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.

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.

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.

Continued on page 2
A Word About Us

The Stories We Tell

By Paula Kollstedt
Executive Director

T
ragic. 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 retell and the stories we face as families facing Alzheimer’s share something in common. In addition to 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 lives. 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 amazing, gregarious self, a man of great wisdom and accomplishment, he began acting in his extraordinary, gregarious self, a man of great

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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

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 be able to create a cure, we can more 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, these problem-solving solutions, 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, 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.

A Call that Changed My Life

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.
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 not know them, but you may have met 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 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.”

More People Taking NextSteps With Us

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.

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 even read about a social aid 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 offers.

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 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 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 juggled 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.
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 McFails, Kristen Cooley, and now Shannon Braun - 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.
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 showed 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, school performance (ages 9-10) and the development of late life occupational complexity have on the risk of dementia. Both studies analyzed the impact that early schooling, school performance (ages 9-10) and the development of late life occupational complexity have on the risk of dementia. Both studies analyzed the impact that early schooling, school performance (ages 9-10) and the development of late life occupational complexity have on the risk of dementia.

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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.

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 darndest 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 event. 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.

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.
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.

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 a 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. I would run the state of Kentucky in seven days. I was nervous about fundraising, but my goal was to raise $10,000. This was much more than 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.

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.

For details, contact Carolyn Frank at (513) 721-4284 or cfrank@alz.org.
Legislators Answer Call for Funding Increases

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 bodies well for Alzheimer’s research efforts.

“As we look toward 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 380 advocates from across Ohio filed 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.

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.

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 Hom 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...'

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.
The Alzheimer’s Association of Greater Cincinnati gratefully recognizes the following individuals, corporations and foundations who made contributions to our 2015 fundraising campaign, which is 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) 721-4294 or kpowers@alz.org.

Cincinnati Friends and Families depend on our donors 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 Calendar

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.

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

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.

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.

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 Munzt St., Hillsboro, OH 45133
When: Tuesday, Sept. 22 - Understanding Behavior
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.