So Close to Our Goal!

Thanks to the efforts of volunteers, donors, corporate sponsors and chapter staff, the 2019 Walk to End Alzheimer’s campaign is approaching a record fundraising total, but we need your help to reach our year-end goal for care and cure.

The Greater Cincinnati Chapter’s six Walks attracted more than 6,500 participants and has raised more than $1.4 million so far, closing in on our goal of $1.6 million.

For more on the Walks, please see the special centerfold section, pages 7-10.

We Need You

There are nearly 55,000 individuals battling Alzheimer’s in our Chapter territory and another 150,000 caregivers who are in possible need of our services. We simply can’t do it alone. We need willing volunteers to help us meet our service mission to this ever-growing population. You can help by facilitating a family support group, conducting education programs or assisting with social engagement programs. If you have the desire, we’ll provide the training and support for these and other volunteer opportunities.

Sign up today to be a program or event volunteer at: https://alz.org/get-involved-now/volunteer.

Ohio Moves to Create State Alzheimer’s Plan

Following overwhelming support by the Ohio General Assembly this fall, Gov. Mike DeWine signed into law legislation that will help the state confront the sweeping economic and social impact of Alzheimer’s disease and related dementia.

Introduced by co-sponsors State Sen. Steve Wilson (R-Maineville) and Ohio Senate Minority Leader Kenny Yuko (D-Richmond Heights), Senate Bill 24 called for the creation of a process that will lead to an official plan of action to address Alzheimer’s disease and related dementias in Ohio. Among the issues the Alzheimer’s plan will address include the importance of early detection and diagnosis, resources for caregiver support, quality of care and safety.

“Alzheimer’s is not just an aging issue, it’s a public health issue, and Ohio is moving forward to combat the disease,” said Trey Addison, State Public Policy Director of the Alzheimer’s Association. “It’s truly fitting that Gov. DeWine’s action came in November, which happens to be National Family Caregiver Month and National Alzheimer’s Disease Awareness Month. We applaud the Governor and the General Assembly for moving this important work forward.”

Currently 220,000 Ohioans live with Alzheimer’s, a fatal progressive brain disease with no known cure, effective treatment or way to slow its progression. For each person with Alzheimer’s, there are 2-3 caregivers – making nearly 1 million Ohioans directly affected by the disease.

Last year, Medicaid costs associated with Alzheimer’s in Ohio stood at a staggering $2.36 billion.

Ohio State Sen. Steve Wilson speaks to Alzheimer’s advocates at the 2019 Alzheimer’s Association Memory Day at the Ohio Statehouse in March.

Until now, Ohio was one of the only states in the nation without a formal process to create an Alzheimer’s plan.

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A Word About Us

Grateful

By Paula Kolstedt

Executive Director

Gratitude – it’s a powerful emotion.

No, I’ll go even further – gratitude is a motivator, a comforter, a strengthener, as well as a driver to help us achieve more than we ever thought we could – with the help of others.

In renowned psychologist Martin Seligman’s book, Flourish, he defines the acronym PERMA – Positive emotion, Engagement, Relationships, Meaning and Accomplishments – as essential to lasting contentment.

So how does PERMA translate to happiness in our day-to-day lives? Certainly not every day is easy. In fact most every day brings with it numerous challenges. And for individuals and families battling Alzheimer’s and all dementia – saying they face “numerous challenges” is an obvious understatement.

But here’s what I know. To be in the presence of those individuals and families who are traveling one of the toughest journeys of their lives – is to breathe rarefied air.

To witness each family’s dedication as they look for solutions, gain strength from one another, share what they’ve learned with others and become part of the Alzheimer’s movement to honor their loved ones and better their own lives – is to experience the best of humanity along with the contentment that comes from making a difference – indeed changing the world.

I’ve seen it over and over again – from those who come to us for help, to those who help us; from constituents and advocates to dementia researchers and healthcare professionals, including our own dedicated staff and volunteers, who deliver help and hope 24/7, 365 days a year.

At our chapter we’ve worked with tens of thousands of families and individuals as well as Fortune 50 and other business executives, national and state legislators, newspaper publishers and reporters, radio and TV celebrities including a nationally known country singer and an internationally known rock star – because everyone is touched by this disease, and everyone who has been wants to help end it.

Together we’ve driven the creation of a National Alzheimer’s Plan and soon an Ohio Alzheimer’s State Plan. We’ve increased National Institutes of Health funding for dementia research from $555 million a year to $2.4 billion in less than a decade, with the promise of a prevention or cure by 2025. We’re supporting key prevention studies that will stop Alzheimer’s before it starts, are witnessing groundbreaking drugs moving to stage-three trials and are bringing this disease out of the shadows, taking away the stigma and increasing our ability to help more families who need us through volunteerism.

And every day we move closer and closer – because of you – to achieving our six Walks to End Alzheimer’s combined goal of $1.6 million by year end for care and cure. Together we are part of a worldwide effort that will one day end Alzheimer’s as we continue to improve the lives of families in the throes of this devastating disease today.

How’s that for meaning and accomplishment?

Incredibly grateful is only the beginning of all that we feel for each of you. We simply couldn’t be prouder of all we have accomplished together already, and all that we will accomplish going forward to end this epidemic while enriching the lives of those battling it.

As you celebrate this sacred time of year, please count among your blessings the great progress we are making as we work together to end Alzheimer’s and all dementias – forever.

Wishing you and yours an unforgettable holiday season.

Parish Health Ministry
A Service of Episcopal Retirement Services
PRESENTS
Refresh Your Soul 2020
Promoting Healthy Living
Nick Buettner
Key Researcher for The Blue Zones

Monday, March 16, 2020 • 9 a.m. - 3:15 p.m.
Conference Location: The Centra Center at Xavier University in Cincinnati
Visit parishhealthministry.com/RYS to register!
Questions, call 513.979.2246

In Partnership with Xavier University

Parish Health Ministry is a service of Episcopal Retirement Services, plaintiff sponsor of this event.
Holidays are traditionally a time when families and friends gather to share special moments and memories. If your family has a long history of happy holiday celebrations, reminiscing about those family memories can be an excellent way to engage a loved one with dementia in the joy of the season. Long-term memories, especially those that are emotionally-charged, may be accessible long into the disease process, although some of those memories may be distorted.

When engaging an individual with dementia in reminiscing, we have to be open-minded and accept the details they provide about a past experience, even if it does not coincide with your memories of the event or “how it really happened.”

During the holidays, pulling out old family photo albums may unearth a treasure trove of pictures that can be used to prompt recall of holiday memories. If your holiday celebration involves decorating the house, another great way to prompt talking about old memories is to use those decorations as a prompt to conversation.

Some other suggestions that may help ease the stress of caregiving and make the holidays a happy occasion for everyone include:

Adjust expectations - Discuss how to handle holiday celebrations with relatives and close friends and adapt gift giving - Encourage useful gifts such as: comfortable, easy-to-remove clothing, an identification bracelet, audiotapes of favorite music, videotapes of family members, photo albums, magazine subscriptions or gift certificates for practical services. Also, depending on his or her abilities, involve the person in gift giving.

Try to be flexible - Consider celebrating the holiday over a lunch or brunch, rather than an evening meal, since some people with Alzheimer’s are more tired and confused later in the day. Also, plan for quiet time between holiday activities and recognize that the individual may need an early departure from holiday gatherings.

Remember, the holidays are opportunities to share time with the people you love. Try to make these celebrations easy on yourself and the person with Alzheimer’s so that you may enjoy your time together.

For other caregiving tips or details on local Association programs, call (800) 272-3900 or visit alz.org/cincinnati.
Being a caregiver for a person with Alzheimer’s or other dementia is often a labor of love and patience. Simply put, caregiving is a rollercoaster of emotion coupled with daunting work. A gentleman in Scioto County who we admirably call “The Muffin Man” (aka Donald Moeser) found many ways over time to care for his wife who was rapidly declining as a result of her Alzheimer’s disease.

There came a day when she was no longer willing to take her medications. Knowing his wife needed her medications and thinking of ways to solve this problem was a major challenge. He found inspiration in a fast-food favorite.

He thought “She loves egg McMuffins.” Daily he would visit their local McDonald’s, order her an egg McMuffin and with her medication ground into powder form, he would put the medication in the sandwich (under the cheese). This was quite a process every day. Donald would ask the staff to hand him the egg McMuffin before entirely assembling it, place the medication on the sandwich, and hand it back to the staff, who would finish putting the sandwich together. The McDonald’s staff came to know Donald quite well and became accustomed to the drill when he arrived each morning. She happily ate the McMuffin and received her much needed medication.

One day, when a new worker didn’t correctly assemble the sandwich; Donald’s wife noticed the white powder and asked what it was. He quickly replied, “They must have put a little too much salt on it.”

Later on, there came the time that she no longer recognized her husband as the man she was married to, but did see him as a trusted friend. He moved into a different bedroom within the house and continued holding up his end of the vows he had taken, “for better or worse.” Routinely, “the Muffin Man” took his wife to various restaurants for dinner, places that were once her favorites. As they would drive throughout the area he would not choose a restaurant but wait for her to recognize a place and allowed her the choice. Many times this process was lengthy but he knew it brought her joy. He was honoring her choices and giving her the involvement she needed to feel fulfilled, happy and safe.

As his wife’s disease progressed and she could no longer be cared for in their home “the Muffin Man” had to make the difficult decision to place his wife in a nursing facility. Through Donald’s unwavering commitment to his wife, he was able to care for her in their home for most of her later life. He continued to visit his wife faithfully and assist in her care during her short time at the nursing facility. Along his journey, Donald attended an Alzheimer’s Association support group. He met many others who were dealing with many of the same issues that he was experiencing.

Since his wife’s passing, Mr. “Muffin Man” continues to be involved with the Alzheimer’s Association’s support groups and volunteers to help families as they go through this journey.

Caregivers have a special place in all of our hearts and we appreciate highlighting the love, care and support so many families provide. We see you. We recognize you. We are here to support you.

If you are interested in learning more about volunteering or our support groups, please call (800)272-3900 or our Jackson Office at (740)578-4382. Perhaps you can learn some helpful tips from amazing caregivers like “the Muffin Man.”

Dementia Conference Focuses on Innovation

More than 70 family and professional caregivers attended the Southeastern Ohio Dementia Education Conference at Shawnee Lodge and Conference Center in West Portsmouth on November 8.

“We’re thrilled we are able to bring valuable education to the professionals and caregivers that reside in this community. We often are required to drive long distances to obtain meaningful and valuable dementia education. However, I’m trying to ensure this is no longer necessary,” said Alzheimer’s Association Southeastern Ohio Branch Program Director Missy Dever. “My thanks to all those who helped make this event such a success.”

With the theme “Inclusion and Innovation in Dementia Care Practice,” the biennial conference was a day-long educational program designed for healthcare professionals and family caregivers. It featured a variety of presentations focusing on Alzheimer’s disease and related dementias. Dr. Robert Keyes and Dr. Julie Suhr were among the featured speakers.

Memories in the Museum Events

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

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 Elise Sebastian at (513) 721-4284 or esebastian@alz.org.
Research News

When Biogen reversed course in October and announced plans to pursue regulatory approval from the U.S. Food and Drug Administration (FDA) for the investigational drug, aducanumab, the news was a major boost to hopes for the development of an effective treatment for Alzheimer’s. “On behalf of the more than 5 million Americans living with Alzheimer’s and their family members that we serve and represent, the Alzheimer’s Association is very encouraged to learn that Biogen will pursue regulatory approval from the FDA for aducanumab,” said Alzheimer’s Association President and CEO Harry Johns. “This is a potential game-changer and we are very hopeful.”

In March 2019, Biogen announced it would discontinue its Phase 3 trials for aducanumab after an interim analysis showed the drug was not likely to produce a meaningful benefit. However, the prediction was incorrect; the EMERGE trial met its primary endpoint. Additional data from the ENGAGE study is supportive of these findings. This new analysis, which includes several hundred additional study participants who took the highest dose of the drug for longer periods of time, will be submitted to the FDA, along with supportive data.

According to the company, study participants in EMERGE who received aducanumab experienced significant benefits on cognition and function such as memory, orientation and language as well as benefits to daily living activities.

WHAT TO KNOW ABOUT ADUCANUMAB:

Q: Will this drug actually slow down Alzheimer’s disease?
A: These studies seem to show that aducanumab can reduce the rate of decline in people with early Alzheimer’s disease. In addition, aducanumab significantly reduced brain amyloid levels, and its effectiveness improved as the dose was raised. It is not yet known whether the drug may prevent or delay the onset of Alzheimer’s, since everyone in the study already had cognitive impairment due to Alzheimer’s. As far as we know, it is not a cure.

Q: How do I get aducanumab? When will it be available?
A: At this point, the drug is not available to the public. It is an investigational drug and is available only through clinical trials. Biogen plans to offer access to aducanumab only to eligible individuals who were previously enrolled in the Phase 3 studies, the long-term extension study for the Phase 1b PRIME study, and the EVOLVE safety study. The company plans to submit an application with the FDA in early 2020. The FDA will then consider the application and review the data to evaluate whether the benefits of the drug outweigh the risks.

Q: How do I get aducanumab working on everyone or just certain people?
A: As with all medications, some individuals will be able to tolerate the drug better than others, and it will have different effects based on the person’s overall health and disease state. The study results shared in October showed that the drug slowed decline in people with mild dementia due to Alzheimer’s and mild cognitive impairment due to Alzheimer’s.

Q: Is aducanumab safe?
A: The safety and efficacy of aducanumab were being evaluated in the ENGAGE and EMERGE clinical trials. There were some adverse effects from the therapy, including headache and excess accumulation of fluid in the brain (known as ARIA-e). The company reported that those issues resolved in a few weeks without long-term consequences. The FDA will consider the safety results when it reviews the full data in the application next year.

Q: Have they tested it on people in middle or late stage?
A: At this point, the clinical studies have only enrolled and tested the therapy on persons with mild dementia and mild cognitive impairment due to Alzheimer’s disease. The therapy has not yet been tested on people with more advanced cases of dementia.

Q: Why does it take so long to reach the market?
A: The FDA will need to evaluate the data to make sure the drug is safe and not have long-term side effects that may cause more harm than benefit. The FDA may also require the company to do additional clinical trials in a larger or more diverse population before it can consider the treatment for market approval. While we are all eager for an approved treatment for Alzheimer’s disease, we must make sure the therapy is safe and does what the company claims it can do to help individuals living with dementia.

Q: How do I get (or get my family member) in the study?
A: Biogen is planning to offer aducanumab to eligible patients previously enrolled in clinical studies. They are not recruiting for new study participants at this point.

Q: Can I get this drug through “Compassionate Use” or “Right to Try”?
A: People who have those questions should contact the company directly. Here’s a link to their website about the aducanumab announcement with contact information for the company: https://biogenalzheimers.com/

Q: What will the drug cost? Will it be covered by my insurance?
A: There is no available information on how much the drug will cost yet known whether the drug may prevent or delay the onset of Alzheimer’s, since everyone in the study already had cognitive impairment due to Alzheimer’s. As far as we know, it is not a cure.

Q: What will the drug cost? Will it be covered by my insurance?
A: There is no available information on how much the drug will cost because the FDA has not reviewed or approved it for use at this time. If it is scientifically proven to be an effective treatment and gains FDA approval, the Alzheimer’s Association will advocate for its coverage by Medicare and will continue to advance policies that improve the outcomes for all those affected by Alzheimer’s.

Download Science Hub

The Alzheimer’s Association’s Science Hub app provides the latest science news and expert viewpoints about research in Alzheimer’s disease and related dementias. Download in the App Store or Google Play - search for “Science Hub.”

Alzheimer’s Research Needs YOU

Don’t just hope for a cure. Help us find one.

azl.org/trialmatch | 800.272.3900
alzheimer’s association trialmatch
The Longest Day Remains in the Cards for Clubs

Anyone who has been impacted by Alzheimer’s disease firsthand knows the devastating affects it can have on a person living with dementia and their family. The Alzheimer’s Association often hears from clients how isolating, hopeless and dark the Alzheimer’s journey can be. There are no known preventions, long-term treatments, or — what we are ultimately striving for — cures. While it feels as though there’s nothing we can do when faced head on with Alzheimer’s disease, there is something we can do to fight the darkness of Alzheimer’s.

The Longest Day is the day with the most light — the summer solstice. On June 20, people from across the world will come together to fight the darkness of Alzheimer’s through a fundraising activity of their choice. As the inaugural partner of The Longest Day, the American Contract Bridge League (ACBL) has been playing bridge and raising money for the Alzheimer’s Association since 2012. Since then, AGBL clubs from around the country have raised more than $6 million. Locally, the Cincinnati Bridge Association — which includes the Northern Kentucky Bridge Club, Anderson Bridge Club, and the Cincinnati Bridge Club — have raised $68,259.56 since 2013 by hosting donation-based bridge tournaments, raffles, and silent auctions.

Pam Campbell, treasurer of the Cincinnati Bridge Association, has been playing bridge since she retired in 2012. Her mother played bridge when Pam was growing up and her family enjoyed spending their time playing games together. When it came time to retire, Pam needed something to fill her time, so she decided to take a class that taught participants how to play bridge in a day and she was hooked immediately.

Pam enjoys the social aspect of bridge and believes that playing the game has kept her brain active and engaged, which are both great strategies to help fight off the onset of dementia symptoms. She enjoys participating in The Longest Day because it’s a day to recognize the struggles people living with this disease go through and provides people an opportunity to fight back against Alzheimer’s.

In 2019, Campbell co-chaired the Cincinnati Bridge Club’s The Longest Day fundraiser with Justina Clendining with the help of Nancy Luetege. Brenda Mehalko chaired the fundraiser for the Northern Kentucky Bridge Club.

In Cincinnati, the club held a tournament where participants made donations to play. The Northern Kentucky Bridge Club has raised $24,796. To date, the Cincinnati Club has raised $43,463 and the Northern Kentucky Club has raised $24,796.

To those thinking about hosting their own fundraiser for The Longest Day, Campbell suggests keeping it simple. Auctioning off bridge games with their top players was easy and their biggest money maker. She also suggests finding something that you really enjoy and to have fun.

If you’re interested in participating in The Longest Day or hosting a fundraising event, visit alz.org/thelongestday to register. Sign up before December 21 — The Longest Night — to receive special incentive prizes including a free upgrade to a performance material shirt, an insulated wine tumbler and a pennant banner.

For more information contact Hannah Volz, Special Events Manager, at 513-721-4284 or hvolz@alz.org.

ALZ Stars Ready for Second Decade of Running

The ALZ Stars Race for the Brain is returning for an 11th season, encouraging anyone interested in training to walk or run their first 5 or 10K to join our passionate alumni. We are again partnering with Fleet Feet Cincinnati, which offers their No Boundaries program to beginners in addition to training for the half and full marathon for this year’s Flying Pig at three locations including Blue Ash, Oakley and West Chester. We’ll again put the fun in fundraising with special events, including a PIG-RIFFIC pre-Flying Pig celebration recognizing and rewarding our team for their hard work.

Registration is open at http://act.alz.org/alzstars20. Reflecting on a successful last season, team founder (with husband Jim) Lisa McKale shared, “This was the 10th year our family has done ALZ Stars and we’ve been so fortunate to have watched this program grow. The motto for the Flying Pig (#morethanamarathon) was a reminder of why we do this. All team members have their own story to share of how Alzheimer’s has affected them and why they run this race. It’s truly amazing to see how much awareness of our cause has increased these past ten years. Rather it’s the gracious promotion the Flying Pig provides us, the amount of runners who remember us year after year, or simply someone who walks up to us race weekend and says ‘thank you for what you are doing, Alzheimer’s has affected my family.' Our family continues to fight in the memory of Pat McKale and ALL team members are making a difference.”
HELP US REACH OUR $1.2 MILLION GOAL
The Cincinnati Tri-State Walk to End Alzheimer’s may be over but the fundraising campaign continues through the end of the year. Help us reach our goal...donate now at alz.org/walk.

Participants: 4,296
Fundraising total: $1,032,588
(As of Nov. 25)
Butler, Warren & Clinton Counties

Participants: 1,064
Fundraising total: $198,094
(As of Nov. 25)

Southeastern Indiana

Participants: 420
Fundraising total: $53,483
(As of Nov. 25)
2019 Walk to End Alzheimer's

Adams, Brown, Clermont & Highland Counties

Participants: 211
Fundraising total: $45,361
(As of Nov. 25)

Southern Ohio

Participants: 318
Fundraising total: $41,442
(As of Nov. 25)

Athens

Participants: 363
Fundraising total: $31,512
(As of Nov. 25)
Recovery takes determination. We see it in our patients every day. It takes specialty care. It takes time. Our long-term acute care hospitals, inpatient rehabilitation hospitals and rehabilitation services offer the care our patients need to reach their full potential.

If you have questions about rehabilitation, or care after a hospital stay, call 1.866.KINDRED and a Registered Nurse can walk you through the care options that best fit your needs. See how Kindred can help.

www.kindred.com

Kindred Healthcare is a proud sponsor of the Alzheimer's Association

Dedicated to Hope, Healing and Recovery

Recovery takes determination. We see it in our patients every day. It takes specialty care. It takes time. Our long-term acute care hospitals, inpatient rehabilitation hospitals and rehabilitation services offer the care our patients need to reach their full potential.

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www.kindred.com

Kindred Healthcare is a proud sponsor of the Alzheimer's Association
Seniors and Caregivers Need to Plan for Winter

Greater Cincinnati has already gotten a brief preview of winter weather this year. The Ohio Department of Aging and the Ohio Emergency Management Agency (EMA) remind older adults and their families that preparation is key as they get ready for another winter.

“Wintry conditions can be particularly challenging for older Ohioans,” said Ursel J. McElroy, director of the Ohio Department of Aging. “For a variety of reasons, you may have a harder time adjusting to temperature extremes and outdoor conditions than you did when you were younger. Further, snow and ice increase your risk for a fall, which can have serious consequences as we age.”

“Make sure you and your home are prepared for severe winter weather,” added Sima Merick, executive director of Ohio EMA. “In addition to snow, ice and cold, winter weather can include strong winds, heavy rains, flooding, and more.”

Have a plan that will allow you to remain in place for at least three days should you be unable to leave your home due to weather conditions or other emergencies. Items to put in an emergency kit should include: a battery-operated radio, a flashlight, and extra batteries; a loud horn, whistle, or bell to signal for help; food you can open and prepare easily; one gallon of water per person, per day; extra blankets; and a first-aid kit.

Similarly, have a bag packed with essential supplies in case you need to leave your home. A kit for leaving your home can fit into a backpack or duffel bag and should include: a radio, flashlight, and batteries; travel-size toiletries; baby wipes; a multipurpose tool with a knife and can opener; extra clothing and shoes; and light rain gear.

Older adults and caregivers may want to consider additional steps to ensure they have what is needed in an emergency, such as:

- Add spare glasses and hearing aid batteries to your emergency kits;
- Include a backup supply of medications you or your loved one takes (ask your pharmacist for advice on safe storage) and copies of your prescriptions in your kits;
- Keep ice packs in the freezer and a soft-sided cooler near your kits for medications that need to be kept cool;
- Make sure your assistive equipment, like canes, walkers, oxygen tanks, etc., are easy to locate in an emergency, and have non-powered options for equipment that will not work without electricity;
- Be prepared to quickly explain to rescue workers how to move you or help you move safely and quickly; and
- Ask a reliable family member, friend or neighbor to visit or call you in an emergency to make sure you are okay, and agree on a plan for what they should do if they are unable to reach you or find you needing help.

In addition, take special care during wintry conditions to prevent falls:

- Wear boots and shoes that fit properly and have soles with good traction;
- Slow down and give yourself extra time to get where you’re going;
- Make sure steps leading into your home have sturdy handrails that can support you if you slip;
- Watch for slippery surfaces ahead of you – keep your head up and use your eyes to look down;
- Ask your health care provider about indoor exercises that can help you build and maintain balance, strength and stamina when you can’t venture out;
- Watch for tripping hazards in your home, such as blankets and cords;
- Invest in extra lamps and brighter lights for inside and outside walkways and stairs; and
- When in doubt, ask for help.

Visit www.aging.ohio.gov/safeathome for more tips and resources.

Ohio to Create State Alzheimer’s Plan

Continued from Page 1

The planning process calls for the creation of a governor-appointed task force that will include Alzheimer’s caregivers, affected individuals, physicians, representatives of residential care, adult-day hospitals and long-term care facilities, aging services as well as select members of the General Assembly and the Ohio Department of Aging.

“I am grateful for the support of my House colleagues in passing this important legislation. Senate Bill 24 will ensure Ohio is equipped to confront the sweeping impact of Alzheimer’s disease,” said Sen. Wilson. “I look forward to seeing the positive outcomes that will result from this legislation.”

Not All Alzheimer’s Groups Are the Same

The Alzheimer’s Association is the largest national voluntary not-for-profit organization dedicated to the fight against Alzheimer’s disease. The Association’s national headquarters is in Chicago, Ill.

You will recognize the Alzheimer’s Association by the following logo:

Donations to the Alzheimer’s Association of Greater Cincinnati are used locally in our 37-county service area in Ohio, Kentucky and Indiana to support programs and services, help individuals with Alzheimer’s disease, their families and caregivers and fund national research. The Greater Cincinnati Chapter is located at 644 Linn Street, Suite 1026, Cincinnati, OH 45203.

There are other Alzheimer’s-related organizations that compete for your donations. At times, it may be confusing to sort out the mission of each organization and what your donation will be used for. Here are some sound-alike organizations that are not affiliated to the Alzheimer’s Association:

Alzheimer’s Foundation of America – N.Y.
Alzheimer’s Research Foundation, Inc. - Virginia Beach, VA
Fisher Center for Alzheimer’s Research Foundation - N.Y.
Project Cure, Inc. – Roswell, GA
The John Douglas French Alzheimer’s Foundation - Los Angeles, CA
National Alzheimer’s Council – Baltimore, MD

If you have questions or would like to make a contribution to the Alzheimer’s Association, please call the Alzheimer’s Association of Greater Cincinnati at (513) 721-4284.
Grandma’s Memory Drives My Public Policy Work

Stories are powerful. They connect people, build community, and create opportunities. As the new public policy manager for Southern Ohio, I want to hear your stories to move our mission forward. Your stories matter in the fight to end Alzheimer’s.

Let me share my story.

My journey with Alzheimer’s disease spans 12 years. I grew up in Urbana, Ohio—a small farm town about an hour west of Columbus. During my sophomore in high school, my paternal grandma was diagnosed with Alzheimer’s disease. The next several years were filled with big changes—selling my dad’s childhood home, moving my grandma an hour from the only town she’d ever known and witnessing my grandma’s independent spirit slowly fade.

A few years later, starting college meant that I would be moving two hours away from my grandma. I came home a couple of times a month to visit her—each time bringing her a donut from Tim Hortons. She loved sweet treats. One day when I was visiting, she asked if I could write out what college I was attending and tape it to her bulletin board. She said she wanted to always know where I was. After graduating from Heidelberg University, I moved to Columbus to pursue my graduate degree in Public Administration at The Ohio State University. Of course, I updated my grandma’s bulletin board. Over the next few years, her health steadily declined. I, thankfully, made it back home in time to give her one last big hug. That evening, I ate a donut in her honor.

When I started at the Alzheimer’s Association, my story and my grandma fueled my work. Now the countless stories I hear from amazing advocates across the state do. Each story is unique, filled with ups and downs, but most importantly, love. As we move forward to 2020, we must continue to gather new stories and build our advocate base to advance care and support for all impacted by Alzheimer's through policy. In the coming year, Ohio will be developing its inaugural Alzheimer’s and dementia state plan and introducing dementia training for first responders. On the federal level, we will continue to push for an increase in research funding.

As a result of this significant increase, scientists are able to work at a more rapid pace to advance basic disease knowledge, explore ways to reduce risk, uncover new biomarkers for early diagnosis and drug targeting, and develop potential treatments. More remains to be done, and your stories can help.

Fossett and Ritchey Join Association Staff

The Alzheimer’s Association of Greater Cincinnati recently welcomed Laura Fossett and Dayna Ritchey to its Program team. Ritchey joins the Chapter as its Education and Community Engagement Manager while Fossett will serve as Program Assistant.

“We’re so very pleased to have Laura and Dayna as part of our Chapter,” said Executive Director Paula Kollstedt. “They bring a wealth of experience and expertise that will only enhance our team’s ability to better serve the community.”

A native of Hopkinsville, Ky., Fossett completed her undergraduate studies in Psychology at Southern Illinois University at Carbondale and later earned a Master’s degree in Public Health with specialization in Gerontology at the University of Illinois at Chicago. She has spent most of her career in the field of clinical research in oncology, pursuing better and more effective treatment for adult and pediatric cancers.

“Academically, I’ve always had an interest in the health and well-being of older adults. Personally, I watched my great grandmother and my grandmother suffer with dementia as well as the heroic efforts of my family members to take care of each of them,” she said. “I am thrilled to have the opportunity to be a part of this excellent team with the mission to end Alzheimer’s.”

She and her husband live in Northern Kentucky with their four children (ages four months to 12 years).

Ritchey grew up in Alexandria, Ind., and graduated from Purdue University with a bachelor’s degree in economics. She later completed the accelerated program at Thomas More to earn her MBA. She worked nearly 20 years at P&G in business analytics, shopper research and sales. Before joining the Alzheimer’s Association, she worked at Perfetti Van Melle as a customer strategy manager for Airheads candy.

“Alzheimer’s and other dementias have affected my husband and me greatly in this stage of our life. My father-in-law passed away from frontal temporal dementia three years ago. My mother was diagnosed with Alzheimer’s about the same time, and my sister and I had to jump in as her primary caregivers. My grandmother also had Alzheimer’s. So, the mission is very real and personal,” she said.

Ritchey and her husband, Dean, a Navy Reserve officer and a territory manager in industrial sales, reside in Anderson Township.
The Alzheimer’s Association of Greater Cincinnati depends on friends in our community to help support Chapter programs and services through donations, tributes, memorial gifts, and bequests.

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.

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<table>
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<tr>
<th><strong>Program Calendar 2020</strong></th>
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<td><strong>Understanding Alzheimer’s and Dementia</strong></td>
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| **What:** This program discusses the difference between Alzheimer’s and dementia, the stages of the disease, risk factors and current research and treatments.  
**Cost:** Free, but advance registration is required.  
**Registration:** Download a registration form or register online at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.  
**Where:** Fairfield Lane Public Library, 1485 Cordy Dale Drive, Fairfield, OH 45014  
**When:** Wednesday, March 18, 6:30-7:30 p.m. |
| **Healthy Living for Your Brain and Body** |
| **What:** Health of the brain and the body are connected. Research is providing insights into how to optimize our physical and cognitive health as we age. This program provides recommendations in the areas of diet and nutrition, exercise, cognitive activity and social engagement for promoting healthy aging.  
**Cost:** Free, but advance registration is required.  
**Registration:** Download a registration form or register online at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.  
**Where:** Mason Community Center, 6050 Mason-Montgomery Road, Mason, OH 45040  
**When:** Wednesday, Feb. 5, 11:15-2:30 p.m. |
| **10 Warning Signs of Alzheimer’s** |
| **What:** This program helps with awareness of common signs of Alzheimer’s and other dementias. Early detection is vital in providing the best opportunities for treatment, support and planning for the future.  
**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.  
**Where:** St. Charles Community Center, 600 Ferrell Drive, Covington, KY 41011  
**When:** Wednesday, Jan. 15, 1:30-2:45 p.m. |
| **Family Support Group Facilitator Training** |
| **What:** Education program for those interested in facilitating dementia family caregiver support groups. Session provides continuing education for social workers in Ohio.  
**Cost:** Free, but advance registration is required.  
**Registration:** To register for a program, download a registration form or register online at www.alz.org/cincinnati or call the Cincinnati office at (800) 272-3900. Contact Kristin Cooley at kcooley@alz.org for additional information.  
**Where:** Alzheimer’s Association, 644 Linn Street (3rd Floor Conference Room), Cincinnati, OH 45203  
**When:** Thursday, May 5, 8:30 a.m. - 12:30 p.m. (note: date is tentative) |
| **Legal & Financial Planning for Alzheimer’s Disease** |
| **What:** A program about legal and financial issues to consider when caring for an individual with dementia and how to put plans in place.  
**Cost:** Free, but advance registration is required.  
**Registration:** Download a registration form or register online at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.  
**Where:** Alzheimer’s Association, 3rd Floor, 644 Linn Street, Cincinnati, OH 45203  
**When:** Tuesday, March 10, 1:2:30 p.m. |
| **Living with Alzheimer’s: For Caregivers – Middle-Stage** |
| **What:** Care strategies for the middle stage of Alzheimer’s disease.  
**Part 1** discusses symptoms, communication, personal care & some safety issues.  
**Part 2** discusses behaviors, medications, driving and wandering. Attendance at Part 1 is not required for attendance at Part 2.  
**Cost:** Free, but advance registration is required.  
**Registration:** To register for a program, download a registration form or register online at alz.org/cincinnati, or call the Cincinnati office at (800) 272-3900.  
**Where:** Alzheimer’s Association (3rd Floor Conference Room), 644 Linn Street Cincinnati, OH 45203  
**When:** Part 1 – Wednesday, Jan. 22, 1-2:30 p.m.  
When: Part 2 – Thursday, Feb. 20, 1-2:30 p.m. |
| **Living with Alzheimer’s: For Caregivers – Late-Stage** |
| **What:** A program focused on the challenges of providing meaningful connection for the person with late stage Alzheimer’s and the family.  
**Cost:** Free, but advance registration is required.  
**Registration:** To register for a program, download a registration form or register online at alz.org/cincinnati, or call the Cincinnati office at (800) 272-3900.  
**Where:** Mason Community Center, 6050 Mason-Montgomery Road, Mason, OH 45040  
**When:** Thursday, Jan. 9, 1:15-2:30 p.m. |
| **Writing Our Lives as Caregivers** |
| **What:** An opportunity to use writing to reflect on your personal journey as a caregiver. No previous writing experience required.  
**Cost:** Free, but advance registration is required.  
**Contact:** Call Kristin Cooley at (800) 272-3900 or email: kcooley@alz.org.  
**Where:** Alzheimer’s Association, 644 Linn Street, Cincinnati, OH 45203  
**When:** Spring 2020 - Dates to be announced. |
| **Alzheimer’s Family Support Groups** |
| **What:** Small discussion groups designed for family caregivers and friends which meet regularly in community settings. All meetings are facilitated by a trained professional and/or family caregiver with an emphasis on peer support.  
**Cost:** Free.  
**For Details:** To find a Family Support Group near you, visit alz.org/cincinnati/Helping You/Care and Support or call (800) 272-3900.  
**Where:** Various locations. |
| **Memory Cafes** |
| **What:** As a collaborative effort with the Alzheimer’s Association, Memory Cafes are welcoming places for people with Alzheimer’s or a related dementia and their care partners. Each month offers an opportunity to socialize, enjoy music and games, or other fun activities.  
**Cost:** Free.  
**For Details:** To find a Memory Cafe near you, visit alz.org/cincinnati/Helping You/Care and Support or call (800) 272-3900.  
**Where:** Various public locations. |