2

Contemporary Arts Center – Wednesday, Oct. 7

Taft Museum of Art – Wednesday, Oct. 28

Cincinnati Art Museum – Wednesday, Nov. 4

Taft Museum of Art – Wednesday, Dec. 2

All programs begin at 10 a.m. The programs are free but reservations are required.

For more on the Memories in the Museum program or to register for one or more of the museum tours, please contact Joan Hock at (800) 272-3900 or jhock@alz.org.

