Carrillo Tells Audience: ‘Heart Health is Brain Health’

When one of the world’s leading experts in Alzheimer’s dementia research speaks, people listen.

More than 500 people attended the Alzheimer’s Association of Greater Cincinnati Research Luncheon at the Cintas Center of Xavier University on March 4. They came to hear Dr. Maria Carrillo, Chief Science Officer at the Alzheimer’s Association, discuss new advances in the prevention and cure of Alzheimer’s disease.

Dr. Carrillo told the luncheon audience about clinical trials that are breaking new ground in the treatment of the disease, including the Association-funded and led U.S. POINTER study, a lifestyle intervention trial to prevent cognitive decline and dementia. She noted that changes in the brain often occur long before signs of dementia show up, sometimes 10-15 years before traditional symptoms are exhibited.

She added keeping an eye on blood pressure plays a pivotal role in brain health.

“We now know that actually treating your blood pressure is going to be critical. And that’s something all of us can do: track and treat our blood pressure. But in addition, exercise is probably one of the best things that can protect your brain. It not only protects your heart, but it protects your brain. Heart health is brain health,” said Dr. Carrillo.

From left, Chapter Executive Director Paula Kollstedt, Dr. Gregory Jicha and Dr. Maria Carrillo

Art of Making Memories: A Picture Perfect Time

The popular Art of Making Memories spring benefit returns to JACK Cincinnati Casino on Thursday, May 16. Guests will enjoy dinner, exciting auctions, live entertainment, beer and wine and much more. As always, the highlight of the silent auction will be framed artwork by individuals in the early stages of Alzheimer’s disease who participate in the Alzheimer’s Association’s nationally recognized Memories in the Making® art program.

WKRC-TV anchor and health reporter Liz Bonis will be the event emcee while the Warm 98.5 FM morning team of Jim Day and Amanda Orlando will serve as celebrity auctioneers.

“We have a great evening planned for everyone,” said Annemarie Barnett, Development Director for the Alzheimer’s Association of Greater Cincinnati.

“This year’s auction features a variety of specialty items that will draw a lot of attention.” New this year will be a “stock your bar”...
What’s Alzheimer’s?

R

emember Polio?

Those of us who do, know that the disease, which reached its peak in the 1950s, would affect about 500,000 people worldwide, and terrify a generation. The illness was a mysterious and debilitating “epidemic” that caused paralysis and sometimes death to children and adults. According to Polio An American Story – which was awarded a Pulitzer Prize in History – “While Polio was never the raging epidemic portrayed in the media...Polio’s special status was due, in large part, to the efforts of a remarkable group, the National Foundation for Infantile Paralysis.”

That group rallied volunteers, dramatically raised the profile of the disease, funded services and research and created a movement, including the Mothers March of Dimes, which resulted in a “furious” competition to find a prevention or cure. It was fascinating reading about the fits and starts, the trial challenges, failures and finally successes – that led to what, in essence, the end of Polio worldwide.

Those struggles to prevent or cure Polio mirror ours to prevent or cure Alzheimer’s in many ways – a mysterious and debilitating disease that terrifies the nation, an illness that steals everything we hold dear, the challenges to find a new drug to prevent or cure the disease.

But in our case, the statistics are staggering – a true epidemic. The 2019 Alzheimer’s Facts and Figures report was released in March, and unfortunately the numbers continue to escalate – 5.8 million people living with Alzheimer’s in the U.S. alone, someone developing the disease every 65 seconds, $290 billion annual cost to the nation, 146% increase in deaths from Alzheimer’s since the year 2000, while deaths from other major diseases – Cancer, Heart, HIV – continue to decline.

You may have heard recently that after an analysis indicated two Phase 3 clinical trials of aducanumab, a very promising drug, were unlikely to be successful, Biogen and Eisai announced they have discontinued trials in people with mild cognitive impairment and mild Alzheimer’s disease.

Recently, a letter to the editor was published in the New York Times by a person with early stage Alzheimer’s who had been part of that aducanumab trial. He said when he was informed that the trial was ended, “It felt like a kick in the gut.” But then he wrote, “My basic message today and for as long as I can communicate: We cannot give up. When the Hall of Fame baseball great Tom Seaver announced recently that he was leaving public life because of dementia, I saw a powerful message on the Alzheimer’s forum. ‘Whenever a celebrity is diagnosed with dementia, it makes the news, which is sad. However, what if every person in the U.S. made the news when they were given a dementia diagnosis? That would be an additional 1,329 announcements every single day! And that is even sadder.’

So, just as other diseases have encountered trials that are discontinued and learned from them, much of the knowledge gained about potential new treatments, and how to properly conduct clinical trials in people with and at risk for Alzheimer’s disease, have come from clinical trials that have not met their endpoints.

Learnings from these trials will eventually lead to therapies that successfully slow, stop or prevent this devastating disease in the future. Alzheimer’s and other dementias are complex diseases, and their effective treatment and prevention will likely also be a complex – but achievable – task. We must advance all potential treatment targets and explore methods for combining these approaches. No stone can be left un-turned.

Not unlike Polio some 50 years ago, when there was urgent and high-level commitment by governments and societies to funding and conducting research, new methods of treatment and prevention have been the result. It is also important to acknowledge that these treatments often took many decades to discover, refine and make personal.

And so we press on, undaunted. We Walk. We donate. We advocate. We volunteer. Because we know from the successes of other major diseases, while the road to prevention and a cure won’t be easy, it will happen. And it will happen because of you and the tens of thousands of others who won’t take “no prevention” and “no cure” for an answer.

Recently I was sharing the story about curing Polio with my family, talking about how difficult it was to end it, and how wonderful it was when Polio was no longer a threat.

At the end of the conversation, my nine-year-old grandson said, “What’s Polio?”

It was a sobering and exciting moment. It immediately reminded me of the reality of what can happen when smart, driven, dedicated professionals and communities are determined to make a difference.

Let’s change the narrative. Let’s move toward a day when the question our grandchildren ask is “What’s Alzheimer’s?”

By Paula Kollstedt

Executive Director

A Word About Us

and for as long as I can communicate: We cannot give up. When the Hall of Fame baseball great Tom Seaver announced recently that he was leaving public life because of dementia, I saw a powerful message on the Alzheimer’s forum. ‘Whenever a celebrity is diagnosed with dementia, it makes the news, which is sad. However, what if every person in the U.S. made the news when they were given a dementia diagnosis? That would be an additional 1,329 announcements every single day! And that is even sadder’

‘Whenever a celebrity is diagnosed with dementia, it makes the news, which is sad. However, what if every person in the U.S. made the news when they were given a dementia diagnosis? That would be an additional 1,329 announcements every single day! And that is even sadder.’
Wandering Can Present Life-Threatening Situation

During just the past few months in the Greater Cincinnati area, there have been three tragic deaths of individuals with dementia who wandered from their residence. Studies indicate that six in 10 people with Alzheimer’s or another dementia will leave their home and lose their sense of place at some point during the disease. Although common, these situations can be dangerous, even life-threatening. Those with dementia may become lost or disoriented even in their own neighborhood, and may not remember their address, phone number or name. Even in the early stages of the disease, a person can become confused for a period of time. If not found within the first 24 hours, those with dementia are at great risk from exposure or lack of medical care. While there is no perfect way to prevent such incidents, there are strategies to reduce the risk.

Tips to reduce the risk of wandering

• Having a daily routine during any stage of the disease can provide structure for carrying out daily activities. The following strategies may also help lower the chances of wandering.

In the mild stage of the disease, the person with dementia has the ability to discuss strategies with their care partner that may help reduce the risk of wandering and provide peace of mind. Consider the following:

• Determine a schedule of day to check-in with one another.
• Use a calendar to list scheduled appointments and activities. For example, sync calendars on your smart phones.
• Together, review scheduled activities and appointments for the next day.
• Identify alternative travel companions if the care partner is not available.
• Identify alternative transportation options, e.g., a friend, or car pool, if getting lost while driving becomes a concern.

Planning ahead

• Enroll the person in MedicAlert® + Alzheimer’s Association Safe Return® and make sure you provide a recent photo and updated medical information.
• Ask neighbors, friends and family to call if they see the person wandering, lost or dressed inappropriately.
• Keep a recent, close-up photo on hand to give to police, should the need arise.
• Know your neighborhood. Pinpoint dangerous areas near the home, such as bodies of water, open stairwells, dense foliage, tunnels, bus stops and roads with heavy traffic.
• Keep a list of places the person may be talking about or wander to, such as past jobs, former homes or a church or restaurant.

If a person with dementia wanders

• Respond to the incident as an emergency – begin search efforts of immediately.
• Search the immediate vicinity – 94 percent of individuals are found within 1.5 miles of where they disappeared.
If the person leaves home alone, respond to the incident as an emergency. Under these circumstances, individuals with dementia are at a special risk, so time is of the essence. We at the Alzheimer’s Association can provide additional safety tips every caregiver needs, as well as education on dozens of topics to assist those with dementia.

To speak with one of our dementia experts, call our 24/7 Helpline at (800) 272-3900 or visit: alz.org/cincinnati.

Volunteering Provides a Healing Process

How do you say “thank you” when you know words could never completely articulate or adequately show your gratitude to an organization that helped you navigate the coping and caring of your Dad who had Alzheimer’s disease? This is where I found myself recently after allowing myself the time I needed to grieve the passing of my Dad. I knew in my heart that I wanted to help and the best way to do that was to volunteer my time to the Alzheimer’s Association of Greater Cincinnati.

They say that time is the greatest gift anyone can give, so I figured offering my time and marketing expertise to the Chapter would be of value. So I emailed one of my contacts there, Diana Bosse, and let her know I wanted to volunteer. I received an immediate response, and while they say there is no tone in an email, I could feel the excitement and thankfulness in her response.

And, as luck would have it, they needed someone to manage the front desk on Mondays. I was excited to hear that they needed and wanted my help, but I honestly had some mixed emotions. I was a little nervous and scared because I knew a part of me was facing my past with so many difficult memories that often bring me to tears. I honestly didn’t want those tears creeping in while volunteering. However, it turns out this would be where my healing would truly begin.

It all started with a quick 30-minute volunteer orientation where I filled out some paperwork and got a tour of the office. Personally, I no longer feel helpless from a disease that took my Dad. I feel empowered and in control and that is the best feeling of them all.

We Need YOU

The Alzheimer’s Association of Greater Cincinnati is 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, please contact Brittany High at bhight@alz.org or call her at (513) 721-4284.
Hello, my name is Melissa Dever and I’m the Program Director for the Southeastern Ohio Branch of the Alzheimer’s Association Greater Cincinnati. I have been employed by the Association for nine years and all nine of those years have been serving the Southeastern Ohio region.

Most of the time, I find that folks in my Appalachian area are hesitant to reach out for assistance, guidance and support. After all, we take care of our own, right? We take pride in fending for ourselves and not accepting help from outsiders. Appalachians will finish the job, complete the task and stay the course, even if it kills us, because that’s how we’ve been raised. Sadly, that’s exactly what is happening across our Southeastern Ohio area. Alzheimer’s/dementia caregivers often pass away before the person with the disease. If the caregiver doesn’t pass away, they are all too often dealing with high blood pressure, depression, anxiety and cardiac disease due to the stress of caregiving.

The good news is, folks in my Appalachian area do not have to complete the caregiving task alone. The employees of the Southeastern Ohio Branch are here to help you. We aren’t outsiders, we live in your community and know all the ins and outs of our Appalachian culture. I’m the lady who lives down the road with black angus cattle and horses situated on the family farm that her papaw used to farm. You’ll see me driving dump trucks, diesel pick-up trucks, tractors and pulling wagons full of hay in the summer.

I know when I come to your home, we are going to do some front porch sittin’, because it’s important for you to know some things about me before you divulge your story to me. You need to know what county I am from and if you may possibly know someone in my family, even if it’s a third cousin. Connections and familiarity are important in our Appalachian culture and we don’t disclose information if we don’t feel a connection and we certainly don’t want your help.

But you see, I know you, as I am you. I’m a born and raised Appalachian gal and proud of it. You’ll notice my southern twang and slang when you interact with me and I hope that makes you feel comfortable and lets you know, I’m one of you. Yes, I am educated and possess a great deal of expertise in regards to Alzheimer’s and related dementia. However, I am not above my raising and have never forgotten who I am and where I came from.

Please, don’t be afraid to reach out for help if you are a caregiver dealing with Alzheimer’s or a related dementia. Don’t decide to accomplish the task of caregiving on your own, even if it kills you. Instead, reach out for help through our Family Support Groups, Education Programs, Family Care Consultations and our 24-hour Helpline. You can reach your fellow Appalachian, at (800) 272-3900 or mdever@alz.org. Remember, I know you, because I am you.

How to Approach Possible Signs of Alzheimer’s

If you notice any of the 10 Warning Signs of Alzheimer’s in yourself or someone you know, don’t ignore them. Early detection makes a world of difference, and so does the way you approach the conversation with a family member or a friend. If you notice a pattern of memory loss or behavioral issues that are affecting one’s ability to function, it’s essential to talk about it so they can be evaluated. The Alzheimer’s Association offers these tips:

• Have the conversation as early as possible – Ideally, it’s best to talk about the Alzheimer’s warning signs with a family member or friend before they even occur, so that you can understand how someone would want you to approach them about it. However, many people aren’t planning for Alzheimer’s before it happens. If you’re noticing signs of dementia, start a conversation as soon as possible, while mental functioning is at its highest and before a crisis occurs.

• Think about who’s best suited to initiate the conversation – There might be a certain family member, friend or trusted advisor who holds sway. Consider asking this person to step in and plan around how to have the most supportive and productive conversation.

• Practice conversation starters – The following phrases can help bridge the conversation.

  • “Would you want me to say something if I ever noticed any changes in your behavior that worried me?”

  • “I’ve noticed a few changes in your behavior lately, and I wanted to see if you’ve noticed these changes as well?”

  • “Lately I’ve been considering my own long-term care plans, and I wanted to see if you’ve done any advance planning you can share with me?”

• Offer your support and companionship – Seeing a doctor to discuss observed warning signs of Alzheimer’s may create anxiety. Let your family member or friend know that you’re willing to accompany them to the appointment and any follow-up assessments. Offer your continuous support throughout the diagnosis process.

• Recognize the conversation may not go as planned – Despite your best intentions, a family member may not be open to discussing memory or cognitive concerns. They may get angry, upset, and defensive or simply refuse to talk about it. Unless it’s a crisis situation, don’t force the conversation. Take a step back, regroup and revisit the subject in a week or two.

Caregiver Forum Returns to Maple Knoll Village

As part of its effort to support and educate caregivers in a special way during Alzheimer’s and Brain Awareness Month in June, the Alzheimer’s Association of Greater Cincinnati will conduct its annual African-American Caregiver Forum at Maple Knoll Village on Saturday, June 15.

The morning-long program, which begins with registration and breakfast at 8 a.m., will feature expert speakers and discussions on caregiving and health issues, focusing on African-Americans. This year’s theme is “Health and Faith in the Caregiving Journey.” The event will also include exhibitors representing a variety of community health and aging organizations.

“Studies show that African-Americans face higher prevalence rates for heart disease, diabetes as well as dementia,” said Education and TrialMatch Coordinator Janet Milne. “This program will help caregivers by providing helpful information and access to important resources.”

Keynote speaker will be the Rev. Mr. Royce Winters, Director of African-American Ministries with the Archdiocese of Cincinnati. Rev. Mr. Winters is also Pastoral Administrator of the Church of the Resurrection of Bond Hill.

Maple Knoll Village is located at 11100 Springfield Pike, Cincinnati, OH 45246. The Forum will be held in the auditorium.

The Forum is free but registration is required. For details, or to register for the Forum, call (800) 272-3900.
Findings from the Alzheimer’s Association 2019 Alzheimer’s Disease Facts and Figures report, released in early March, shows that despite a strong belief among seniors and primary care physicians that brief cognitive assessments are important, only half of seniors are being assessed for thinking and memory issues, and many fewer receive routine assessments.

In addition to providing an in-depth look at the latest national statistics on Alzheimer’s prevalence, incidence, mortality, costs of care, and impact on caregivers, the new Facts and Figures report examines awareness, attitudes, and utilization of brief cognitive assessments among seniors age 65 and older and primary care physicians.

A brief cognitive assessment is a short evaluation for cognitive impairment performed by a health care provider that can take several forms — including asking a patient about cognitive concerns, directly observing a patient’s interactions, seeking input from family and friends or using short verbal or written tests that can be administered easily in the clinical setting. An evaluation of cognitive function is a required component of the Medicare Annual Wellness Visit, but findings from the report show that only one in three seniors are aware these visits should include this assessment.

“While it’s encouraging to see that the vast majority of seniors and physicians understand the value of brief cognitive assessments, we’re still seeing a significant gap in those that actually pursue, perform or discuss these assessments during routine exams,” said Joanne Pike, D.Ph., chief program officer for the Alzheimer’s Association.

“Early detection of cognitive decline offers numerous medical, social, emotional, financial and planning benefits, but these can only be achieved by having a conversation with doctors about any thinking or memory concerns and through routine cognitive assessments.”

The report found that just one in seven seniors (16 percent) say they receive regular cognitive assessments for memory or thinking issues during routine health checkups, compared with blood pressure (91 percent), cholesterol (83 percent), vaccinations (80 percent), hearing or vision (73 percent), diabetes (68 percent) and cancer (61 percent). The Facts and Figures report also reveals a troubling disconnect between seniors and primary care physicians regarding who they believe is responsible for initiating these assessments and reticence from seniors in discussing their concerns.

The survey found that while half of all seniors (51 percent) are aware of changes in their cognitive abilities — including changes in their ability to think, understand or remember — only four in ten (40 percent) have ever discussed these concerns with a health care provider, and fewer than one in seven seniors (15 percent) report having ever brought up cognitive concerns on their own.

Instead, most seniors (83 percent) say they trust their doctor to recommend testing for thinking or memory problems if needed. Yet fewer than half of primary care physicians (47 percent) say it is their standard protocol to assess all patients age 65 and older for cognitive impairment.

“The findings indicate there are missed opportunities for seniors to discuss cognitive concerns and problems in the exam room,” said Pike. “We hope the report will encourage seniors and physicians both to be more proactive in discussing cognitive health during the Medicare Annual Wellness Visit and other routine exams.”

Nearly all physicians said the decision to assess patients for cognitive impairment is driven, in part, by reports of symptoms or requests from patients, family members and caregivers. Physicians who choose not to assess cognition cite lack of symptoms or complaints from a patient (68 percent), lack of time during a patient visit (58 percent) and patient resistance (57 percent) as primary factors.

Updated Alzheimer’s Statistics
The Alzheimer’s Disease Facts and Figures report also provides a look at the latest national statistics and information on Alzheimer’s prevalence, incidence, mortality and morbidity, costs of care and caregiving.

Prevalence, Incidence and Mortality
- An estimated 5.8 million Americans of all ages are living with Alzheimer’s dementia in 2019, including 200,000 under the age of 65.
- Barring the development of medical breakthroughs, the number of people age 65 and older with Alzheimer’s will more than double from 5.8 million to 13.8 million by 2050.
- Two-thirds of Americans over age 65 with Alzheimer’s dementia are women.
- Alzheimer’s is the sixth-leading cause of death in the U.S., and it is the fifth-leading cause of death for persons age 65 and older.

Cost of Care
- Total national cost of caring for those with Alzheimer’s and other dementias is estimated at $290 billion (not including unpaid caregiving) in 2019, of which $195 billion is the cost to Medicare and Medicaid; out-of-pocket costs total $65 billion of the total payments, while other costs total $22 billion.
- Total payments for health care, long-term care and hospice care for people with Alzheimer’s and other dementias are projected to increase to more than $1.1 trillion in 2050 (in 2019 dollars).
- In 2018, the lifetime cost of care was greater for those with dementia than those without ($350,174 versus $192,575, respectively).

Caregiving
- Nearly half of all caregivers (48 percent) who provide help to older adults do so for someone with Alzheimer’s or another dementia.
- Approximately two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.
- Forty-one percent of caregivers have a household income of $50,000 or less.

To view the entire report, please visit: alz.org.
2019 Walk to End Alzheimer's Schedule

Southeast Indiana Walk  
Saturday, Aug. 24  
Liberty Park, Batesville

Butler, Warren & Clinton Counties Walk  
Saturday, Sept. 14  
Voice of America Park, West Chester

Adams, Brown, Clermont & Highland Counties Walk  
Saturday, Sept. 21  
Sardinia Church of Christ

Southeast Ohio Walk  
Saturday, Sept. 28  
Athens

Cincinnati Tri-State Walk  
Saturday, Oct. 5  
Sawyer Point, Cincinnati

Southern Ohio Walk  
Saturday, Oct. 19  
Shawnee State University, Portsmouth

Register for a Walk near you at: alz.org/walk

April Showers Bring Walk Flowers

With all of the rain we’ve had in recent weeks, wouldn’t it be great to have an abundance of white flowers at this year’s Walk to End Alzheimer’s? We know that day is coming and we know you are right there fighting along side of us for that First Survivor.

While our first Walk is four months away, NOW is the time to rally the troops and start your team.

Did you know we now have Monthly Walk Challenges? We gave away two Cincinnati Reds Opening Day tickets in March. All you had to do was be registered for any of our Walks and in honor of the Reds 150th Anniversary raise $150 between March 1 – March 22. This month we will award the top fundraising teams at each of our six Walks with 10 reusable Walk to End Alzheimer’s bags personalized with your team’s name on it. So get yourself registered if you haven’t already and start your Facebook fundraiser today at alz.org/walk.

We have more great prizes to come, including some of the hottest tickets in town, fun Walk items for you and/or your team, family fun days and more! It’s a “New Dey” at the Alzheimer’s Association with these challenges...hint, hint on one coming incentive prize. Be sure you keep an eye out on your email, the monthly Development E-Newsletter and on social media for the announcements on how you can qualify to win.

You may have noticed I referenced six Walk to End Alzheimer’s above. We would like to welcome our newest Walk to End Alzheimer’s in Athens, Ohio. This will be the third year for this Walk that has surpassed all of its goals. We expect this year to be no exception. We are pleased to welcome back Walk Chair Shawna Pratt and Co-Chair Penny McClelland.

So while the rain comes down this month, just remember what we all are fighting for white flowers—millions and millions of them!

Art of Making Memories

Continued from Page 1

raffle complete with an incredible bar-height table from Design within Reach. Barnett recommends that guests bring a fully charged cell phone to the event for mobile bidding. Volunteers will also be on hand to act as your personal shopper. Episcopal Retirement Services is this year’s presenting sponsor.

JACK Cincinnati Casino is located at 1000 Broadway, Cincinnati, OH 45202. Complimentary self-parking is available.

Last year’s event attracted more than 600 guests and raised nearly $215,000. For more information, or tickets, contact Barnett at anbarnett@alz.org or visit: act.alz.org/2019aomm.
Shine a Light on Alzheimer’s This June

Mother Theresa once said “Do small things with great love,” something that resonates with the Alzheimer’s Association of Greater Cincinnati. The Longest Day, the organization’s second signature fundraising event, is all about doing small things with great love. The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer’s through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer’s Association.

Do you love playing basketball? Plan a tournament at your local gym during the month of June. Invite your friends, family, or the local basketball league to play. Plan a craft-a-thon and sell your crafts for a donation. Host a block party with games and activities for all ages, or a barbecue and sell plates for donations and enjoy spending time with your friends and family outdoors.

This year, the Alzheimer’s Association of Greater Cincinnati is making a big statement in the fight against Alzheimer’s in a big way through its business engagement program. Every 65 seconds, someone in the United States develops Alzheimer’s disease. Our goal is to recruit 65 businesses throughout the Greater Cincinnati area to participate in The Longest Day through a variety of opportunities.

We are excited to be welcoming back our global partners in The Longest Day, including the American Contract Bridge League, Senior Lifestyles, Capital Senior Living, and Arthur Murray, who has been a wonderful partner over the past few years. Stay tuned on social media for details on the events they will be hosting and how you can participate.

Think about it. If each of us did something small — playing board games with our friends, hosting a karaoke night, selling baked goods at the office — and we joined together in our commitment to fight Alzheimer’s disease with passion and excitement, we could bring Alzheimer’s out of the darkness. Together, we can do small things with great love to find the first survivor of Alzheimer’s disease.

For more information on The Longest Day, to join the committee, or to register your team, visit www.alz.org/thelongestday or contact Hannah Volz at (800) 272-3900 or hvolz@alz.org.

ALZ Stars Running Toward Alzheimer's Cure

Another exciting season of ALZ Stars/Race for the Brain Team is well underway and the Team is nearly complete with their training program in preparation for the Flying Pig weekend. With training nearly done and race day weekend well within our sights we still have another important goal to reach, even after we cross that finish line, our fundraising goal! The Team is getting creative this season and we’ve already hosted several fundraising events to support the care and cure of those impacted by Alzheimer’s disease. WLWT Meteorologist and fellow ALZ Star Randi Rico and ultra-marathoner Harvey Lewis ran a combined total of 26.5 miles during the Cincinnati Cyclones game on February 15 to raise invaluable funds for the Alzheimer’s Association.

Thanks to their mileage, this duo raised $960 to support our mission! Fellow ALZ Star athlete Dana Spradling hosted a fabulous evening at Trinity Pub in West Chester on Saturday, February 23 with tons of incredible raffle items, a live band and featured menu items; a wonderful time was had by all in attendance. Dana’s event raised over $1,000 and counting!

At the time of print we are looking forward to supporting ALZ Stars co-chairs Jim and Lisa McKale’s signature event Guest Bartender Night planned for Friday, April 5 at the Sandbar. This event

ALZ Stars co-chairs Jim and Lisa McKale’s signature event Guest Bartender Night planned for Friday, April 5 at the Sandbar. This event...
The near-unanimous passage of the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer’s Act in late December was historic for a number of reasons. Not only is such congressional support from both sides of the political aisle increasingly uncommon, passage of newly proposed legislation in less than a year’s time is nearly unheard of in today’s political climate. It clearly shows that the fight against Alzheimer’s disease is truly a bipartisan issue and serves as a priority issue for many of our legislators in Washington.

But more importantly, passage of the BOLD Act marks an important evolutionary step in how our nation will be addressing the Alzheimer’s epidemic in the future.

For years, the focus of the Alzheimer’s Association’s public policy efforts has been from a traditional healthcare perspective, pushing for expanded research as well as support and education for caregivers. As our understanding of Alzheimer’s has progressed and federal funding for Alzheimer’s research has increased nearly five-fold (from $500 million to more than $2.3 billion annually) over the past seven years, our focus now extends to Alzheimer’s disease as a public health issue, notably on the following priorities:

- Promoting early detection and diagnosis - As many as half of people with Alzheimer’s are not diagnosed, and less than half of the diagnosed are not made aware of that diagnosis by their physicians.
- Promoting prevention – Studies show that regular physical activity, lowering your blood pressure (120/80) and greater social activity can reduce the risk of cognitive decline and Alzheimer’s.
- Data collection – Accurate and more comprehensive data on subjective cognitive decline in those with dementia, as well as Alzheimer’s caregivers, can help identify the burden and impact in each state.

With the passage of the BOLD Act, our nation is now positioned to move forward in achieving these important goals thorough the creation of a nationwide Alzheimer’s public health infrastructure. The key elements of the BOLD Act include:

- The establishment of Alzheimer’s Centers of Excellence across the country to expand and promote innovative and effective Alzheimer’s interventions.
- Providing funding to state, local and tribal public health departments to implement interventions and to carry out key elements of the Public Health Road Map, including early detection, reducing risk and preventing avoidable hospitalizations.
- Improving data collection and analysis to ensure appropriate public health actions.

Over the coming years, the Alzheimer’s Association will play a key role in helping ensure that the key elements of the BOLD Act are effectively implemented at the state and local level. As always, we will rely on advocates and AIM members, like you, to make these truly exciting and important public health advancements a reality.

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, or to sign up as an advocate, visit: alz.org or contact me at solding@alz.org.

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By Steve Olding
Director of Communications and Public Policy

Dozens of local volunteer advocates, along with staff from the Alzheimer’s Association of Greater Cincinnati, joined their friends in Indiana, Kentucky and Ohio for state Alzheimer’s advocacy events in February and March. These state advocacy days provide advocates the chance to meet with their legislators to discuss Alzheimer’s disease and its impact on our states and nation. In Ohio, more than 350 advocates, state legislators and Aging department officials packed the Ohio Atrium for the 21st annual Ohio Memory Day on March 14. Featured speakers at the luncheon program included State Senate President Larry Obhof, Ohio Department of Aging Director Ursel McElroy and Sen. Steve Wilson, sponsor of SB24 that calls for the creation of a special task force to formulate a state plan in Ohio.
With every dollar you donate, we promise to offer help and hope. Thank you very much for being a vital part of our vision of a world without Alzheimer's. The Alzheimer’s Association of Greater Cincinnati depends on friends in our community to help support Chapter programs and services.

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

The Alzheimer’s Association • Greater Cincinnati Chapter • 9

**Annual Fund Drive**

**Alois ($1,000-9,999)**
- Dr. William J. Kitzmiller
- Mrs. Susan Kerr
- Kelly J. Kelp
- Alois
- Mr. and Mrs. Eugene Ewing
- Matching Gifts

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- Alzheimer’s Association of Dayton
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**Organizations**
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- Mr. and Mrs. Craig Margolis
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Carrillo Draws 500+

Continued from Page 1

Dr. Carrillo also spoke about the impact Alzheimer’s disease has on women. In addition to women making up two-thirds of all those affected by Alzheimer’s, more than 60 percent of all Alzheimer’s and dementia caregivers are women. Studies show that women in their 60s are twice as likely to develop Alzheimer’s during their lifetimes as breast cancer.

Under Dr. Carrillo’s leadership, the Alzheimer’s Association is the world’s largest nonprofit funder of Alzheimer’s research and an internationally recognized pioneer in convening the dementia science community to accelerate the field.

Dr. Carrillo oversees the implementation of the Association’s research initiatives, including the Alzheimer’s Association International Conference®, the world’s largest dementia science meeting; and the Research Roundtable, which enables international scientific, industry and government leaders to work together to overcome shared obstacles in Alzheimer’s science and drug development.

In addition to Dr. Carrillo’s presentation, the Greater Cincinnati Chapter presented Dr. Gregory Jicha with the President’s Award, the chapter’s highest honor. Dr. Jicha, an Alzheimer’s researcher at the Sanders-Brown Center on Aging at the University of Kentucky, has been a long-time supporter of the Chapter and serves on its Professional Advisory Council.

The Greater Cincinnati Chapter offered the luncheon free of charge to the public as a show of gratitude to the Greater Cincinnati community for its support of the Cincinnati Tri-State Walk to End Alzheimer’s, which was the 10th largest Alzheimer’s Walk of more than 600 in the country in 2018.
Program Calendar

Understanding Alzheimer’s and Dementia
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: Alzheimer’s Association, 644 Linn Street – 3rd Floor Conference Room, Cincinnati, OH
When: Wednesday, June 26, 1-2:30 p.m.

Dementia Conversations
What: This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics covered in the program include going to the doctor, deciding when to stop driving, and making legal and financial plans.
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, 644 Linn Street – 3rd Floor Conference Room, Cincinnati, OH
When: Wednesday, Aug. 21, 1-2:30 p.m.

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: The Athens Village, 94 Columbus Rd., ACEnet Building B, Athens, OH
When: Friday, May 3, 10:30 a.m.-12 p.m.
Where: Highland County Senior Center, 185 Muntz Street, Hillsboro, OH
When: Thursday, May 9, 1-2:30 p.m.
Where: The Office Commons, 135 E. Huron St., Jackson, OH
When: Tuesday, May 14, 11 a.m.-12:30 p.m.
Where: ABCAP Building, Conference Room A, 406 West Plum St., Georgetown, OH
When: Wednesday, May 15, 1-2:30 p.m.
Where: Ohio University Southern Campus, Ironton, 1804 Liberty Ave., Ironton, OH
When: Tuesday, May 21, 11:30 a.m.-1 p.m.
Where: Wednesday, Holzer Thaler Building, 2991 Jackson Pike, Gallipolis, OH
When: May 22, 12-1:30 p.m.
Where: Buckeye Hills Regional Council, 1400 Pike St., Marietta, OH.
When: Tuesday, June 25, 11:30 a.m.-1 p.m.

Living with Alzheimer’s Disease: Late Stage
What: A program 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: 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 St. Cincinnati, OH
When: Wednesday, May 1, 1-2:30 p.m.
Where: Mason Community Center, 6050 Mason-Montgomery Rd., Mason, OH
When: Tuesday, June 11, 1:15-2:15 p.m.

Living with Alzheimer’s: For Caregivers – Middle-Stage Part 2
Cost: Free, but advance registration is required.
Contact: 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 Rd., Mason, OH
When: Thursday, May 9, 1:15-2:15 p.m.

Family Support Group Facilitator Training
What: Education program for those interested in facilitating dementia family caregiver support groups. Provides continuing education for social workers in OH.
Cost: $30
Contact: 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.
Contact Kristin Cooley at kcooley@alz.org, for additional information.
Where: Alzheimer’s Association, 644 Linn Street – 3rd Floor Conference Room, Cincinnati, OH
When: Thursday, May 2, 8:30 a.m.-12:30 p.m.

Know the 10 Signs: Early Detection Matters
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 alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.
Where: Central Connections - 3907 Central Ave, Middletown, OH
When: Wednesday, June 19, 10:30-11:30 a.m.

Understanding & Responding to Dementia-Related Behaviors
What: This program helps with identifying triggers to behaviors and suggests strategies for addressing common behavioral challenges.
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: Holzer Thaler Building, 2991 Jackson Pike, Gallipolis, OH
When: Wednesday, April 24, 12-1:30 p.m.
Where: Buckeye Hills Regional Council, 1400 Pike St., Marietta, OH.
When: Tuesday, May 28, 11:30 a.m.-1 p.m.

Effective Communication Strategies
What: This program discusses how to enhance communication and understanding of the verbal and behavioral messages delivered by someone with dementia.
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: Oldenburg Franciscan Center, 22143 Main St., Oldenburg, IN
When: Tuesday, June 11, 11:30 a.m.-1 p.m.
Where: Mason Community Center, 6050 Mason - Montgomery Rd., Mason, OH
When: Tuesday, July 16, 1:15-2:15 p.m.

Writing Our Lives as Caregivers
What: An opportunity to use writing to reflect on your journey as a caregiver. Facilitated by a professional writer, this session will focus on personal experiences. No previous writing experience required.
Where: Alzheimer’s Association (3rd floor conference room), 644 Linn St. Cincinnati, OH 45203
When: Saturday, May 18, 9 a.m.-12 p.m.
Cost: Free, but advance registration is required.
Contact: Call Kristin Cooley at (800) 272-3900 for additional information.
Download a registration form at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.