Aggression and Alzheimer’s Disease

by Stephanie R. Peabody, PSYD

Alzheimer's disease is probably best characterized as a desecration of self. The desecration is slow and painful and perhaps most painful for the caregivers who attempt to provide ongoing care for the patient. The pain of caregiving for an individual with Alzheimer’s disease (AD) is probably most intensive when, in those not so rare instances, the individual becomes aggressively violent towards his or her caregivers and/or others.

Although there are no specific studies that have extensively examined the topic of aggressive behavior in AD, there are some commonly accepted beliefs, based on the limited research and practical experiences of practitioners that treat patients with AD. For example, the exact prevalence of aggression in patients with AD is unknown. Yet, there are some estimates in the research literature that report a prevalence as high as 50%. The incidence of aggression in AD patients seems to be highest during the middle stages of the disease. Finally, and perhaps most unfortunately, is that the caregiver that provides the most support for the patient is also the most likely to be the victim of aggressive behavior from the AD patient.

Aggression in AD can result from numerous factors. However, the most common cause is directly related to the effect that the disease has on certain areas of the brain that affect one’s ability to cope with distress. While AD will ultimately affect practically all brain functions, during the early and middle stages of the disorder some of the more obvious deterioration occurs in the parts of the brain that control reasoning, judgment, impulse control, emotionality and disinhibition. Thus, minor situations that would result in

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Unfortunately, as previously indicated, most episodes of aggression are likely to occur during the middle stages of AD, which is also the stage when many other troubling and demanding symptoms emerge. For example, during the middle stages many caregivers report that the AD patient loses important aspects of “self”, which typically results in negative changes in the relationship between the patient and his/her caregiver. For example, the patient might start to forget important and life-defining memories, memories of names—including that of the caregiver’s. The caregiver might be inclined to describe the person with middle stage AD as acting like a “stranger” or someone they no longer know. The patient is also likely to experience an increase in physical symptoms during the middle stage, which often leads to increased demands and stress for the caregiver.

The type of aggression typically demonstrated by the person with Alzheimer’s disease is likely to involve hitting. There are however, certainly aggressive situations between the AD patient and his/her caregiver that involve more lethal assaults involving the use of guns and other weapons. Regardless of the method of aggression and the degree of assault imposed on the caregiver, the caregiver is now faced with a “double insult” to their well-being. At a time when caregiving is probably most difficult and thankless, the caregiver is now faced with attempting to understand and deal with behavior that insults the soul.

Dealing with aggression in the person with AD probably first involves understanding that the behavior is part of the disease process and not a function of the individual’s character. Even in instances when the person suffering from AD was aggressive before the disease, their behavior after being diagnosed is not likely well thought-out or totally willful.

Seeking outside assistance in dealing with the aggressive person might begin with a visit to a primary care physician. However, ultimately, a health care provider that specializes in geriatric medicine should be an important part of the assessment and treatment of aggression, even if the aggression is infrequent. Appropriately navigating the...
numerous benefits and pitfalls of certain treatments for aggression in a person with AD is a task that is likely best performed by health care providers that have both technical expertise and practical experience in dealing with this particular problem. For example, medications that are effective for younger persons who experience uncontrollable aggression might be less effective, require different dosing procedures, or be completely contraindicated for the elderly. Typical behavioural interventions for individuals who experience aggression might also be inappropriate for the elderly AD patient. A knowledgeable geriatrician will also likely be best capable of knowing when other health care specialists, such as neuropsychology or neuropsychiatry, are required.

It is also important to modify the environment in ways that prevent access to weapons or other potentially lethal sources of aggression. It is probably not helpful to attempt to reason with the person suffering from AD and in fact, this type of intervention might actually increase the likelihood of additional aggression, particularly if the aggression is precipitated by delusions. Perhaps the worst reactions would be to either aggress back or because of shame or embarrassment, to engage in silence regarding the aggression. Always seek assistance immediately. Even if the aggression is considered to be minor.

In summary, when persons suffering from Alzheimer's disease become aggressive, it is crucial that caregivers remember that the patient is experiencing a disease that strips from them the very essence of who and what they were before contracting the disease. What was once predictable in the person’s attitudes, thoughts, and behaviors will become increasingly unpredictable. In short, the “self” is diminished and so to, is the patient’s responsibility for their actions. Nonetheless, the caregiver should do what is necessary to protect themselves and the person experiencing the disease. Being quiet about the aggression and/or aggressive retaliation is not the answer. Professional and qualified help must be sought to effectively address aggressive behavior in the AD patient.

**Elder Rage -or- Take My Father...Please! How to Survive Caring For Aging Parents**

By Jacqueline Marcell

“Jacqueline describes the extremes a daughter must go through to save a father with dementia. She chooses the more difficult path of staying the course, a much tougher existence than walking away, and brings love and honor to her parents and moves us to a world with insight.” – Nancy L. Snyderman, MD, Medical Correspondent/ABC News

“Some elders may be mildly difficult while others are very challenging, with or without dementia, so what works on one won’t work on another. If there’s mild dementia, you can try to implement new behaviors. If the dementia is advanced and short-term memory is quite damaged, these techniques won’t work. In that case, look for a physical problem, such as pain, that may be causing them to lash out...A difficult elder can be very much like an unmanageable child who needs strict boundaries of acceptable behavior. When you say you will do something, positive or negative, it is essential that you follow through every time to establish new routine behaviors and trust.”

The author gives great advice and recommendations that can be used at varying stages along the disease journey.

When a difficult elder displays good behavior, reinforce by rewarding immediately with:

1. **Verbal Praise**: Cheerfully rave about how proud you are of their specific positive behavior, saying how well they're doing and how much you appreciate their efforts.

2. **Loving Physical Affection**: Give warm hugs, kisses, gentle touch, massage or special grooming, as you continue to verbally praise their positive behavior. This may be very difficult for families that have not been physically demonstrative in the past. Start with small gestures that you feel comfortable with. You may be surprised at how good it is for both of you.

3. **Edible Treats**: Offer a special food or drink, or an outing to their favorite restaurant. Sometimes offering something as simple as a favorite piece of candy as a reward can work.
What is agitation?
The term *agitation* is used to describe a large group of behaviors associated with Alzheimer’s disease. As the disease progresses, most people with Alzheimer’s experience agitation in addition to memory loss and other thinking symptoms. In the early stages of the disease, people with Alzheimer’s may experience personality changes such as irritability, anxiety or depression. As the disease progresses, other symptoms may occur, including sleep disturbances, delusions (firmly held belief in things that are not real), hallucinations (seeing, hearing or feeling things that are not there), pacing, constant movement or restlessness, checking and rechecking door locks or appliances, tearing tissues, general emotional distress, and uncharacteristic cursing or threatening language.

Helpful hints to prevent agitation

♦ Create a calm environment: remove stressors, triggers or danger; move person to a safer or quieter place; change expectations; offer security object, rest or privacy; limit caffeine use; provide opportunity for exercise; develop soothing rituals; and use gentle reminders.

♦ Avoid environmental triggers: noise, glare, insecure space, and too much background distraction, including television.

♦ Monitor personal comfort: check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation; ensure a comfortable temperature; be sensitive to fears, misperceived threats, and frustration with expressing what is wanted.

♦ The Alzheimer’s Association is fighting on your behalf to give everyone a reason to hope. For more information about Alzheimer research, treatment and care, please contact the Alzheimer’s Association.

Helpful hints during an episode of agitation

♦ Do: back off and ask permission, use calm positive statements, reassure, slow down, use visual or verbal cues, add light, offer guided choices between two options, focus on pleasant events, offer simple exercise options, or limit stimulation.

♦ Do not: raise voice, take offense, corner, crowd, restrain, rush, criticize, ignore, confront, argue, reason, shame, demand, condescend, force, explain, teach, show alarm, or make sudden movements out of the person’s view.

♦ Say: May I help you? Do you have time to help me? You’re safe here. Everything is under control. I apologize. I’m sorry that you are upset. I know it’s hard. I will stay until you feel better.

New Helpline Volunteer

The Alzheimer’s Association is pleased to announce an addition to our Helpline Volunteer staff: Patricia Alanis will be available to assist Spanish-speaking callers & caregivers on Wednesday mornings from 9:30 a.m. - 1 p.m. Patricia comes with an extensive elder-care background and practical application experience. She will also be available to assist professional caregivers in understanding cultural differences and overcoming language barriers.
We’re looking for Helpline Volunteers....

The Helpline is available 24 hours-7days/week for persons with memory loss, care partners, family members, health care professionals and the general public to receive reliable guidance and information regarding Alzheimer’s disease and related dementia. Volunteers are trained to respond to disease-specific questions, successful care practices, local community resources and Association services.

Volunteers:

1. Provide short-term consultation to assist in understanding dementia, care planning, coping skills, utilizing chapter services and appropriate community resources.
2. Document all calls on the appropriate Intake Form.
3. Collect and mail all requested materials.
4. Give callers access to information that will help them to choose community services, or supportive living environments for those with dementia.
5. Provide follow-up calls when appropriate.

Helpline Specialist should possess the following characteristics:

1. Knowledge or willingness to learn about Alzheimer’s disease and its impact on families, Association supportive services and local community resources,
2. Strong listening skills,
3. Basic Computer skills,
4. Good telephone presence,
5. Kind and compassionate professional demeanor,
6. Available for ½ day or full-day weekly shifts,
7. An interest in helping others, serving the community, a strong sense of commitment and responsibility.

Specialists are needed Monday-Thursday, 8:30a.m. – 4 p.m. Training is provided. Contact LaNita Garmany at 317-575-9620.

...Speaker’s Bureau Volunteers...

Volunteers provide valuable information on memory loss and Alzheimer’s disease to community groups such as churches, service/civic organizations, senior centers, and schools. If you would like to become a trained speaker for the Alzheimer’s Association communicating a consistent message on topics such as warning signs, the impact of Alzheimer's disease on society, caregiving strategies, communication techniques, and ways to help families, please call Jean Martin at 317-575-9620.

...and Support Group Volunteers!

Support Group Facilitators in the following area: Connersville, Marion, Spencer, Wabash, Washington and Indianapolis – Eastside

Interested persons can be a caregiver, community member or a healthcare professional knowledgeable of Alzheimer’s disease. Potential facilitators should possess the following characteristics:

- knowledge or willingness to learn about Alzheimer's disease and its impact on families,
- strong listening skills,
- ability to redirect and facilitate discussions,
- sense of humor!

The Alzheimer’s Association of Greater Indiana provides basic training and yearly in-service training for facilitators to enhance their skills, knowledge and ability to assist caregiving families. If you are interested in learning more about becoming a support group facilitator in any of the areas listed above, please contact Jean Martin at 317-575-9620.
Family Education Programs

The Alzheimer’s Association offers monthly programs throughout the state addressing caregiver concerns. For more information and to register for any of these family caregiver education programs, please call toll-free at 1-800-272-3900 or visit our website, www.alzindiana.org. All programs are offered free of charge unless otherwise noted. Registration is strongly suggested. Programs will be canceled if there are less than five individuals registered.

Beginning the Journey with Memory Loss

This introductory program is for families and individuals who suspect memory loss or have recently been diagnosed with Alzheimer’s disease. The basics on dementia and Alzheimer’s disease, planning, and coping strategies will be covered in the program.

Alzheimer’s Disease: Beginning to Cope

This program offers a comprehensive overview of Alzheimer’s disease and its progression, utilization of community resources, and legal and financial considerations. Experts in the fields of elder law and dementia will present this program and will answer your questions. This program is a good follow-up to Beginning the Journey with Memory Loss.

Partnering with your Doctor

Learn how working closely with your doctor can improve your health. This two-hour seminar will help patients and care partners improve communication with their doctor, help get organized and prepared for doctor visits, reduce stress, and ensure the best health care possible for patients.

Teleconference:
An Overview of Mild Cognitive Impairment and Dementia

Listen from the comfort of your home to a presentation by Dr. Fred Unverzagt. Memory problems greater than normally expected with aging will be discussed. The presentation will be followed by a question and answer session.

Monday, February 7, 2005
6:30 - 8:30 p.m.
(EST - Indianapolis Time)

An education program in your living room!

Call 1-800-272-3900 to:

--- Register for this program. Upon registering, participants will be sent a toll-free number to call to access the program.
--- Inquire about other upcoming education programs, support groups and special events.
--- Inquire about volunteer opportunities with the Alzheimer’s Association.
--- Receive information and support.
Professional Education and Training

Registration is strongly suggested. Programs will be canceled if there are less than five individuals registered.

Networking Breakfasts & Luncheons

Networking breakfasts and luncheons provide healthcare professionals working in Alzheimer’s care the opportunity to meet informally and interact with other professionals working in the field.

Call the Helpline at 1-800-272-3900 or log onto our website, www.alzindiana.org for topic, date, and location of the Networking Breakfast or Luncheon in your area.

2005 Professional Courses

Alzheimer’s Association, Greater Indiana Chapter

The Alzheimer’s Association of Greater Indiana is proud to unveil the course offerings for Spring/Summer 2005. These programs have been designed for professionals. Please call (317) 575-9620, ext 24 for more detailed information.

Course catalogues will be mailed in early January. If you need a copy, please call (317) 575-9620, ext. 24. You will be able to register online. Visit our website, www.alzindiana.org for more information. Space is extremely limited. Register early!

Courses will include:

- Reaching Staff with Dementia Education
- Activity Based Alzheimer’s Care
- Person Centered Care: Back to the Basics
- Intimacy, Sexuality, and Alzheimer’s Disease
- 12th Annual Indiana Conference on Alzheimer’s Disease

The following courses are only open to those who work in licensed residential facilities

- Fundamentals of Dementia Care for Health Facility Personnel
- Directing an Alzheimer’s/Dementia Care Unit
- Problem Solving and Managing Behavior Issues
- Effective Communication
- Activities of Daily Living
Below are some of the multiple clinical trials available at the Indiana University Alzheimer Center and Related Disorders. Please call Scott Herring at (317)-274-9903 for a complete listing of opportunities. A few benefits of participation include receiving study drug(s) free of charge and parking validation during study visits. Compensation may be available in certain studies.

NICE- Alzheimer’s Disease (AD) is a medical illness that damages cells in the brain and causes problems with memory, mood, and behavior. The study seeks volunteers with mild to moderate memory loss to participate in a medical research study comparing FDA approved medications used to treat AD in order to better understand AD and how certain chemicals in the brains of AD patients respond to different treatment.

AMEND- The AMEND study is another step on the road to finding new medicines which may help Alzheimer’s Disease (AD) sufferers. The primary objective of this research study is to establish the safety and effectiveness of a study medication after 12 months of treatment in patients with AD.

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“Clinical Trials” continued from p.8

CLASP- Cholesterol-lowering drugs (also called statins) are effective weapons in the fight against heart disease. Recent evidence suggests that statins may also be able to slow the devastating effects of Alzheimer’s Disease (AD) on the brain.

VITAL- People with Alzheimer’s Disease (AD) have elevated levels of homocysteine (ho-mo-SIS-teen) in their blood. High-dose supplements of folate and vitamins B6 and B12 can lower homocysteine levels. Researchers will investigate whether a regimen of these vitamins might also stall the devastating effects of AD.

VALID- Previous research has shown that Valproate, an anticonvulsant drug, may be helpful in slowing Alzheimer’s Disease (AD) and some of its symptoms. This research study will test whether Valproate is effective in delaying, weakening, or preventing difficult behaviors in people with early stage AD, and whether it has any effect on slowing the progression of AD itself.

How should we communicate with you?

We are carefully examining how we communicate with you. Please answer the following questions and return the form to the address below. If you have any questions please call Kathy Ramsay at 1-888-575-9624 or e-mail her at kathy.ramsay@alz.org.

Name

Address

City, State

Zip

E-mail

I would like to receive only an electronic version of the newsletter.

I would like to receive both the electronic and print versions of the newsletter.

I no longer wish to receive the newsletter.

Other comments and requests:

Please return this form to:
Alzheimer’s Association
Attn: Kathy Ramsay
9135 N. Meridian Street, Suite B-4
Indianapolis, IN 46260

Let us know that you’re moving…

In order to ensure that you continue to receive our materials, please notify the Alzheimer’s Association when you are planning to move. You may call us at 1-888-575-9624 or e-mail kathy.ramsay@alz.org.
Memorial Contributions received from September 28, 2004 - December, 2004

In Honor Of:
- Marian Blowers
- Ruby Chitwood
- Eileen Dean
- Shirley Dunigan
- Norma Fay
- Judy Homrig
- Richard Kennedy
- Cecil Kirk
- Margaret Mary McCarthy
- Vicki McCracken
- Kenworthy
- Robert Newby
- Pat Nonweiler
- Annie Povlinski
- Becki & Joe Rosati's marriage
- Elsie Smith
- Robert Smith
- Mr. James Williams

In Memory Of:
- Hazel Irene Amerman
- Sophia Asdell
- Betty Auble
- Jim Bailey
- Louise Baker
- Glenn Ballard, Sr.
- Ann Bartle
- Margaret Bate
- Jack Beach
- James Beard
- Evelyn Bolcher
- Mrs. Bjorvik
- Mary Louise Blankenbaker
- Margie Borders
- Edward Borto
- Esther Bowen
- Isabel Bowler
- Charles Bowmar
- Genevieve Bramer
- Mrs. Harold Brashers
- Doris Brassie
- Margaret Brewer
- Celeste Briganti
- Elsie Brown
- Frances Brown
- William Brown
- Daisy Burris
- Edward Busald
- Mary Ellen Clark Carroll
- Opal Carroll
- Bob Chapman
- Olive “Sis” Chenowith
- Margaret Clark
- Mary Helen Clark
- James W. Cobb
- Helen Compton
- Helen Correll
- Isabel Cortez
- Edna Couch
- Corene M. Cramer
- Lillian Crisler
- Dean Crum
- Mary Ellen Dailey
- Mary Beth Dallas
- James W. Darnell, Sr.
- Ralph M. DeBoard
- Lyle Dell
- Helen “Ruth” Denney
- Marguerite Dersch
- Cal “Bud” Dick
- Clarence Dick
- Dorothy Dickerson
- Margaret Dippold
- Peggy Dollens
- Doug DuFour
- Betty Edward
- Dr. Dean Eavean
- Darrell Faber
- Gene Fellner
- Wallace Fellner
- Norma Ferguson
- Zella Ferris
- Ida Fettner
- Geraldine Flick
- Richard Fitzwater
- James Henry Flinn
- Gearld “Jerry” Floor
- Vivian Rachel Ford
- Mary French
- Suzanne French
- Ron Friedman
- Alma Gabbard
- Imogene Galbreath
- Phyllis Galbreath
- Eula Gardner
- Charles Gaus
- Lorraine Geary
- Alice Geoffrion
- D. Maxine Gibson
- Carl E. Gilbert, Jr.
- Madelon Gocke
- Georgia Golden
- Harry Gordon
- Richard Grigsby
- Mildred Groce
- Thelma Grundner
- Nancy Grunin
- Ione Guiltinan
- Mary Nettie Hahn
- Mary Hailaman
- Hank
- Donald Hanna
- Gertrude Hanson
- Laddie Harbert
- Ann Harbin
- Al G. Harding
- Thelma Hargis
- Mildred Haynes Taylor
- Gordon Heavner
- Ralph Heeke
- Virginia Heiss
- Harry Hendricks
- Mirl Raymond Heninger
- Melba Henry
- Charles “Bud” Herb
- Betty Herr
- Robert Hilaries
- Joan Hilleary
- Alice Hoagland
- Abretta Hobbs
- Nell Hoffman
- Ruth Hofmann
- Harry Holiday
- Tom & Frances Hollar
- Harry C. Holliday, Jr.
- Ralph K.
- Mary T. Hreet
- Laura Huntsman
- Helen Hutchison
- Madeline Jacobs
- Mary L. Jacobs
- Aunt Jessie
- Bonnie M. Johnson
- Mildred Johnson
- Shirl Johnson, Sr.
- Harold Junken
- Patrick Kane
- Abe Katz
- Wilma Kelley
- Mrs. Evelyn Mae Keltz
- Marcella Kietzman
- John Killmer
- Glennis King
- Emma Kinzer
- Shirley Kiser & Tim Bray
- Mildred Konkle
- Donald P. Korby
- Norman Kuhn
- Elva LaDon
- Elva LaDow
- Michael Lapp
- Lester Limp
- Helen Lindamood
- Jane Logan
- Gary Long
- George Richard Long
- Mary Lovrine
- Elsie Lynn
- Becki Mahan-Womack
- Nina Marks
- Sarah Marling
- Helen Maurer
- Ludie Mays
- Frank McCann
- Susan McClain
- Maxine McCracken
- Millie McDevitt
- Furman Vance McDonald
- William McGaw
- James McGuire
- William McKinley
- Leo McNulty
- Sara “Sally” Michels
- Ethel Miller
- Janet Miller
- Phyllis Milligan
- Mary Ellen Monkin-Biles
- H. Einda Moon
- Dortha Moore
- James Richard Moore, Sr.
- Kathryn Moore
- Ruth Moore
- Virginia Moore
- Nadine Moreland
- Elizabeth Morgan
- Robert Muncy
- Dorothy Nahrwold
- Margaret Maurine Nail
- Beth Ann Newkirk
- Ann Louise Nigh
- Dorothy Norman
- Mary Helen Norris
- Mary Jean Orr
- Gilberto Pagan
- Vita Palladino
- Vera Panzeri
- Maxine Parish
- Geraldine Pearson
- Jo Pendergast
- John E. “Ed” Peschau
- Roy D. Philfer, Sr.
- Jean Pitzer
- Bob Poole
- Marion Poyner
- Maude Pritchett
- Clyda Queener Shafer
- Katherine Rasper
- Alo Raun
- Mary Ray
- Rose Marie Ray
- Margaret Reese
- Ethel Resnic
- Joe Riegel
- Elizabeth Roberts
- Milda Roberts
- Sara Roberts
- Donald S. “Hiram” Rogers
- Ethel Ross
- Kathleen Barnhart Royalty
- Paul Royer
- Sara Lee Rupe
- Dr. Terry Saltzman
- Orval “Dee” Sandefur
- Evelyn Sardon
- Allen Sarks
- Louise Scheerer
- Evelyn Scheibler
- Dorothy Bell Scott
- James Sevedge
- Lucille Shafer
- Patricia Shields
- Jack Shumlas
- Enid Slama
- Jean Slates Hawk
- Mary Smith
- Mary Amy Smith
- Susie Smith
- Everett Sommers
- Robert Souders
- Nellie Stasey
- Chester Sterrett
- Barbara Stewart
- Helen Stout
- Norma Strange
- Ruth Straub
- Ermadel Strausbaugh
- John E. Stubblefield
- Ethel Stuber
- Vera Stula
- John Stubblefield
- Harry Succop
- Mary Lou Sutterfield
- Dolores Mae Swaney
- Gordon Dean Taylor
- Helen Taylor
- Howard Tharp
- Doris Thomas
- Arthur L. Thompson
- Michael Thompson
- Virginia Thornburg
- Mary Thanzniki
- Dorothy Tinkle
- Charles Trump
- Donald Tumbull
- Charles Turner
- Kenneth Vice
- Kenny & Mary Vice
- Robert E. Vogel
- Carol Wagner
- Charlotte Wallace
- Carl N. Walm, Sr.
- Charles Ward
- Merle Wasson
- Barbara Waymire
- Maxine Wertz
- Gladys Whiteley
- Gary Wicks
- Tony Wilbur
- Frances M. Wilcoxson
- Robert Williams
- Hugh Wilson
- Marilyn Wilson
- Hazel Witham
- Helen Witte
- Rebecca “Ruth” Wools
- Mary Wysynski
- Bill Yokel
- Helen Youmans
- Maxine Young

Memorial Fund Donations: 
- AnnaLee Wimberly
- Memorial Fund
- Dr. Michael Lapp
- Memorial Fund
Establishing Memorial Funds

Memorial and tribute gifts are a wonderful way to make a positive difference in the lives of those who are facing the challenges of Alzheimer’s disease. As you can see in this issue of the Association’s newsletter, many families choose the Alzheimer’s Association as the beneficiary of memorial gifts at the time of their loved one’s death.

What most people do not know is that a memorial or tribute gift can be made at any time for any amount. Memorial and tribute gifts can be made for Mother’s or Father’s Day, a birthday, anniversary, or other special occasion.

When gifts of $500 or more have been received in memory or in honor of an individual, families have the opportunity to start a memorial fund in that individual’s name. When the fund is established, friends and relatives may designate gifts to the fund at any time. Donations to the fund may be made in honor of a special birthday or anniversary, on the anniversary of a loved one’s death, or in memory of others and are acknowledged as such in the Association’s newsletter.

The Norma Sauter Memorial Fund and The Don Evans Memorial Fund

Norma Sauter and Don Evans both suffered from Alzheimer’s disease and they lived at the same long-term care facility. Like many caregivers, their spouses, Bob Sauter and Peggy Evans, found comfort and support in their friendship. Today, that friendship remains and both have a commitment to helping the Alzheimer’s Association.

One of the many ways in which Bob and Peggy have chosen to help the Association is through the establishment of memorial funds in the name of their respective spouse.

Establishing the Norma Sauter Memorial Fund and the Don Evans Memorial Fund provides the ongoing ability to honor and remember Norma and Don. When gifts are made to this fund, the gift will be recognized in the Association’s newsletter. With this fund there is an avenue for gifts from family and friends to be directed to the Alzheimer’s Association. It provides an opportunity for ongoing relationships with families of those individuals for whom memorials or honorariums have been made.

For more information about establishing a memorial fund, please contact the Alzheimer’s Association at 317-575-9620 or toll-free at 1-888-575-9624.

Project Share

The Alzheimer’s Association is again offering a service for individuals experiencing the early symptoms of Alzheimer’s disease or a related dementia, as well as for their care partners. Project Share, an eight-week program, provides information, emotional support, and socialization among peers who face similar circumstances, in a tolerant and accepting atmosphere. Information about legal and financial planning will be offered as well as the latest medical and research updates.

To participate in Project Share, individuals must have a physician’s diagnosis of dementia and acknowledge the disease. Additionally, those involved in the group should have some communication skills and a desire to come to the session. A care partner (spouse, adult child, friend) will also be expected to attend. A screening process will take place prior to the start of the program. Space is limited, so please register today!

Indianapolis
Ben Davis Christian Church
701 South High School Road
Every Tuesday, beginning April 15th - May 24th
6:30 - 8:30 p.m.
Contact: Connie Croyle—317-575-9620

Fort Wayne
First Assembly Church of God
330 E. Coliseum Boulevard
Date: To be announced
Time: To be announced
Contact: Cindy Shepherd—260-484-9557
Support Groups

If someone you know and care about is suffering from Alzheimer's disease or a related dementia, there is something you can do to help them and yourself. Plan to visit an Alzheimer's Association Support Group this month. There is no cost or commitment to attend. You are encouraged to contact the group facilitator directly. If you have questions about support groups in general, please call the Helpline at 1-800-272-3900. NOTE: Professionals without an afflicted family member should call the facilitator prior to the meeting for permission to attend.

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<th>Allen County</th>
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<td>Turnstone Center</td>
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<td>3320 N. Clinton St.</td>
<td>2605 N. Lebanon St.</td>
<td>1201 Sycamore</td>
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<td>Bonnie Funk—260-485-6171</td>
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<td>6608 Hoagland Rd.</td>
<td>Brown County Library</td>
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<td>Carla Ellsworth—260-484-0308</td>
<td>205 Locust Lane</td>
<td>3522 S. Lafountain</td>
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<td>Shirley Hoel—812-342-9678</td>
<td>Sue Flasche—765-453-8357</td>
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<td>Seymour</td>
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<tr>
<td>2nd Monday, 6:00 p.m.</td>
<td>2nd Tuesday, 7:00 p.m.</td>
<td>4th Tuesday, 7:00 p.m.</td>
</tr>
<tr>
<td>Community Center for Vital Aging</td>
<td>Tower Heights Church of God</td>
<td>Zion Lutheran Church</td>
</tr>
<tr>
<td>520 East Main</td>
<td>2005 Keystone Dr.</td>
<td>1501 Gaiser Dr.</td>
</tr>
<tr>
<td>Shirley Lake—765-768-1909</td>
<td>Jenny Schwieger—812-385-4994</td>
<td>Sherryl Lamb—812-522-7499</td>
</tr>
<tr>
<td>Katie Lucas—765-289-3451</td>
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</tbody>
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<thead>
<tr>
<th>Hamilton County</th>
<th>Noblesville</th>
<th>Johnson County</th>
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</thead>
<tbody>
<tr>
<td>Carmel</td>
<td>1st Thursday, 6:30 p.m.</td>
<td>Franklin</td>
</tr>
<tr>
<td>4th Wednesday, 10:00 a.m.</td>
<td>First United Methodist Church</td>
<td>2nd Tuesday, 6:30 p.m.</td>
</tr>
<tr>
<td>Prime Life Enrichment, Inc.</td>
<td>2051 E. Monument St.</td>
<td>401 State Street</td>
</tr>
<tr>
<td>1078 Third Avenue SW</td>
<td>Phyllis Hunter—317-773-2500</td>
<td>Carrie Schroeder—317-736-6141</td>
</tr>
<tr>
<td>Mary Dotson—317-815-7000</td>
<td>Barbara Wheatley—317-770-3470</td>
<td></td>
</tr>
<tr>
<td>Shirley Kleffman—317-582-1978</td>
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<thead>
<tr>
<th>Lake County</th>
<th>Hancock County</th>
<th>Knox County</th>
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<tbody>
<tr>
<td>Hobart</td>
<td>Greenfield</td>
<td>Vincennes</td>
</tr>
<tr>
<td>3rd Tuesday, 6:00 p.m.</td>
<td>Last Monday, 6:30 p.m.</td>
<td>2nd Tuesday, 4:00 p.m.</td>
</tr>
<tr>
<td>St. Mary Medical Center</td>
<td>Hancock Memorial Hospital</td>
<td>Central Church of Christ</td>
</tr>
<tr>
<td>1500 South Lake Park Ave.</td>
<td>801 N. State St.</td>
<td>1600 Forbes Road</td>
</tr>
<tr>
<td>Carol Shingler—219-947-6475</td>
<td>Della Turnbull—317-462-6979</td>
<td>Roger Wright—812-882-7963</td>
</tr>
<tr>
<td></td>
<td>317-468-4367</td>
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</tbody>
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<thead>
<tr>
<th>Madison County</th>
<th>Madison County</th>
<th>Howard County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anderson</td>
<td>2nd Thursday, 9 a.m., 2 &amp; 6 p.m.</td>
<td>Howard County</td>
</tr>
<tr>
<td>12th Tuesday, 6:30 p.m.</td>
<td>Community Hospital Education Center</td>
<td>1st Tuesday, 6:00 p.m.</td>
</tr>
<tr>
<td>Community Hospital Education Center</td>
<td>1923 N. Madison</td>
<td>Howard Regional Home Care</td>
</tr>
<tr>
<td>1923 N. Madison</td>
<td>Sandra Zentz—765-622-1147</td>
<td>3522 S. Lafountain</td>
</tr>
<tr>
<td></td>
<td>Donna Hinderer—765-643-2734</td>
<td>Sue Flasche—765-453-8357</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Karen Jarrett—765-452-5491</td>
</tr>
</tbody>
</table>

If someone you know and care about is suffering from Alzheimer's disease or a related dementia, there is something you can do to help them and yourself. Plan to visit an Alzheimer's Association Support Group this month. There is no cost or commitment to attend. You are encouraged to contact the group facilitator directly. If you have questions about support groups in general, please call the Helpline at 1-800-272-3900. NOTE: Professionals without an afflicted family member should call the facilitator prior to the meeting for permission to attend.
Bloomington
First United Methodist Church
219 East Fourth Street
Jody Curley—812-353-9299
Conjoined group for both caregivers and persons with early stage memory loss. Please contact the facilitator for more information.

Montgomery County
Crawfordsville
2nd Tuesday, 11:30 a.m.
St. Clare Medical Center
1710 Lafayette Road
Kathy Olin—765-362-5114

Morgan County
Martinsville
2nd Tuesday, 7:00 p.m.
Center for Women’s Ministries
360 Sycamore Street
Carol Smile—765-342-3305
Linda Burt—765-349-0911

Porter County
Valparaiso
4th Tuesday, 6:00 p.m.
Porter Memorial Hospital
Education & Rehabilitation Center
1401 Calumet Ave.
Judy Sipich—219-462-6158

Putnam County
Greencastle
2nd Thursday, 4:00 p.m.
Putnam County Hospital
1542 Bloomington Street
Sue Murray—765-653-5121

Randolph County
Winchester
New group coming soon!

Rush County
Rushville
3rd Thursday, 7:00 p.m.
Rush Memorial Hospital
1300 N. Main Street,
1st floor, Community Room
Julie Haley—317-431-5357

Shelby County
Shelbyville
2nd Thursday, 7:00 p.m.
Shelbyville Chamber of Commerce
501 North Harrison
Richard & Ramona Oberman—317-398-7116

Tippecanoe County
Lafayette
1st Tuesday, 10:00 a.m.
1st Thursday, 7:00 p.m.
Senior Center of Tippecanoe
Jenks Rest Building, Columbian Park
Jan Woltz—765-474-1253

Tipton County
Tipton
3rd Tuesday, 7:00 p.m.
Tipton County Public Library
127 East Madison
Sheila Raines—317-984-4552
Sandy Sigler—765-675-8791

Vigo County
Terre Haute
1st Wed 10 a.m., 1st Thurs, 7 p.m.
McMillan Adult Day Services
486 1st Avenue
Margaret Scott—812-232-4627 (work)
812-235-9680 (home)
Teresa McKinsey—812-232-2223

Wayne County
Richmond
1st & 3rd Wednesday, 12:30 p.m.
First English Lutheran Church
2727 East Main Street
Karen Beymer—765-962-5075

Wells County
Bluffton
1st Wednesday, 7:00 p.m.
First United Methodist Church
325 W. Washington Street
Jim & Joy Phillabaum—260-824-4244

White County
Monticello
3rd Monday, 6:30 p.m.
Monticello Senior Center
116 E. Marion St.
Sharon Howard—574-278-6398
Kay Schmelle—574-583-6707

Whitley County
Columbia City
2nd Monday, 6:30 p.m.
Columbia City United Methodist Church
605 N. Forest Parkway
Jon Gotz—260-248-8777
Save The Dates!

Memory Walk 2005

It is not too early to mark your calendars for Memory Walk 2005! Listed below are walk dates for this year's Memory Walk season. Keep your eye out for more information on locations, walking, volunteering and many more exciting opportunities with Memory Walk 2005! Questions, please contact Cathy Boyer at 317-575-9620 or cathy.boyer@alz.org.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
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<tbody>
<tr>
<td>Bloomington</td>
<td>Sunday, October 9, 2005</td>
</tr>
<tr>
<td>Columbus</td>
<td>Sunday, September 11, 2005</td>
</tr>
<tr>
<td>Ft. Wayne</td>
<td>Saturday, September 10, 2005</td>
</tr>
<tr>
<td>Hobart</td>
<td>Sunday, September 11, 2005</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>Sunday, October 2, 2005</td>
</tr>
<tr>
<td>Kokomo</td>
<td>Saturday, October 1, 2005</td>
</tr>
<tr>
<td>Lafayette</td>
<td>Sunday, September 25, 2005</td>
</tr>
<tr>
<td>Muncie</td>
<td>Sunday, September 25, 2005</td>
</tr>
<tr>
<td>Richmond</td>
<td>Saturday, September 24, 2005</td>
</tr>
<tr>
<td>Terre Haute</td>
<td>Saturday, September 24, 2005</td>
</tr>
</tbody>
</table>

13th Annual Golf Outing

The 13th Annual Alzheimer's Association Golf Outing is Tuesday, June 14th 2005 at River Glen Country Club in Fishers. Whether you are a veteran player or new to the game, we invite you to come and enjoy a great day of golf, dinner, and prizes all to benefit a great cause. For more information, or to receive a brochure please contact Cathy Boyer at 317-575-9620 or cathy.boyer@alz.org.

Please plan to join us on October 2nd, 2005 at the Indiana State Fairgrounds for Memory Walk 2005.

Thanks to your commitment in helping us end Alzheimer's disease, we have outgrown Butler University and are happy to make the move to the Indiana State Fairgrounds.

Please be on the lookout for more information about Memory Walk 2005. Questions? Please call Cathy Boyer at 317-575-9620 or cathy.boyer@alz.org.

Exciting News....

New Location for Indianapolis Memory Walk 2005!

What: Indianapolis Memory Walk 2005
Where: Indiana State Fairgrounds – 1202 E. 38th Street, Indianapolis
When: Sunday, October 2, 2005
Time: Registration at Noon – Walk Begins at 1:00 pm
Who: Everyone committed to taking steps to end Alzheimer’s disease

The 13th Annual Alzheimer’s Association Golf Outing is Tuesday, June 14th 2005 at River Glen Country Club in Fishers. Whether you are a veteran player or new to the game, we invite you to come and enjoy a great day of golf, dinner, and prizes all to benefit a great cause. For more information, or to receive a brochure please contact Cathy Boyer at 317-575-9620 or cathy.boyer@alz.org.
Volunteers
Thanks to all of you who help us help those affected by Alzheimer's disease. We couldn't do it without your help!

Office Volunteers

Indianapolis
Marian Aronstam
Sally Dinwiddie
Marcia Green
Carolyn Hopkins
Mary Jeffers
Mickey McNulty
Doris Shaw
Ella Wagner

Fort Wayne
Florence Minick
Rosetta Curry

2004 - 2005
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Community Health Charities Indiana
Working for a healthy America

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Indiana University School of Medicine

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Questions?

Call the 24 Hour Toll-Free Helpline!

For Information and Support
24 Hours a day
7 Days a week
Access to a trained professional
to answer questions!

Language Translation /
Interpretation Service
for 140 Languages

1-800-272-3900

www.alzindiana.org

We are fighting on your behalf 24/7
to give everyone a reason to hope

www.alzindiana.org
1 800 272 3900

Return Service Requested