Toon Confronting Alzheimer’s on Life’s Stage

Editor’s note: 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. Dan Toon shares his Alzheimer’s experience…in his own words.

Alzheimer’s – no, that’s not right!
Alzheimameter – no, that’s not right!
Alzhowcanbeater – no, that’s not right!
Alzheimer’s – that is it.

How can anyone who has been diagnosed with Alzheimer’s not be able to pronounce the name of the disease?

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Symposium Focuses on Quality of Dementia Care

The Alzheimer’s Association will be reaching out to area healthcare professionals and caregivers with two major education events at the Sharonville Convention Center in November. With the theme “Rising to New Heights in Dementia Care,” the Alzheimer’s Association of Greater Cincinnati will host its 25th Professional Symposium on Friday, Nov. 2. The next day, the Chapter will conduct “A Day for Caregivers.”

The Symposium, a day-long educational forum designed for healthcare professionals, will feature a variety of workshops focusing on the theme of how professionals can improve the level of care for patients and families facing dementia. Registration opens at 7:15 a.m. and the Symposium will be held from 8:15 a.m. to 4:15 p.m. “The workshops will cover a variety of diverse topics, including the impact of dementia on the brain, medication management and addressing behavioral symptoms through alternative techniques,” said Janet Milne, Education and TrialMatch manager. “We believe professionals will find the workshops very informative.”

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O’Brien Tells Audience: ‘You Can’t Replace a Brain’

Editor’s Note: Award-winning journalist and author Greg O’Brien was the featured guest speaker at our annual Art of Making Memories benefit in May. Below are excerpts from his comments there, describing his personal battle with Alzheimer’s.

As an investigative reporter, now struggling with this disease—one that has decimated the family tree, I have studied this enemy. It is a cunning, calculating killer. I know the frontline well. Alzheimer’s stole my maternal grandfather and my mother. Several months ago my paternal uncle died of the disease, and before my father’s death, he also was diagnosed with dementia. Now Alzheimer’s has come for me.

I was diagnosed in 2009 with Early Onset Alzheimer’s after experiencing the horrific symptoms of short-term memory loss, inability to recognize individuals and places I’ve known all my life, difficulty completing simple tasks and confusion with time and place. A battery of clinical tests and brain scans confirmed the diagnosis, which doctors say was accelerated by two, serious head traumas that “unmasked a disease in the making.”
So Many Reasons to Hope

By Paula Kollstedt
Executive Director

I wish you could have been there. It was standing-room-only as thousands of Alzheimer’s Association International Conference attendees crowded into the Grand Ballroom at Chicago’s McCormick Place Convention Center. You could feel the anticipation as the trial sponsor took the podium to announce results of a study that held so much promise. And he did not disappoint.

Topline results of the Phase II BAN2401 clinical trial indicated that in its 18-month analysis, there were positive results on seven of the trial’s secondary outcomes, including reduction of amyloid plaques and improvement of cognition and function. This was the second Alzheimer’s clinical trial that demonstrated both clearance of amyloid from the brain and cognitive benefits.

Earlier that morning, possibly the most exciting news of the conference was announced when researchers pointed to the potential risk of dementia and cognitive decline from the Systolic Blood Pressure Intervention Trial (SPRINT). This huge, longitudinal, randomized trial found a statistically-significant 19 percent lower rate of new cases of Mild Cognitive Impairment when managing high blood pressure in older adults to a systolic blood pressure of less than 120, versus a standard care strategy targeting a systolic blood pressure goal of 140.

These are incredible developments that you made happen. If you have a team at the Walk to End Alzheimer’s, if you attend The Art of Making Memories, if you run as an AlzStar in the Flying Pig, if you hold a Longest Day event, if you talk Memories, if you run as an AlzStar in the Flying Pig, if you hold a Longest Day event, if you talk

Promotion and Public Policy Director

Elise Sebastian, MSW, LSW
Clinical Outreach Director

Nancy Boss, MSSW, LISW
Programs and Services Clinician
Diana Bosse, Walk Manager
Shannon Braun, LSW-S

Early Stage Program Coordinator
Elizabeth Bross, MSW, LSW
Programs and Services Clinician
Theresa Conaty
Development Assistant
Kristin Cooley, LISW-S
Programs and Services Clinician
Donna Damon, Special Events Manager
Jeff Dehner, JD, Walk Manager
Melissa Dever, LSW
Branch Program Manager
Susan Dickey, RN, MGN...
Helping You Connect to Care Planning

S

Supportive new information with local health systems is a task the Alzheimer’s Association is excited to take on. This year, as we plan our biennial Professional Symposium for early November, we are dedicated to delivering leading-edge resources available.

Through the collaboration of Centers for Medicare and Medicaid Services (CMS) and the Alzheimer’s Association, a new CPT billing code allows providers to be reimbursed for care planning services for individuals with cognitive impairment. CPT code 99483 went into effect in January 2018, replacing temporary code G0505.

The code covers service elements such as medication reconciliation, evaluation of patient safety and caregiver assessment. The code allows physicians, physician assistants, clinical nurse specialists, and certified nurse midwives to be reimbursed once every 180 days. The estimated reimbursement rate is approximately $241 for a physician billing. The Alzheimer’s Association has developed a toolkit to educate providers about utilizing this code that is available at alz.org/careplanning.

Why is this so important? Our team sees first-hand the impact on families who miss out on needed medical information. Physicians often have limited windows of time to discuss the concerns that families bring to their attention. We also know that 55% of people who qualify for a cognitive impairment go undiagnosed. Our Chapter staff collaborates with physician offices and hospitals to increase disease-specific education and promote the free resources available to families and caregivers. We also encourage cognitive care planning to enhance a dignified diagnosis and a quality medical interaction.

The initial rollout of the CPT code project is currently being supported by our medical student interns from the University of Cincinnati. These medical students are dedicated to influencing a system they may soon be representing. We are fortunate to have had outstanding success, one-on-one, with a few local primary care providers and we hope to witness the first of these ripples in the coming years. This disease infiltrates many layers of caregiving, health and coping which is why the Alzheimer’s Association strives to access every opportunity with the intention of building a better health system for all.

Our Professional Symposium is a great opportunity to engage health systems and the professionals who run them. We hope you will join us for the workshop, Optimizing Interventions: Cognitive Assessment and Care Planning, Reimbursement with CPT Code 99483, led by Deanna Combs and myself. Alert your primary care physician or nurse practitioner, too.

Caregiver Forum Addresses End-of-Life

More than 120 people attended the Alzheimer’s Association of Greater Cincinnati African-American Caregiver Forum at Maple Knoll Village on June 30.

The morning-long education program featured guest speaker Jerome Weaver as well as an interactive presentation of “Death over Dinner.” More than a dozen healthcare and senior agency exhibitors (pictured) were also in attendance.

Pictured far right, group shot foreground, from left, Mr. Weaver, Lynda Anello of VITAS Healthcare, Alzheimer’s Association of Greater Cincinnati Executive Director Paula Kollstedt and Multicultural and Community Outreach Coordinator Jill Gorley.

VITAS Healthcare was the presenting sponsor. Other sponsors included Assisted Transitions (VIP sponsor) and Molina Healthcare and Pro Seniors (Partner sponsors).

Alzheimer’s Stamp Available

The U.S. Postal Service has officially released a second Alzheimer’s Semipostal fundraising stamp. Sold for 60 cents, the stamp’s price includes the first-class single-piece postage rate in effect at the time of purchase. By law, revenue from sales of the Alzheimer’s Semipostal stamp (minus the postage paid and the reimbursement of costs incurred by the Postal Service) will be allocated to the National Institutes of Health. The artwork is an illustration that first appeared on the 2008 Alzheimer’s Awareness stamp. On the 2008 stamp, she was facing left; the artwork for this stamp shows her facing right to help differentiate between the two stamps. Under the program, the Postal Service intends to issue five semipostal fundraising stamps over a 10-year period, with each stamp to be sold for no more than two years.

The Alzheimer’s Semipostal stamp is the first in the planned series. There are currently two semipostal stamps available for sale that has been mandated by Congress - the Breast Cancer Research Semipostal which has raised more than $36.1 million and the Save Vanishing Species Semipostal which has raised more than $4.3 million.

All postage stamps are available for purchase at Post Offices, online at usps.com, and by toll-free phone order at 1-800 STAMP-24.
Elizabeth Kinney

I hope you’ve had a great summer thus far! In keeping each of you at the cutting edge of events happening within our chapter and nationally, I wanted to report on a volunteer-powered program delivery model that was presented at our Alzheimer’s Association Leadership Summit earlier this year.

Our chapter will be gathering information and laying the foundation for this model over the next several months, for implementation over the next two years. This project was further defined at our Learning and Evaluation for the Advancement of Programs (LEAP) regional meeting in Columbus in April. As all of our local chapters continue to collaborate as a national organization, we will begin community needs assessments within our communities to identify current local strengths and available resources.

We will begin to host Alzheimer’s Community Forums as an introductory community engagement activity. Through these forums, we hope to give information and education on what we currently provide, what we have provided to that specific community in the past, and discuss the gaps, needs, and opportunities for that community. We also hope to identify prospective community partners and champions with the passion to help us to expand the Alzheimer’s Association programs and services.

Based upon the results obtained in the community assessments, we will then assess the need for expanded common programs such as consumer education programs, community-based support groups, early stage programs including social engagement opportunities, and Care Consultation days. Additionally, we will be recruiting volunteers, seeking to find engaging, passionate people who would love to help us achieve our vision—A World without Alzheimer’s.

We need your help and input, so please watch for details about our community forums. Then, please come to join us at the forums and tell us what you think.

Remember that even if your community is not one of the initial communities identified and assessed, you may attend any community forum to provide your input. Our ultimate goal is to provide services to all communities. With the help of more volunteers, we will expand our reach. The hands of many will accomplish the most. I hope you will attend a community forum near you.

By Linda S. Turpin

Director of Clinical Programs & Services

A native of Cincinnati, Meyer graduated from Xavier University with a degree in art and achieved her MBA from the University of Notre Dame in 2008. A vice president of marketing for CVS, she joined CVS Health in 2012. During her tenure she has helped grow the SilverScript business to over 6 million members, becoming the largest PDP plan sponsor in the country. She has two adult children, Emily and Jake and enjoys traveling, hiking and drawing in her free time.

This organization is important to me as a family member was diagnosed with Alzheimer’s over a year ago. She is doing well right now, but, early in her diagnosis my family used services provided by the Association to help us learn about the disease and learn how to become strong caregivers,” she said. “I would like to support finding a cure.”

Hanna is Senior Director of Enterprise Payments for the Kroger Company. A resident of Cincinnati, she earned her JD at the Nashville School of Law. She has worked for Kroger for almost 36 years, beginning in their stores while in college.

Her family includes her mother, two older brothers and two sisters-in-law along with three nieces and a nephew. She also has an 88-year-old and several cousins who all live in Tennessee.

“My reason for wanting to join the board is personal. My family has personally experienced the heart break of this disease and it is not something I want anyone else to experience. My goal is to help raise awareness about Alzheimer’s and work towards a cure.”

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A native of Muncie, Indiana and graduate of DePauw University, Kinney is Senior Communications Manager with Procter & Gamble. She began work at P&G in the Corporate Communications department, earning her master’s degree in Strategic Communications at American University. She and her husband, Doug, live in Cincinnati.

Recently, my maternal grandfather passed away. He was living with Alzheimer’s disease, but hated the way medication made him feel, and he was a full-time caretaker for my grandmother, so put that above finding the right treatments. Losing him left a massive void, and I was lost for ways to honor his memory. Years later, through P&G’s partnership with the Alzheimer’s Association, I reconnected with the cause right here in Cincinnati and knew I was being given an opportunity to honor my grandparents.”

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O’Brien Speaks

I also carry the Alzheimer’s marker gene APOE-4, which appears to be on both sides of the family. The diagnosis came two weeks after I was diagnosed with prostate cancer, which, in consult with my doctors and family, I am not treating. It is my exit strategy.

I will never forget sitting in the neurologist office outside Boston, side by side with my wife Mary Catherine, listening to the diagnosis. I felt as though I was slipping into Louis Carroll’s Alice in Wonderland where “nothing would be what it is, because everything would be what it isn’t.”

What “would be” was devastating. I felt the tears running down the sides of my face. My eyes didn’t blink. I reached for my wife’s hand, and asked: “What about the kids?” I felt so isolated, yet was overcome with sadness for my wife. This wasn’t fair to her. And I couldn’t fix it. The tool box was empty. You can’t replace a brain.

So where am I today? Sixty percent of my short-term memory can be gone in 30 seconds; more and more I don’t recognize people I’ve known all my life. I experience penetrating, horrific hallucinations, fly into inexcusable rage when the light in the brain goes out and depression that seems to have no bottom. I have acute spinal stenosis and scoliosis, a condition accelerated by breakdown of body. More recently I’ve had trouble seeing and was diagnosed with macular degeneration.

Battling with Early Onset Alzheimer’s, learning to live daily with this disease is akin to losing a gear downhill on a mountain bike. Or in some ways being lost in a basement.

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AAIC 2018 Features a Number of Research Firsts

C HICAGO — The first randomized clinical trial to demonstrate that intensive blood pressure treatment reduces new cases of mild cognitive impairment (MCI) was the highlight of new research results reported at the Alzheimer’s Association International Conference (AAIC) 2018 in July.

With a record 5,800 in attendance, AAIC 2018 also featured additional data from a Phase 2 study of BAN2401, which reported positive topline 18-month results suggesting a slowing of clinical decline and reduction of amyloid beta in the brain.

SPRINT MIND Trial offers Hope

The preliminary results of the SPRINT MIND trial provide the strongest evidence to date about reducing risk of MCI and dementia through the treatment of high blood pressure, which is one of the leading causes of cardiovascular disease worldwide.

“The exciting data from innovative research studies reported at AAIC 2018 give us many reasons to be hopeful,” said Maria C. Carrillo, Ph.D., Alzheimer’s Association Chief Science Officer. “The reduction in new cases of MCI seen in the SPRINT MIND study adds credibility to the vision of future Alzheimer’s therapy that combines drugs and modifiable risk factor interventions — as we do now in cardiovascular disease.”

Researchers reported preliminary results related to risk of dementia and cognitive decline from the Systolic Blood Pressure Intervention Trial (SPRINT). SPRINT is a randomized clinical trial that compares two strategies for managing high blood pressure (hypertension) in older adults: an intensive strategy with a systolic blood pressure goal of less than 120 mm Hg versus a standard care strategy targeting a systolic blood pressure goal of less than 140 mm Hg.

SPRINT Memory and Cognition IN Decreased Hypertension (SPRINT MIND) examined whether treating for the lower blood pressure target reduces the risk of developing dementia and/or MCI. Study participants were 9,361 hypertensive older adults (mean age of 67.9 years) with increased cardiovascular risk but without diagnosed diabetes, dementia, or stroke. Researchers found a statistically significant 19 percent lower rate of new or worsening MCI in the intensive blood pressure treatment group. The combined outcome of MCI plus probable all-cause dementia was 15 percent lower in the intensive versus standard treatment group.

“This study shows more conclusively than ever before that there are things you can do — especially regarding cardiovascular disease risk factors — to reduce your risk of MCI and dementia,” said Carrillo.

BAN2401 Effective In Removing Amyloid

Eisai Co., Ltd. and Biogen Inc. announced additional results of a Phase II clinical trial (Study 201) of BAN2401. The trial sponsors announced topline results on the 18-month analysis on July 5. Though the trial was negative on the primary Bayesian analysis, as reported in December of 2017, the researchers reported additional results on several of the trial’s secondary outcomes, including reduction of amyloid plaques and improvement of cognition and function, though the trial was not powered to demonstrate efficacy in cognitive outcomes.

This is the second Alzheimer’s clinical trial that has demonstrated both clinical and biomarker endpoints — again, the studies were not large enough to definitely demonstrate cognitive efficacy and the BAN2401 study did not meet its primary endpoint. That said, these two studies indicate that amyloid remains an important therapeutic target to pursue in Alzheimer’s disease.

AAIC 2018 also featured several “firsts,” including the first large-scale study of reproductive history and dementia risk in women.

Link Between Pregnancy and Dementia Risk in Women

Almost two-thirds of Americans with Alzheimer’s are women, according to the Alzheimer’s Association 2018 Alzheimer’s Disease Facts and Figures. Research reported at AAIC 2018 investigated women’s reproductive history across the entire life course and its relationship with risk of Alzheimer’s disease and other dementias.

Researchers found that:

• Women in the study with three or more children had a 12 percent lower risk of dementia compared to women with one child.
• Each additional report of a miscarriage was associated with a 9 percent increased risk of dementia, compared to women who reported no miscarriages.
• Compared to women who experience natural menopause after age 45, those who experience menopause at 45 or younger were at 28 percent greater dementia risk.

Cannabis as Treatment for Symptoms

A randomized, double-blind clinical trial of nabilone — a synthetic cannabinoid — reported at AAIC 2018 suggests it may be effective in treating agitation in people with moderate to severe Alzheimer’s. Agitation, including verbal or physical outbursts, emotional distress, restlessness and pacing, is one of the most common behavioral changes associated with Alzheimer’s, and can be a significant cause of caregiver stress. Over the 14-week trial, 39 participants (77 percent male, average age 87) received nabilone in capsule form for six weeks, followed by six weeks of placebo, with one week between each treatment period. Agitation improved significantly in those taking nabilone, compared to placebo.

Marijuana is currently not approved by the FDA for the treatment or management of Alzheimer’s disease or other dementias. There is currently no robust, consistent clinical trial data supporting the use of marijuana for treatment of Alzheimer’s dementia — nor for related issues. The Alzheimer’s Association believes that more research in this area is needed.

AAIC is the premier annual forum for presentation and discussion of the latest Alzheimer’s and dementia research.

Bringing the world closer to breakthroughs in dementia science, AAIC 2018 convened more than 5,100 leading experts and researchers from around the world and featured more than 2,500 scientific presentations. For more on the AAIC and details on study results, visit: alz.org/aaic.

O’Brien Speaks

How many people have been in a basement at night doing your laundry when someone up in the kitchen didn’t realize you were there, and shut off the light? Penetrating darkness!

I don’t know about you, but I toss F-bombs when that happens, I carpet bomb them!

That’s the early stage of Alzheimer’s. The light goes off, it goes back on again, then off again, it flickers as synapse in the brain fails, the electrical charge, from one neuron to the next, misses its mark, and one screams in primal rage for the light to go back on.

Years ago, I thought I was Clark Kent, Superman, an award-winning journalist. But today, I feel more like a baffled Jimmy Olsen. And on days of muddle, more like Mr. Magoo, the wispy cartoon character who couldn’t see straight, exacerbated by his stubbornness to acknowledge a problem.

Doctors advise that I will likely write and communicate with declining articulation, until the lights dim, but other functions will continue to ebb. Daily medications serve to slow down the progression of the disease and to help control the rage on days when I hurl the phone across the room—a perfect strike to the sink—because in that moment I don’t remember how to dial, or when I smash the lawn sprinkler against an oak tree in the backyard because I don’t recall how it works.

Hey, I’m not stupid. Nor are others with Alzheimer’s. We just have a disease. A cunning enemy we must fight Z47.

The Irish like to say: never get mad, get even! And so, I’m getting even with Alzheimer’s—not for me, the train has left the station, but for my children, for you and your children, and for a generation of Baby Boomers, their families and loved ones, who face this demon prowling like Abaddon.

We can all learn from Irish playwright George Bernard Shaw, who prophetically said, “Life is no brief candle… It is a sort of splendid torch, which I’ve got hold of for the moment, and I want to make it burn as brightly as possible before handing it to future generations.”

So burn your candles brightly and never get mad, get even!
members and experienced other problems. I finally decided to step down from the position.

I was devastated by all of these changes.

My wonderful wife, Bev, had me checked out by our doctor who referred me to a neuropsychologist. After several long bouts of testing, the results came back that I had dementia, probably the early stages of Alzheimer’s.

That was not a real surprise, but the diagnosis hit us both like a ton of bricks. We let our friends and family know so that we can all deal with it together. I’m very lucky to have such wonderful family and friends who offer their support all the time.

The Alzheimer’s Association has been so helpful to both me and my wife. She has attended many educational programs, been in one-on-one counseling, and we both have participated in groups at the museums as well as a Memory Café where we can socialize with others who are going through the same life changes.

About 20 years ago, I suffered a spinal stroke. They told me I may never walk unaided again, but I beat those odds. If I could conquer that, I plan to try and beat the heck out of Alzheimer’s….even if I can’t say it.

I think I was lucky because my “Alz” (that is my short cut, as I call it) happened after I had retired. Ha, them were the good old days! I finally had the time to work around on our “gentleman’s” farm and enjoy the little things. However, my most cherished hobby was to be able to be on the stage with the Rivertown Players, our local community theatre group. My favorite role was that of Harold Hill in “The Music Man.” I did not think that I was a fantastic actor, but I did have the ability to memorize a script. This seemed to be very easy over the years.

About four years ago, however, I had a small part in a show and was unable to remember any of my lines. I tried yet one more time a year later, with the same result. Theatre had been in my blood – but now things had changed.

Another project I took on was reading books to two local senior homes. I must have read “Little House on the Prairie” at least eight times – they loved that series. But over time I realized that I could no longer read the book that I had read so many times before.

I also served as President of the Trustees of the Lawrenceburg Public Library but I could no longer recall the names of the board members and experienced other problems. I finally decided to step down from the position.

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More than 600 guests crowded the pavilion level of JACK Cincinnati Casino, helping raise $210,000 for the Alzheimer's Association of Greater Cincinnati at the annual Art of Making Memoires benefit on May 3.

Guests enjoyed cocktails, dinner, live entertainment and the opportunity to view and bid on Memories in the Making® artwork and other auction items.

“I’d like to personally thank our planning committee, volunteers and generous sponsors for lending their time, talent and treasure to another successful Art of Making Memories, said Development Director Annemarie Barnett. “I’d also like to thank Greg O’Brien for sharing his personal story with our audience and signing each of his books for our guests. He was amazing.”

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 through a special exhibit. Bob Goen of Warm98-FM served as emcee while Bob Herzog of Local12 served as celebrity auctioneer.

ALZ Stars Teaming Up with Fleet Feet
Runners raise $40,000 for 2018 campaign

It’s hard to believe but the ALZ Stars/Race for the Brain Team is entering its 10th season and we have much to celebrate.

This year, we teamed up with Fleet Feet Sports Cincinnati for the first time to provide our ALZ Stars participants a training program for the Flying Pig Marathon in May. It seems as though we’ve really hit our stride with a new training program partner and the response was amazing.

The program offered to our athletes has been revitalized and we’ve grown our reach in the Tri-State area through the efforts of our amazing ALZ Stars spokeswoman, WLWT’s Meteorologist Randi Rico (pictured left).

Due to the great strides made this past season, we are excited to announce that we are expanding the ALZ Stars program and that Fleet Feet Sports will be the official training program partner of the ALZ Stars all year round. Fleet Feet Sports will be providing their first-class training program for ALZ Stars participants who wish to participate in the race events in which the Alzheimer’s Association is a charity partner: the Queen Bee, Thanksgiving Day Race 10K, Shamrock Shuffle and the Flying Pig Marathon. As a training program participant you receive terrific incentives like training gear, discounts at Fleet Feet Sports, access to Oxford Physical Therapy and more. We’ve also streamlined the process to register for your favorite race events and made it that much easier to stay on track as you train to #ENDALZ.

We know you’ll love the new and improved ALZ Stars program, so we invite you to join us for this upcoming season. We will be hosting informational sessions about the new ALZ Stars program very soon, so stay tuned for more details.

To learn about how to get involved as an athlete, volunteer, or join the planning committee, please contact Brittany High at bhhigh@alz.org or call (513) 721-4284. Stay connected with us on social media – Facebook, Twitter, Instagram and LinkedIn.

A Memorable Night
Hundreds of people across the Tri-State area put their passions to good work and honored those living with Alzheimer’s this year for The Longest Day. From swimming and playing bridge, to singing and eating really good food—dedicated volunteers wore their purple, raised money, and showed their support in the fight against Alzheimer’s disease.

This year, the Alzheimer’s Association of Greater Cincinnati set out on a mission to recruit 65 businesses to participate in The Longest Day because every 65 seconds someone in the United States develops Alzheimer’s disease. We successfully recruited 54 businesses to participate in the event—more than ever before. A total of 93 teams participated in The Longest Day across the region who raised now almost $140,000, a 133% increase over last year’s campaign!

“Thank you to everyone who supported The Longest Day. We were inspired by your passion, creativity, and commitment to honoring those living with Alzheimer’s. Because of your dedication to making a difference, we exceeded our goals and made a lasting impact on our community throughout the month of June,” said Hannah Volz, Special Events manager.

Pictured are several highlights from the campaign. Donations for The Longest Day will continue to be accepted until August 31.

Kroger hosted a lunchtime event at their downtown headquarters on The Longest Day. Employees participated in brain health activities and raffles to raise money. Moe the ALZephant even made an appearance!

Listermann Brewing Company brewed a special small-batch beer for the Alzheimer’s Association to celebrate the end to The Longest Day. The brewery hosted a special keg-tapping party for “Moe the ALZephant Ale.”

The Kitzmiller family hosted a concert in honor of Sarah Harvie Kitzmiller. The concert was led by Jacqueline Kitzmiller, who was joined by several other classically trained musicians. The Kitzmiller family raised nearly $10,000 in honor of Sarah.

FOX19 was the official media partner for The Longest Day this year. Charisse Gibson, Dan Weils, Jessica Brown, and Robert Guaderrama wore purple to show their support.

Steve Schwalbach completed his sixth Jackie’s Run in honor of his late mother. Schwalbach ran a total of 85 miles in 20 hours, starting from RiverScape Metro Park in downtown Dayton and ending at the Alzheimer’s Association’s Memory Garden at Smale Riverfront Park in Cincinnati.

Pink and green went purple when the sisters of Alpha Kappa Alpha Phi Psi Omega Chapter hosted a movie night honoring those living with Alzheimer’s. The sisters also spent the day assembling activity boxes for families who visit their loved ones at Maple Knoll.

Arthur Murray Dance Studios International joined the Alzheimer’s Association as a global team this year. Locally, the Arthur Murray in Cincinnati hosted a dance-a-thon from 10 a.m. to 9 p.m. with individual and group classes, as well as a dance party.

Sarah Crabtree of The Yoga Bar hosted a special yoga event at the Alzheimer’s Association’s Memory Garden in honor of her mother Janet, who is currently living with Alzheimer’s.

Mayor John Cranley issued a proclamation declaring June 21 as The Longest Day in Cincinnati.

The Kitzmiller family hosted a concert in honor of Sarah Harvie Kitzmiller. The concert was led by Jacqueline Kitzmiller, who was joined by several other classically trained musicians. The Kitzmiller family raised nearly $10,000 in honor of Sarah.

The Barre Code joined the Alzheimer’s Association as a global team for The Longest Day this year. Locally, The Barre Code held classes for a donation from sunrise to sunset at their downtown studio.

Hundreds of people across the Tri-State area put their passions to good work and honored those living with Alzheimer’s this year for The Longest Day. From swimming and playing bridge, to singing and eating really good food—dedicated volunteers wore their purple, raised money, and showed their support in the fight against Alzheimer’s disease.

This year, the Alzheimer’s Association of Greater Cincinnati set out on a mission to recruit 65 businesses to participate in The Longest Day because every 65 seconds someone in the United States develops Alzheimer’s disease. We successfully recruited 54 businesses to participate in the event—more than ever before. A total of 93 teams participated in The Longest Day across the region who raised now almost $140,000, a 133% increase over last year’s campaign!

“Thank you to everyone who supported The Longest Day. We were inspired by your passion, creativity, and commitment to honoring those living with Alzheimer’s. Because of your dedication to making a difference, we exceeded our goals and made a lasting impact on our community throughout the month of June,” said Hannah Volz, Special Events manager.

Pictured are several highlights from the campaign. Donations for The Longest Day will continue to be accepted until August 31.

Kroger hosted a lunchtime event at their downtown headquarters on The Longest Day. Employees participated in brain health activities and raffles to raise money. Moe the ALZephant even made an appearance!

Listermann Brewing Company brewed a special small-batch beer for the Alzheimer’s Association to celebrate the end to The Longest Day. The brewery hosted a special keg-tapping party for “Moe the ALZephant Ale.”

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FOX19 was the official media partner for The Longest Day this year. Charisse Gibson, Dan Weils, Jessica Brown, and Robert Guaderrama wore purple to show their support.

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Building Support for Research and Infrastructure

While the upcoming midterm election will likely dominate much of our nation’s political discussion over the next several months, the Alzheimer’s Association continues to make sure that Alzheimer’s disease remains an issue of importance for our elected representatives. Although I’ve attended the annual Alzheimer’s Association AIM Advocacy Forum in Washington, D.C. many times, the personal courage, passion and commitment exhibited by advocates from across our nation never fails to move me. More than 1,100 advocates, representing every state, attended the Association’s 30th annual Advocacy Forum in June. When we traveled to Capitol Hill to visit with members of Congress on the final day of the Forum, it was impossible to miss our advocates and their purple sashes. While our individual stories were different, everyone had the same request of their respective members of Congress:

- Support of an additional $425 million in fiscal year 2018 budget for Alzheimer’s research through the National Institutes of Health. If recent recommendations by House and Senate committees to increase research funding are any indication, federal funding for Alzheimer’s research through the National Institutes of Health (NIH) will likely increase to $2.2 billion in 2019.
- Support of the BOLD Infrastructure for Alzheimer’s Act (S.2076/HR4256) that will create a nationwide public health infrastructure to address Alzheimer’s disease.
- Support of the Palliative Care and Hospice Education and Training Act (PCHETA) that will establish a system and related guidelines that will ensure an adequate, well trained, palliative care workforce. Between now and the end of the year, Alzheimer’s advocates across the country will continue to push hard for these important public policy initiatives as the close of the congressional legislative session draws near. With each new congressional co-sponsor, we get one step closer to turning these bills into law.

In addition to supporting these important federal initiatives, the Greater Cincinnati Chapter works closely with our sister chapters in Ohio and Kentucky on a variety of state advocacy projects and public policy campaigns. You can help our cause in a variety of ways. Whether you send an email or social media message to your elected representative, attend a town hall meeting or participate in our annual Alzheimer’s Advocacy Day in Kentucky or the Ohio Advocacy Day in Columbus, you can help make a difference.

As an Association we continue 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 alz.org or contact me at solding@alz.org.

Advocacy in Action

More than 300 advocates from across Ohio filled the Ohio Statehouse Atrium in Columbus for the 20th annual Memory Day on May 9. In addition to providing the opportunity for advocates to meet with their elected representatives, Memory Day included a luncheon program featuring former Congressman Patrick Tiberi and Ohio Department of Aging Interim Director Beverley Laubert.

We Need YOU as a Volunteer

The Alzheimer’s Association of Greater Cincinnati is always in need of volunteers for a variety of projects and tasks, including event planning committees, support group facilitators, front desk volunteers and community outreach.

To learn more about volunteer opportunities, please contact Brittany High at bhigh@alz.org or call her at (513) 721-4284.

Our thanks to all of our generous volunteers, including: Barb Doviak started at GE as a secretary but spent most of her career in IT as a programmer and then, as a systems analyst. She retired 10 years ago after 42 years with the company. Her husband, John, had Lewy Body dementia for about 8 years and recently passed away from the disease. She currently belongs to the Chapter’s early-onset support group, which helped her through this difficult journey. Her son, Andrew, his wife Katie and their two daughters, along with her daughter Allison, live in the area, which keeps Barb busy. She has been a wonderful asset to the Chapter, assisting with data entry projects every Thursday.

Cretara Bailey volunteered with the Chapter several years ago and returned to us in April as our Tuesday afternoon volunteer at the front desk. She is so great in this role because she loves to learn new things and enjoys helping people. She says “To me, it is very important to have great customer service while working at the front desk because I know myself how it feels to have a loved one going through Alzheimer’s. My grandmother has it and I have lost my dad due to prostate cancer in 2012, being a part of a help network is so awesome! The more I’m helping others the happier I am.”

Donna Tittle joined our team of front desk volunteers back in March and works every Friday afternoon. Donna quickly became a pro at the front desk, with strong customer service skills and multi-tasking ability she developed from her long-time experience as a legal secretary and as a special events coordinator of the Boone County Bean Bash. She and her husband, Tony, live in Independence, Ky. When she’s not painter, calligraphist and works every Friday afternoon. Donna quickly became a pro at the front desk, with strong customer service skills and multi-tasking ability she developed from her long-time experience as a legal secretary and as a special events coordinator of the Boone County Bean Bash. She and her husband, Tony, live in Independence, Ky. When she’s not painter, calligraphist at the front desk she keeps active as a seamstress, and keeping up with her three adult children and 13 grandchildren.

We are currently in special need of office support through the Walk season (August - October), including a front desk volunteer at our Linn Street office on Thursday afternoons as well as volunteers to work the individual Walk events and assist with specific programs. If you are interested, please call Brittany at (513) 721-4284.
The Alzheimer's Association of Greater Cincinnati depends on friends in our community to help support Chapter programs and services through donations, tributes, memorials and bequests. We are grateful for the following individuals, companies and foundations who made contributions as well as memorial and tribute gifts between March 1 and June 15, 2018.

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

Every dollar you donate, we promise to offer and hope for a future without this devastating disease.
Memories in Museum Tours Announced

D esigned 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 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.

Upcoming tours include:
Cincinnati Art Museum – Wednesday, Sept. 5
Contemporary Arts Center – Cincinnati Art Museum – Wednesday, Sept. 19
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Cincinnati Art Museum – Wednesday, Sept. 5
Contemporary Arts Center – Cincinnati Art Museum – Wednesday, Sept. 19

All programs begin at 10 a.m. The programs are FREE to attend. For details, call (800) 272-3900.
### Program Calendar

#### Family Education

**A Day for Caregivers 2018**

**What:** An educational conference designed for family caregivers focused on dementia care and treatment, with keynote speakers, breakout sessions and sponsor exhibits. Continental breakfast is provided.

**Where:** Sharonville Convention Center, 11355 Chester Rd, Cincinnati, OH 45246

**When:** Saturday, Nov. 3, 8:30 a.m. – 12:45 p.m.

**Cost:** Free, pre-registration required.

**Registration:** Download at www.alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

**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.

**Where:** Mercy West Hospital, Auditorium, 3300 Mercy Health Blvd, Cincinnati, OH 45211

**When:** Second Thursday of August – November: August 9, September 13, October 11 and November 8 (four-part series), 6:30 - 8:30 p.m.

**Northern Kentucky**

**Where:** Brookdale Edgewood, 2950 Turkeyfoot Road, Edgewood, KY 41017

**When:** Thursdays, September 6, 13, 20 and 27 (four-part series), 4-6 p.m.

**Lawrence County**

**Where:** Community Hospice, 2029 S 3rd St., Ironton, OH 45638

**When:** Thursdays, November 8 and 15 (two-part series), 12-4 p.m.

**Healthy Living for Your Brain and Body:**

**Tips from the Latest Research**

**What:** Recommendations in the areas of diet and nutrition, exercise, cognitive activity and social engagement for promoting healthy aging.

**Where:** Mason Community Center, 6050 Mason-Montgomery Rd., Mason, OH 45040

**When:** Thursday, Aug. 23, 1:15 – 2:15 p.m.

**Jackson County**

**Where:** Mason Community Center, 3rd floor conference room, 3570 St. Rt. 823, Masonburg, OH 45034

**When:** Wednesday, Sept. 19, 1:30 – 2:30 p.m.

**Cost:** Free, but advance registration is required.

**Registration:** Download at www.alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

**Living Well with Alzheimer's Disease:**

**Early Stage Education/Support Series**

**What:** This is a six-week educational and supportive program designed for the person in the early stages of Alzheimer’s disease or another form of dementia and a care partner. In this program we will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life. The sessions are facilitated by professionals knowledgeable about Alzheimer’s disease and family dynamics. Individuals need to be aware of their illness and be willing to discuss changes and coping strategies in a group setting.

**Where:** Alzheimer’s Association, 10th Floor, 644 Linn St., Cincinnati, OH 45203

**When:** Tuesdays, September 18 – October 23, 10 – 11 a.m.

**Cost:** Free, Space is limited.

**Registration:** Contact Shannon Braun at (800) 272-3900 or email: sbraun@alz.org

**New alz.org Unveiled**

The Alzheimer’s Association recently launched a new alz.org. While featuring much of the content from the old website, the new alz.org offers easier navigation and viewing on mobile devices for users.

We welcome your comments and questions on the new site.

**Caregiver Stress**

**What:** This program discusses how to recognize and manage caregiver stress.

**Where:** Alzheimer’s Association, 3rd floor conference room, 644 Linn St., Cincinnati, OH 45203

**When:** Wednesday, Sept. 19, 1:30 – 2:30 p.m.

**Cost:** Free, but advance registration is required.

**Registration:** Download a registration form or register online at www.alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

**Understanding Alzheimer's and Dementia**

**What:** This program discusses the difference between Alzheimer’s and dementia, the stages of the disease, risk factors and treatments.

**Where:** Alzheimer’s Association, 3rd floor conference room, 644 Linn St., Cincinnati, OH 45203

**When:** Tuesday, Oct. 16, 1:30 - 2:30 p.m.

**Cost:** Free, but advance registration is required.

**Registration:** Download a registration form or register online at www.alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

**Holiday Celebrations and other Family Gatherings**

**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.

**Jackson County**

**Where:** The Office Commons, 135 Huron Street, Jackson, OH 45640

**Topic:** Living with Alzheimer’s for Care Partner: Middle Stage

**When:** Tuesday, Aug. 21, 12:30-1:30 p.m.

**Topic:** Living with Alzheimer’s for Care Partner: Late Stage

**When:** Tuesday, Nov. 13, 12:00-1:30 p.m.

**Cost:** Free, Pre-registration required. Lunch included.

**Registration:** Download at www.alz.org/cincinnati or email mdever@alz.org, or call the Cincinnati office at (800) 272-3900.

**Highland County**

**Where:** Highland District Hospital (2nd floor conference room), 1275 N High St, Hillsboro, OH 45133

**Topic:** Living with Alzheimer’s for Care Partner: Middle Stage

**When:** Thursday, Sept. 27, 11 a.m.-12:30 p.m.

**Cost:** Free, Pre-registration required. Lunch included.

**Registration:** To register, download a registration form or register online at www.alz.org/cincinnati or email mdever@alz.org, or call the Cincinnati office at (800) 272-3900.

**Scioto County**

**Where:** SOMC Wheelesburg Family Practice, 8770 Gallia St, Wheelersburg, OH 45694

**Topic:** Living with Alzheimer’s for Caregivers: Late Stage

**When:** Tuesday, Oct. 16, 12 – 1 p.m.

**Cost:** Free, pre-registration required. Lunch is included.

**Registration:** Download a registration form or register online at www.alz.org/cincinnati, or call the Cincinnati office at (800) 272-3900, or email mdever@alz.org.

**Brown County, OH**

**Where:** Hospice of Hope Ohio Valley, 215 Hughes Blvd., Mt. Orab, OH 45154

**Topic:** Living with Alzheimer’s for Care Partner: Late Stage

**When:** Tuesday, Dec. 11, 11 a.m. - 12:30 p.m.

**Cost:** Free, Pre-registration required. Lunch included.

**Registration:** Download a registration form or register online at www.alz.org/cincinnati, or email mdever@alz.org, or call the Cincinnati office at (800) 272-3900.