In the tradition of the Alzheimer’s Association International Conference on Alzheimer’s Disease (ICAD), the 2018 conference in Chicago brought together leaders from more than 70 countries to network and discuss the latest dementia study results and theories. Staff and volunteers from our chapter were in attendance to learn more about research funded by the Alzheimer’s Association and what WE should be focusing on in the coming year. The over-all consensus was that our chapter should focus on promotion of TrialMatch (the Alzheimer’s Association’s clinical studies matching service) in order to increase participation over-all and especially in minority populations. With more people and an increase in the diversity of participants, we will get closer to finding a cure!

We know that there are many friends and volunteers of the organization who do their best to stay informed of the latest news on the research front. We thought we would provide some highlights from the conference. Each Headline below is also a link to the full press released shared during the conference.

**BAN2401 Phase 2 Data Released at AAIC 2018**

AAIC® 2018 Features First Clinical Trial to Show Intensive Blood Pressure Treatment Reduces New Cases of Mild Cognitive Impairment and Dementia (Combined Endpoint)

Study Shows Intensive Blood Pressure Control Reduces Risk of Mild Cognitive Impairment (MCI) and the Combined Risk of MCI and Dementia

Advances Along the Gut-Liver-Brain Axis in Alzheimer’s Disease: Why Diet May Be So Impactful

**New Research Focuses on Treating Non-Cognitive Symptoms of People With Dementia**

**New National Strategy for Recruitment and Participation in Alzheimer’s Disease Clinical Trials Takes Shape**

**Virtual Reality May Help High School and Medical Students Experience Life With Dementia First Hand**

**Pregnancy and Reproductive History May Impact Dementia Risk – Plus, the Move to Re-Think the Impact of Hormone Therapy on Cognition**

**First Practice Guidelines for Clinical Evaluation of Alzheimer’s Disease and Other Dementias for Primary and Specialty Care**

**First Dementia Prevalence Data in Lesbian, Gay and Bisexual Older Adults**

**Mayo Clinic Researchers Awarded Prizes in Neuroimaging at Alzheimer’s Association International Conference 2018**

The Alzheimer’s Association is encouraged by the varied approaches being explored by the research field to treat and prevent Alzheimer’s disease. The scientific community consensus is that we may need combination therapy in the future – that may include anti-amyloid approaches as well as other approaches to potential treatments that address multiple aspects of the disease, and include both drug and lifestyle interventions.

At the Alzheimer’s Association, we will not stop; we will not slow down in our fight against this terrible disease.

Joanne Knight and her late husband, Charles F. “Chuck” Knight, were honored as recipients of the Jerome H. Stone Philanthropy Award for Alzheimer’s Research for their significant impact on the global Alzheimer’s research field. The Knights generously contributed $15 million to Washington University in St. Louis for the advancement of Alzheimer’s disease research. The university named their research center in their honor. The center and its clinical research arm — the Memory and Aging Project (MAP) — lead the Dominantly Inherited Alzheimer Network (DIAN) Observational Study and the Dominantly Inherited Alzheimer’s Network Trials Unit (DIAN-TU). The Knight’s involvement as volunteers with our Chapter dates back to our very early days - more than 25 years!
To the Beloved Community of Volunteers,

Thank you for all you do. As we close down the summer season, we pause to say THANK YOU for your quintessential spirit of volunteerism. Over the last few months, we have been very engaged in community activities that help us in reaching more people in our community. You have responded so well to the needs we have placed before you.

As we wind down and reset our focus, I must share the words of one of my favorite authors, Ralph Waldo Emerson: “The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

These words represent the “difference” you have made in the lives of those we are serving.

We have a very brief pause before we are in the middle of walk season and our requests to participate in more community events. How can we best use this time of respite? By recruiting more wonderful people like YOU to become a part of our team:

1) Reflect on your work, and consider who in and outside your sphere of influence might enjoy the role too.

2) Familiarize yourself with our full list of opportunities, and share it whenever possible.

3) Volunteers are our best recruiters, so extend an invitation to others to learn more by contacting our Director of Volunteer Services, Pam Gordon at pgordon@alz.org or 314.801.0462.

One last appeal: The Alzheimer’s Association is committed to Diversity awareness and expanding reach everywhere. Please look beyond your immediate view, and consider where else we should be connecting to raise awareness and offering services. Share these ideas with me via email elowe@alz.org or by phone at 314.801.0409.

Rev. Edd Lowe, Diversity and Inclusion Coordinator

CARE CONSULTATIONS
SUPPORT FAMILIES AT EVERY STAGE

A care consultation is a service we offer to provide families support while they are coping with the impact of dementia. By participating, participants receive assistance that enables them to better understand the disease, manage care and make better-informed decisions.

“I know you deal with these issues on a daily basis, but you were so patient with us and dealt with us in a way that was individualized for our situation. I plan on using the tips you suggested and have already shared them with my family.”

Care consultations are available by phone or in person at any of our three offices. We are also hosting them at the following locations within the next few months:

• O’Fallon & St. Peters, MO 8/31
• Joplin, MO - 9/6 & 9/7
• Poplar Bluff, MO - 10/11

Register online HERE, or call 314.801.0414 to schedule your time. Appointments are necessary. Care consultations are FREE.

Rev. Edd Lowe, Diversity and Inclusion Coordinator
COMMUNITY CONVERSATIONS
LISTENING & RESPONDING

Community Conversations are our way opportunity to visit with members of an underserved community, sharing information about Alzheimer’s disease and hearing what help is needed. You will see new dates and locations for these events announced in the Volunteer Newsletter and on Facebook.

If you live in the community where an event is planned, you will get an invite. We encourage you to share the invite with others who may want to learn more and have ideas of what is needed to raise awareness and extend reach where you live. Below is our list of upcoming events.

Fulton, MO (Callaway County), Thursday, August 23
Lebanon, MO (Laclede County), Thursday, September 6
Edwardsville, IL (Madison County), Thursday, October 11

You may register through the 24/7 Helpline at 800.272.3900 and call Janette Nichols at 573.397.7574 if you cannot attend but have ideas to share.

MISSION MOMENT

I recently reached out to a family who attended one of our programs to share information about how they can “Join the Fight” to end Alzheimer’s. I was not successful in reaching them by phone so I tried email. I received a fairly quick response and apology indicating life was hectic and quite frankly, their lives have been turned upside down! They asked if we could talk – perhaps this would help them turn life right-side up again!

It was in this moment that I was reminded of just how many resources I have to offer this family when I call. I would start with connecting them to our volunteers, who schedule Care Consultations with a Masters-level social worker to talk through strategies to navigate these early months of diagnosis. I can also encourage them to put our 24/7 Helpline number in their phones, never hesitating to call day or night for anything! I know this family will also be reminded by everyone who helps about support groups, Let’s Talk and regular calls available from our chapter Helpline Specialists or a Dementia Mentor.

I am certain that life will soon feel manageable again for this family, and when it doesn’t feel manageable, the Alzheimer’s Association employees, volunteers and families in the fight will be there to help.

LIVING WITH MEMORY LOSS SUMMER/FALL CLASSES

Having memory loss is life-changing and leads to many questions for individuals and their family members. The Alzheimer’s Association wants to be there to help, and our four-part Living with Memory Loss class is just one way we help! The class helps people with early memory loss and early-stage care partners know what to expect and how to cope. Participants learn about the opportunity in a variety of ways, including hearing about it from volunteers like you! Please help us promote our Summer/Fall classes below.

- **Belleville, IL** at Programs & Services for Older Persons (PSOP) on Thursday afternoons in August/September
- **Florissant, MO** at Christian Hospital’s Northwest HealthCare on Saturday mornings in September
- **Arnold, MO** at First Baptist Church on Thursday afternoons in September/October
- **Creve Coeur, MO** at Congregation Shaare Emeth on Tuesday evenings in October/November
- **Glendale, MO** at Shepherd’s Center on Wednesday afternoons in November/December

*It is recommended, but not required, that both the person with memory loss and the care partner participate in this class together. Please let any early-stage families who might be interested know to call the 24/7 Helpline (800.272.3900) for more info and/or to register.*
EXPLORING ALZHEIMER’S: LIVED EXPERIENCES

Presented in collaboration with the St. Louis County Library and Maturity and Its Muse.

Dr. Lonni Schicker will discuss her experience living with cognitive impairment. A panel discussion will offer multiple perspectives on living with dementia.

Tuesday, August 28 | 6:30 p.m.
St. Louis County Library Headquarters
1640 S. Lindbergh Blvd. | St. Louis, MO 63131

Registration requested at 314-994-3300 or HERE.

5 MOST POPULAR RESOURCES IN OUR LIBRARY

In 1906, the first case of “presenile dementia” was published. Dr. Alois Alzheimer, a German psychiatrist, performed an autopsy on a woman who suffered from an unusual mental illness. He discovered abnormal clumps and tangles in her brain. As a result of his discovery and research, the disease was named after him—now known as “Alzheimer’s disease.” Many books have since been published about this disease on topics such as diagnosis, treatment, caregiving, personal stories, etc. Listed below are five books in our Lending Library that are recommended by the Alzheimer’s Association’s Green-Field Library.

Alzheimer’s Early Stages. Daniel Kuhn, 2013
A practical family guide providing information on the nature of the disease, ways to manage it and advice on how to relieve caregivers’ stress.

Best Friends Book of Alzheimer’s of Alzheimer’s Activities. Virginia Bell, David Troxel, et.al, 2004
Adult planning activities for dementia patients that can be used by nursing homes, adult day centers, assisted living facilities or home care settings. Includes formal and informal activities, communication and conversation and music tie-ins and songs.

Information dealing with both interior and exterior space. Individual chapters focus on issues related to Alzheimer’s, such as wandering and safety in the home.

This closes the gap (“use it or lose it”) by providing comprehensive and up-to-date information, insight and guidance to optimize brain health and performance at any age.

The 36-Hour Day is a comprehensive, easy-to-read guide with practical and responsive advice on caring for people with dementia. Available in English and Spanish.

To request one of the books above, call our 24/7 Helpline at 1.800.272.3900 and asked to be transferred to the Green-Field Library.

OTHER WAYS TO CONNECT WITH THE GREEN-FIELD LIBRARY

Phone: 800.272.3900 (ask to be transferred to the Green-Field Library)
Email: greenfield@alz.org
RSS: What’s new in the library? Subscribe to our web feed.
Pinterest: Follow us and get a collection of authoritative resources and tools about Alzheimer’s and other dementias.
SUMMERTIME BLUES

We try to help families and caregivers plan for our big winter holidays so they and their loved one can participate with the least amount of confusion. But what about summertime?

Summer is traditionally the time for family fun, vacations away from home, time spent on the porch with neighbors and friends and a time to catch up on house and yard work. Heartache rises when caregivers abruptly find that the simple pleasures of summer are no longer simple. How can we help families plan for summer?

1. **Consider the idea of a backup plan should the vacation need to be cut short if a trip you have taken for years becomes too much.**

2. **Prepare your loved ones if the happy noise the grandkids make playing in the yard or running through the house might be confusing or cause anxiety.**

3. **Anticipate how you will handle ideas for projects your “do-it-yourselfer” (who can no longer do it themselves) suggests.**

Our Facilitators for the month of August are Chris Parker, Joelle Freeland, Lois Long and Rhonda Cundiff.

FAREWELL TO NATE REED

Nate Reed, Associate Director of Special Events and long-time employee of the Greater Missouri Chapter has left the Alzheimer’s Association family for new adventures in Minnesota. His last day with us was August 10. Nate did an enormous amount of good for our chapter, the association, and his community. In his five years, he has overseen tremendous growth in terms of revenue and participation. He has volunteered his time to programs and events across the state, mentored fellow Walk Managers within the chapter and around the country. Nate graciously continued in his role until we identified his successor, Amy Temple, and spent his last weeks with Amy sharing insight and transitioning relationships that would carry the mission forward. We wish Nate luck as he makes the move to Minnesota and starts the next chapter of his career.

MIZZOU TIGERS TACKLE ALZHEIMER’S

On October 20, during Mizzou’s homecoming game, the team will honor the 1978 Liberty Bowl team and their coach, Warren Powers, who is living with Alzheimer’s. The game will be a designated charity game to support his fight and help raise awareness and funds to benefit the Alzheimer’s Association Greater Missouri Chapter. More details will be provided in the next volunteer newsletter.

Help us make the most of this awareness opportunity by volunteering to help plan and assist on game day. To offer your assistance with this amazing event, contact Betsy Morgan Brown at bmbrown@alz.org or 314.801.0445.
When you have 21 Walk to End Alzheimer’s® events, you need a lot of Promise Garden Flowers – 12,000 plus, in fact! Box after box of unassembled flowers arrive at our offices each summer and await assembly. Thanks to nearly 70 Scouts and parents from around the St. Louis area, we have about 6,000 flowers ready for our walks in Eastern Missouri and Illinois. The group gathered recently in space offered in the conference center of SSM St. Clare Hospital and spent three hours tackling the assembly work. This is the fourth year the scouts have helped in this way.

Special thanks to these groups:
- Boy Scout Troop 782, Ellisville, MO
- Cub Scout Pack 621, Ballwin, MO
- Boy Scout Troop 469, Arnold, MO
- Girl Scout Troop 1775, Ballwin, MO
- Brownie Troop 1775, Ballwin, MO

Our educational opportunities are often scheduled at the request of individuals or community groups who see a need in their faith community, neighborhood or even the workplace. If you’re interested in learning how you can host an education workshop taught by one of our knowledgeable Community Educators, please contact our Education and Outreach Manager, Elyse Murrell, at 314.801.0437 or emurrell@alz.org.
Amy joined the chapter as Walk Manager for Joplin, Springfield and Branson. In her work experience, Amy has been responsible for event planning, public speaking, fundraising, and developing strategies to improve brand visibility.

She played an integral role in growing a non-profit as the Director of Development and has served in a variety of non-profit leadership positions. Amy’s experience as a radio personality has helped create familiarity with Southwest Missouri.

Amy adds, “My greatest passion is inspiring a community to take action. I am confident that I am exactly where I am supposed to be in my journey - partnering with the important and beautiful work of the Alzheimer’s Association.”

Amy resides in Republic with her two children and backyard chickens. She is a self-proclaimed “hardcore foodie” and enjoys experiencing local eateries as well as creative cooking.

JOIN US FOR THE 2018 WALK TO END ALZHEIMER’S!

Register your team HERE, or register to volunteer HERE. Please call Jordan Brennan at 314.801.0444 if you have questions about either opportunity!

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EDWARD JONES ASSOCIATES WALK ACROSS AMERICA FOR ALZHEIMER’S AWARENESS

Financial services firm Edward Jones has launched Walk Across America, a one-time, 16-week event taking place across 12 states to raise awareness of Alzheimer’s. More than 1,000 Edward Jones associates will complete the 3,100-mile, relay-style journey, taking at least 5.7 million steps — one for every person in the United States living with the disease. Walkers from the west and east coast connected with others as they head toward St. Louis, MO, ultimately meeting at the St. Louis Walk to End Alzheimer’s event on October 28. Edward Jones is the national presenting sponsor of the Alzheimer’s Association Walk to End Alzheimer’s® in more than 600 communities nationwide. Learn more about this exciting endeavor and follow the event HERE.

REMINDERS & RESOURCES

If the office closes unexpectedly, an announcement will be made on Facebook and available at 800.272.3900.

The chapter offices will be closed on Labor Day (Monday), September 3.

Greater Missouri Staff Directory (NEW)

Report your volunteer hours.

Update your contact information.

Submit a Direct Connect Referral online.

Visit chapter & national YouTube channels.

Support Group List

Community Education Programs

Community Resource Finder