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Our Memory Care unit is designed to provide safety and familiarity. It fosters individual skills and interests which help to diminish confusion and agitation. Our residents are assured of the services they require, and their families receive confidence and peace of mind. We offer a secure environment for residents with Alzheimer’s, dementia and memory related needs.

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Miami Valley Chapter

Our Vision
A World Without Alzheimer’s®

Our Mission
To eliminate Alzheimer’s disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health.

The Miami Valley Chapter can help those affected by Alzheimer’s live the best life possible.

800.272.3900 or alz.org/dayton
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alzheimer’s association
A Roadmap to Finding the First Survivor

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Dear Friend,

Realizing our vision of a world without Alzheimer’s can be a long and arduous journey, but we are on this mission together and we’ve come so far! We WILL realize our vision. We believe the first survivors of Alzheimer’s are out there, and we’re determined to find them. Looking back even a few years, we’re not certain anyone would have predicted the progress we have made on behalf of people living with dementia and for their caregivers. During this past year, in particular, we made big strides toward fulfilling our mission and getting to that first survivor.

**Increased research is vital to finding the first survivor**

Thanks to the efforts of our advocates and our fundraising activities, we achieved a major $400 million increase in funding for Alzheimer’s research at the National Institutes of Health in 2017, and we’re pushing hard for a similar increase in 2018. Even though we have tripled research funds in the last five years, we still spend only about 1 percent on research for a treatment or cure compared to what it costs to care for people with dementia. With increased funding, the speed of research is accelerating in all areas, from identifying biological markers of the disease to genetic tests to modifiable lifestyle/behavior studies. We also offer TrialMatch, a national database of available clinical trials for everyone -- healthy or otherwise -- to help advance research on dementia.

**Diagnosis and care planning remain critical**

Less than half of the people who die with Alzheimer’s ever receive an official medical diagnosis. It remains vitally important for people to talk with their physicians if memory loss or confusion impact daily life. A diagnosis allows people living with dementia and their loved-ones to access the appropriate support services, plan for the future, modify health habits that may slow disease progression, and work to enhance quality of life while honoring the patient’s wishes throughout the process. All of this also involves a proper plan of care, which now is more readily available thanks to the Association. Our ongoing advocacy efforts have also resulted in new Medicare reimbursement beginning in 2017 for health care providers to develop ongoing care plans for people with dementia. Our Chapter services such as educational programs and support groups should be part of any care plan, and we can connect patients with other necessary community services through our Community Resource Finder.

**Contact us whenever you need help**

All of the wheels are in motion toward finding the first survivor of Alzheimer’s. Although we’re not quite there yet, we’re confident it will happen in our lifetime. In the meantime, if you have received a diagnosis or are concerned about yourself or a loved-one, our Association is here for you. This guide can help answer some basic questions, but we are always here for you no matter what the need whether it’s routine or urgent. If you need help call our 24/7 Helpline at **1-800-272-3900** or visit our website at **alz.org/dayton**.
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Alzheimer’s and other forms of dementia are equal opportunity diseases that can affect everyone, regardless of race, sex, sexual orientation, gender identity, political affiliation or religion. That’s a reality that Rev. Dr. Pam Allen-Thompson and her wife Di Allen-Thompson are facing together as a married couple who have been together over 25 years. Pam is 62 and has dementia, and Di is her caregiver. Pam was diagnosed with early stage dementia in 2013. She and Di realized two years later that she would need to take early retirement as it was becoming increasingly difficult for her to keep up with her work as a minister. Di, 69, is a retired counselor/social worker, so she is well aware of the challenges they both will face with the disease as time goes by – a journey that is already under way.

“While dementia has been an unwelcome intrusion into our lives, both Pam and I know that the best thing for us is to stay in tune with life, creative activities, and our gifts of humor,” Di says. The years will demand more tests and trials, but both are making steps to manage what comes their way with thanksgiving for the offerings of life.

Since Pam’s diagnosis, they have traveled near and far. In addition to caring for each other and their home in the Dayton area, they also own a home for Di’s son who is an adult with developmental disabilities. They spend much of their time making sure his environment is comfortable, safe and appealing. Both are also very much occupied with family, and Pam remains involved in church. Di explains, “As a same-sex couple, we have met and conquered many challenges over the years, and today we face dementia together with a sense of resolve.”
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# Learn
### Know the 10 Signs: Recognize the Warning Signs of Alzheimer’s Disease

1. **MEMORY CHANGES THAT DISRUPT DAILY LIFE**
   One of the most common signs of Alzheimer’s, particularly in the early stages of the disease, is forgetting recently learned information.

2. **CHALLENGES IN PLANNING OR SOLVING PROBLEMS**
   Some people may experience changes in their ability to develop and follow a plan or work with numbers.

3. **DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK, OR AT LEISURE**
   People with Alzheimer’s disease often find it hard to complete daily tasks.

4. **CONFUSION WITH TIME OR PLACE**
   People with Alzheimer’s can lose track of dates, seasons and the passage of time.

5. **TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS**
   For some people, having vision problems is a sign of Alzheimer’s.

6. **NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING**
   People with Alzheimer’s may have trouble following or joining a conversation.

7. **MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS**
   A person with Alzheimer’s disease may put things in unusual places and be unable to go back over their steps to find things.

8. **DECREASED OR POOR JUDGMENT**
   People with Alzheimer’s may experience changes in judgment or making decisions.

9. **WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES**
   A person with Alzheimer’s may start to remove themselves from hobbies, social activities, work projects or sports.

10. **CHANGES IN MOOD AND PERSONALITY**
    The mood and personality of people with Alzheimer’s can change.

If you or someone you care about is experiencing any of the 10 warning signs, please see a doctor to find the cause. The ability to diagnose Alzheimer’s disease and related dementias is improving dramatically, and early diagnosis gives you a chance to seek treatment and plan for your future.

*The Alzheimer’s Association can help. Visit us at alz.org/10signs or call 800.272.3900.*

<table>
<thead>
<tr>
<th>Signs of Alzheimer’s/dementia</th>
<th>Typical age-related changes</th>
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</thead>
<tbody>
<tr>
<td>Poor judgment and decision making</td>
<td>Making a bad decision once in a while</td>
</tr>
<tr>
<td>Inability to manage a budget</td>
<td>Missing a monthly payment</td>
</tr>
<tr>
<td>Losing track of the date or the season</td>
<td>Forgetting which day it is and remembering later</td>
</tr>
<tr>
<td>Difficulty having a conversation</td>
<td>Sometimes forgetting which word to use</td>
</tr>
<tr>
<td>Misplacing things and being unable to retrace steps to find them</td>
<td>Losing things from time to time</td>
</tr>
</tbody>
</table>

Some people recognize changes within themselves before a loved one notices. In other cases, friends and family observe these changes in a person’s memory, personality and ability. In order to help individuals detect problems early, the Alzheimer’s Association has compiled this list of warning signs of Alzheimer’s disease and related dementias, as well as a comparison between normal age-related change. Individuals may experience one or more of these signs in varying degrees. If you notice any of these changes, please see a doctor.
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Learn

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Care Consultations | A licensed social worker will provide individualized education and care planning to caregivers and family members of individuals with Alzheimer’s disease or related dementia.

Dementia Coaching | A program that provides ongoing coaching and support over the phone to caregivers of people with dementia.

NATIONAL RESOURCES

TrialMatch® | A free, confidential tool that provides comprehensive information about clinical trials for people with dementia and for their caregivers. Call 800.272.3900 or visit www.alz.org/trialmatch for more information.

MediAlert® + Safe Return® | A 24-hour nationwide emergency response service designed to identify individuals with dementia who become lost or have a medical emergency. Call 800.272.3900 for more information. Financial assistance may be available.

Alzheimer’s Navigator™ | A free, online tool that guides individuals with dementia and their caregivers to create customized action plans. Learn more at www.alzheimersnavigator.org.

Community Resource Finder | An online tool that helps individuals, families and professionals easily locate dementia resources, programs and services in their area. Visit alz.org/crf to access this tool. Providers interested in being listed in the Resource Finder can create a profile at alz.org/crfprovider.

EARLY-STAGE PROGRAMS

Programs designed for individuals in the early stages of Alzheimer’s and for their care partners.

Early-Stage Education and Support Group | Offers dementia-related education, emotional support and connections with resources that enhance the lives of those in the midst of the disease.

Early-Stage Social Engagement | Offers a fun and comfortable way for individuals to get out, get active and get connected with one another through a variety of social events and community-based activities. An initial interview is required for Early-Stage Programs. Please call 800.272.3900 for more information.
EDUCATION & SUPPORT

View the most updated program calendar at alz.org/dayton.

Family Education | Programs related to caring for individuals with dementia including managing challenging behaviors, understanding symptoms, and legal and financial planning. View our calendar of programs online at alz.org/dayton.

Community Education | Programs designed to promote awareness about brain health and the basics of dementia. Chapter staff and volunteers are available for free presentations to community groups, schools, churches, and civic and religious organizations. Call 800.272.3900 for more information.

Professional Education | We are committed to helping professionals improve their knowledge and skills, build stronger teams, and deliver better care to people with dementia and their families. Contact us to find out more. Continuing education units may be available.

Caregiver Support Groups | Small discussion groups meeting regularly in the community designed for families and friends caring for loved ones with dementia. For a list of support groups, visit alz.org/dayton.

Online Learning | The Alzheimer’s Association offers online courses on topics such as diagnosis, causes and risk factors, stages of the disease and more. Visit elearning.alz.org.
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Dementia is a general term for the loss of memory and other intellectual abilities serious enough to interfere with daily life. Alzheimer’s is the most common form of dementia, affecting more than 5 million Americans. By 2050, the number of individuals with the disease may reach 16 million.

In addition to Alzheimer’s, there are many other forms of dementias. Not all dementias are the same, and it is important to receive a thorough diagnosis from a doctor who specializes in recognizing, diagnosing and treating dementias.

Below is a brief list of other types of dementias.

**Vascular dementia** – impairment caused by reduced blood flow to parts of the brain.

**Mixed dementia** – a condition in which Alzheimer’s disease and one or more other dementias occur together.

**Dementia with Lewy bodies** – often starts with wide variations in attention and alertness, followed by muscle rigidity and tremors similar to Parkinson’s disease.

**Frontotemporal dementia** – front and side areas of the brain are affected which causes personality and behavior changes.

**Huntington’s disease** – inherited, progressive disorder that causes personality changes and a decline in the ability to think clearly.

**Normal pressure hydrocephalus (NPH)** – a buildup of fluid in the brain that can cause memory loss.

**Mild cognitive impairment** – a situation in which a person may have problems with memory or another thinking skill.

In addition to these types of dementias, it is important to distinguish between reversible and irreversible dementias.
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Getting a Diagnosis

There is no single test that can show whether a person has Alzheimer’s disease. Diagnosing Alzheimer’s requires careful medical evaluation, including:

- A thorough medical history
- Mental status testing
- A physical and neurological exam
- Tests (such as blood tests and brain imaging) to rule out other causes of dementia-like symptoms.

During the medical workup, your health care provider will review your medical history. He or she will want to know about any current and past illnesses, as well as any medications you are taking. The doctor will also ask about key medical conditions affecting other family members, including whether they may have had Alzheimer’s disease or related dementias.

Mental status testing evaluates memory, ability to solve simple problems and other thinking skills. Such tests give an overall sense of whether a person is aware of symptoms, knows where he or she is, and can remember a short list of words or follow instructions. The mini-mental state exam and mini-cog test are two commonly used tests.

During a neurological exam, the physician will closely evaluate the person for problems that may signal brain disorders other than Alzheimer’s. The doctor will look for signs of small or large strokes, Parkinson’s disease, brain tumors, fluid accumulation on the brain, and other illnesses that may impair memory or thinking.

Imaging technologies have revolutionized our understanding of the structure and function of the living brain. Researchers are exploring whether the use of brain imaging may be expanded to play a more direct role in diagnosing Alzheimer’s and detecting the disease earlier.

It is important to remember that if the diagnosis is Alzheimer’s or another dementia, you are not alone. The Alzheimer’s Association is here for you, day or night. Call us at 800.272.3900 or visit alz.org/dayton for more information about the diagnosis process.

An early diagnosis allows individuals to take full advantage of available treatments, care and support options, and to participate in making necessary legal and financial plans.
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60 Compark Road
Centerville, OH 45459

www.alzheimers-awareness.com
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Celebrating an organization that makes a difference

Finding a purposeful way to assist one another, turning belief into action, and working toward this ideal — these are the driving forces that lift up humanity and make a difference, one person at a time.

Wells Fargo Middle Market Banking salutes the Alzheimer’s Association and its work to raise awareness and funds for Alzheimer’s care, support, and research. We are proud to sponsor the 2017 Dayton Walk to End Alzheimer’s.
Research

Alzheimer’s Association launches $20 million lifestyle intervention trial to prevent cognitive decline

The Alzheimer’s Association is launching a $20 million U.S. two-year clinical trial to test the ability of a multi-dimensional lifestyle intervention to prevent cognitive decline and dementia in 2,500 older adults with no current symptoms but who are at increased risk for later cognitive decline. The large U.S. study to Protect through a lifestyle intervention to Reduce risk (US POINTER) will include physical exercise, nutritional counseling and modification, cognitive and social stimulation, and improved self-management of medical conditions. Recruiting for the study will begin in 2018.

Stressful events put African-Americans at greater risk

A series of studies confirm racial inequities in numbers of people with Alzheimer’s disease and other dementias and also point to growing evidence that early life stress and neighborhood conditions contribute to dementia risk in late life. One new study in Wisconsin found that a single major stressful event in early life is equal to four years of cognitive aging. African Americans are most at risk. On average, they experience over 60 percent more of such events than non-Hispanic Whites over their lifetimes. A second study conducted by a health plan in Northern California found that African Americans born in states with the highest levels of infant mortality had 40 percent increased risk of dementia compared to African Americans not from those states, and 80 percent increased risk compared to Whites not from those states.

More than one-third of global dementia cases may be preventable through lifestyle changes

The Lancet Commission on Dementia Prevention, Intervention and Care reports that more than one-third of global dementia cases may be preventable through addressing lifestyle factors that impact a person’s risk. The Lancet highlighted nine potentially modifiable risk factors at multiple phases across the life-span, not just in old age.

- Early life – less education up to only age 15.
- Mid-life – hypertension; obesity; hearing loss.
- Later life – depression; diabetes; physical inactivity; smoking; low social contact.

Sleep disorders may contribute to dementia

Several new research analyses have found significant associations between sleep-disordered breathing (SDB) and the accumulation of biomarkers for Alzheimer’s disease. These findings highlight the idea that SDB is a modifiable factor that may help lower the risk of dementia and possibly slow the progression of dementia where it already exists. Sleep disordered breathing is characterized by repeated episodes of hypopnea (under breathing) and apnea (not breathing) during sleep. SDB accelerated the accumulation of brain amyloid both in cognitively normal individuals and individuals with mild cognitive impairment. Obstructive sleep apnea (OSA) was associated with increased brain amyloid and tau protein levels. The prevalence of amyloid and tau are biomarker (organic) indicators for dementia.

Alzheimer’s Support Group

Join Ohio Living Dorothy Love for Alzheimer’s Support Group meetings the third Monday of each month at 6 p.m.

Call 937.497.6544 to learn more.

Ohio Living
Dorothy Love
3003 West Cisco Road | Sidney, Ohio 45365

Please contact us at 937-610-7004 or jmallicoat@alz.org for more information about any of this information or general science/research questions.
Local Advocates Help Achieve Legislative Success

Local advocates have been working over the last few years to educate state and federal lawmakers about dementia and encourage them to pass legislation to help people living with the disease.

More than 40 of our volunteer advocates attended our annual Memory Day in Columbus to meet with and educate legislators about the needs of 210,000 Ohioans living with dementia. These advocates often represent the Alzheimer’s Association or our sister organization the Alzheimer’s Impact Movement (AIM), which has more flexibility to engage politically on issues with legislators.

Recent legislative wins

In January 2017, Medicare implemented new reimbursement for medical professionals to perform care plans for people with cognitive impairment. This is completely new and in addition to reimbursement for the actual dementia diagnosis. We have been advocating for this since about 2007 and finally got it implemented after more than 350 members of Congress signed on as sponsors.

Another legislative win occurred with the passage of the FY2017 continuing resolution budget, which included $400 million for Alzheimer’s research at the National Institutes of Health. Yet, our nation’s investment in research for a cure or treatment is still less than 1 percent of what it takes to care for and treat people with Alzheimer’s. Our total research spend is about $1.4 billion but it costs almost $259 billion for treatment and care ($175 billion in Medicare and Medicaid alone, plus remainder out of pocket).

How to become an advocate

If you care about finding a treatment or a cure for Alzheimer’s, consider volunteering to get involved in our advocacy efforts at the state and federal level. This is one of the most direct ways to have an impact on the funds that are available for research and care. To get involved, call 937-610-7004 or visit our website at alz.org/dayton and click the ADVOCATE button. To learn more about our sister organization AIM, please visit their website at alzimpact.org.
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Miami Valley’s Morning News
WEEKDAYS 5:00-9:00AM

WHIO
AM 1290 NEWS 95.7

A proud sponsor of the Alzheimer’s Association
At Symphony at Centerville, we are setting the standard for memory support in a community setting. Our focus is on your well being, so you can enjoy better quality of life - your own way.

All-inclusive In The Moment® memory support services include, but are not limited to:

- Choice of own apartment
- 24-hour staffing by certified and specialty trained staff
- Routine personal care
- Medication management
- Incontinence care (supplies separate)
- Routine health monitoring
- Restaurant-style meal service
- Nutritional support and guidance from staff during meals
- Escorts and cueing for meals and activities
- Specialized activity programs and special events
- Weekly housekeeping services
- Personal laundry and linen services - laundry is done twice a week, linens once a week
- Scheduled transportation service
- Basic cable TV and telephone services included
- Paid utilities
Caring for a senior loved one requires a special kind of help. Many caregivers aren’t aware of all of the free and low-cost assistance options available.

When you call the Area Agency on Aging, we’ll arrange a free meeting in your home so we can create a personalized plan and find the help that you and your loved one need.

How can we make your lives better?

www.info4seniors.org  223-HELP  1-800-258-7277
The Longest Day events symbolize the challenging journey of living with dementia. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

**START AN ANYWHERE TEAM!**
**JUNE 2018**

**START A TEAM!**
Choose from our five 2018 Walks to End Alzheimer’s:

- Dayton
- Greenville
- Sidney
- Springfield
- Troy

Learn more! **800.272.3900**