Care Consultations - Helping families cope and plan for the future

A Care Consultation is a service designed to provide you and your family support while coping with the impact of dementia, from pre-diagnosis to end-of-life. You will receive one-on-one assistance that will enable you to better understand the disease, manage care and make more informed decisions regarding services and treatments.

We recommend scheduling a Care Consultation at any time during the dementia journey. As the disease progresses, you may choose to schedule follow-up consultations to address new concerns.

A Care Consultation will provide you with information about:

- Diagnosis and mild cognitive impairment information
- Disease progression education
- Doctor information
- Assessment of current needs
- Coping techniques
- Legal and financial
- Assistance developing a plan
- Resources and services
- Behavioral concerns
- Communication tips
- Care options
- Caregiver stress
- End of life

The Alzheimer’s Association can provide Care Consultations over the phone or in our office. Call 800.272.3900 to schedule your Care Consultation today. This program is available free of charge.

In order to be more accessible to families living a distance from the chapter office, we routinely offer appointments at various locations in the community on Care Consultation Days. The schedule below reflects some upcoming days in the community. Appointments are required and can be made by calling our 24/7 Helpline at 800.272.3900.

Mon., Feb. 27, 2017 | 9 a.m. - 2 p.m.
Jewish Community Center
Marilyn Fox Building, Mtg Room A
16801 Baxter Road | Chesterfield, MO
*Please register by Thurs. Feb. 23.

Wed., Mar. 29, 2017 | 9 a.m. - 3 p.m.
Lutheran Family & Children’s Services
3178 Blattner Drive | Cape Girardeau
*Please register by Mon., Mar. 27.

A list of community Care Consultation Days is listed on our web site.

Volunteer Roundtables

These events are opportunities for volunteers to receive an update on the Chapter’s strategic plan, support from our National or Home Office, and an opportunity to ask questions. Join us for one of the following opportunities:

Mon., March 6, 5 – 6:30 p.m. or
NEW DATE
Thurs., March 9, 11 a.m. – 12:20 p.m.

You may participate by attending in person, listening in by conference call, or watching a recording and reading Q & A.

RSVP to PGordon@alz.org or 314.801.0463 and include a note about how you will participate.

Save Our Walk Dates and Plan to Participate!

St. Louis Area

Cape Girardeau
Edwardsville
Farmington
Jefferson Co.
Lincoln Co.
Poplar Bluff
Rolla
St. Charles
St. Louis
Washington
Belleville
September 16
September 23
September 9
October 7
October 14
October 14
September 23
September 30
September 16
September 9
September 30

And for our neighbors to the West/South:

Branson
Columbia
Jefferson City
Joplin
Lake of the Ozarks
Macon Co.
Sedalia
Springfield
West Plaines
September 9
October 1
September 17
August 26
TBD
September 16
September 9
September 16
September 16

2016 FACTS & FIGURES

In the last calendar year, the Chapter provided 306 Care Consultations.
Opening the Mind Through Art

With an early diagnosis, we are able to enhance the lives of those diagnosed with support through programs and enrichment activities. We often do this through new experiences offered by our partners in the community. Maryville University is one such partner offering an “Opening Minds Through Art” program. Participants meet weekly for up to 8 weeks to explore their creative side through guided art projects. This opportunity has been traditionally offered on the Maryville campus.

The Program is Expanding!

Ashlyn Cunningham, Assistant Professor of Occupational Therapy and Program Coordinator, has a vision to take this popular program to additional locations in the community, opening up opportunity for people living in North, South and St. Charles County.

Guides and Assistants Needed - Artistic talent is not a requirement!

Volunteers who dedicate their time and hidden talents have made this unique art program successful at Maryville. With the expansion, additional Guides and Assistants will be needed to support programs for groups of 8-10 people, for 8 week sessions. Sessions will take place twice each year - once in Fall and once in the Spring.

Training is provided and lessons tailored to the audience are provided, complete with examples and supplies.

Connecting to Volunteers Through Mission Conversations

We could not advance this very important mission without you, our volunteer partners. And yet, our aggressive deadlines and fast-paced work often keeps us from finding time to come together to simply listen to one another.

The Chapter’s Volunteer Services Committee (representative of employees and volunteers) and the employee team have worked together to bring us together for intentional time of sharing and listening – the Mission Conversation. From now until June 30, our regularly-scheduled volunteers will be invited into a conversation with their supervisor(s).

Conversations are guided by these questions:

How do you see your role contributing to the Mission, Vision and Values?

What would you like to achieve through your role in the next year and what can I (your supervisor) do to support these goals?

Do you have suggestions for improving how employees connect with and work alongside volunteer?

Our goal is to meet with at least half of our regularly-scheduled volunteers before June 30.

Learn More on March 13

Join us for an informational meeting and training at the Chapter’s office on March 13 from 7-9 p.m.

Our first session in the community will be offered in early Fall.

For more information or to RSVP, for the March 13 meeting, contact Ashlyn Cunningham, Project Coordinator, at 314.298.3414 or acunningham@maryville.edu

2016 FACTS & FIGURES

1,100 of individuals and their caregivers participated in our Early Stage programs: Living With Alzheimer’s, Meet Up, Let’s Talk, Cardinal Reminiscence, and Opening Minds Through Art at Maryville University.
Support Groups Empower and Lift

Alzheimer Association support groups are a safe place to learn, offer and receive helpful tips, and meet with others coping with Alzheimer’s or another dementia. We are fortunate to have groups for those living with the disease (Living with Alzheimer’s and Grad Groups) and groups for caregivers too. Over the years specialty groups for male caregivers and adult children have formed to meet the needs of these audiences.

A New Group Begins in March

On March 22 at 7 p.m., a new group for those who are affected by fronto-temporal dementia will begin meeting at the Chapter office. Meetings will be at this time the 4th Wednesday of each month.

To locate a support group, call the 24/7 Helpline or visit our web site.

While the traditional support group will meet in a public place on the same day and time each month, the Alzheimer’s Association also provides an online meeting place for people who simply cannot manage to commit to a meeting outside of their home and work responsibilities. This place is called ALZConnected.

Online Option for General Orientation

After hours of collaboration between employees, volunteers, interns and colleagues in other Chapters, we are now ready to offer new volunteers the option to participate in an online general orientation.

This new format begins with a pre-test followed by The Basics video, a 45 minute computer generated presentation in Prezi that covers all the finer points of in-person orientation. Participants wrap up with a post-test to let us know how well we did informing our audience. In total, a new volunteer will spend 1 ½ hours in general orientation from the comfort of their home.

This new format will allow more of our volunteers to participate in general orientation within 90 days of starting their role.

Recognizing that not all of our volunteers will want to participate online, we will continue to offer in-person orientation at the Chapter Office.

Existing volunteers are invited to view our new Prezi computer presentation. Simply click on the image below or by requesting access from Pam at PGordon@alz.org. The presentation is online, therefore no special computer programs are needed prior to viewing.

Are You Eligible for a Presidential Service Award for 2016?

You Are If You:

- Dedicated either 100+ or 250+ hours of service to the Alzheimer’s Association in 2016.

If you answered YES, please call Pam Gordon (314.801.0462) or send her an email (PGordon@alz.org) before APRIL 1 with a note of your estimated hours.

Your response will help us create an accurate list for this year’s service award order and have a more accurate account overall of our volunteer hours for the year.

In years past, we have relied on our records (per self-reported hours) and have awarded up to 50 awards. We suspect many more volunteers qualify but have not been recognized because there was a gap in reporting volunteer hours.
In late January, hundreds of Alzheimer's Association employees and volunteers boarded planes and packed cars to make their way to Orlando for the annual Leadership Summit. The three day conference was sure to involve sharing examples of mission moments. Ironically, for one small group in a shuttle bus from airport to conference center, the mission moment was offered by fellow passengers.

As the driver loaded luggage and directed passengers to get cozy in seats, a couple in their early 70's took their seats. He road in the front passenger seat and she in the seat behind and next to me. The wife took care to get her husband buckled in and repeatedly provided reassurance of their plans to meet up with their children and grandchildren.

Feeling the need to explain her actions to fellow passengers, the wife turned to quietly tell us her husband had Alzheimer's and this was their first solo trip. I leaned in and explained she was in good company for the next 30 minutes because the entire van was filled with people who were dedicated to families like hers. She smiled and said, "I'll enjoy my visit knowing your group is next to me." I thanked her for sharing her story and, as they departed, assured her they would be in our thoughts and prayers. — As told by a St. Louis Chapter employee

**REMINDERS + RESOURCES**

This is where you will find various reminders of events and quick links to resources. Simply click each title.

**Reminders**

If the office closes because of weather, an announcement will be made on Facebook and available to the 800.272.3900 Help line.

**Resources**

- [Report your volunteer hours](#)
- [Update your contact information](#)
- [Community Resource Finder](#)
- [Submit a Direct Connect Referral Online](#)
- [Print a Paper Direct Connect Form](#)
- [Visit Chapter & National YouTube Channels](#)

**GO! St. Louis – Support Team ALZ Stars**

**Support the team with your Camera!**

We need a handful of photographers taking photos of our team on Saturday or Sunday morning. For more info about these opportunities, contact Pam at 314.801.0462 or PGordon@alz.org.

**News for Support Group Facilitators**

**Coming Soon: Support Group Member Surveys**

It’s time to ask your group members to take a few minutes to complete a survey. You will soon receive your packet of surveys by mail in a large white envelope. Please be watching for this package and make sure it doesn’t accidentally get thrown out.

If you don’t receive your surveys by the end of February, please contact Deb Bryer at dbryer@alz.org or at 314-801-0420.

There will be instructions enclosed, along with a cover sheet, blank surveys, and a return envelope. Be sure to return the cover sheet and completed surveys in the enclosed stamped envelope. Returning them in the correct envelope with the cover sheet is important.

This year, a graduate student is helping us conduct a more extensive review of our support groups, so the surveys will have an extra page. We are also surveying people who have used our helpline but have not attended a support group. We hope this will help us better understand what might make our support groups more attractive to a wider audience.

Thank you for taking time from your group for the surveys!

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**Upcoming Events**

**PBS Documentary: Every Minute Counts**

This urgent wake-up call discusses the national threat posed by Alzheimer’s disease. It features a family in Springfield, MO and the Alzheimer’s Association’s 24/7 Helpline. View it [here](#).

**Consumer Education @ Libraries**

- **University City Public Library**
  - January 27 | 10 a.m. | [The Basics](#)

- **Scenic Regional Library Hermann Branch**
  - February 23 | 2 p.m. | [The Basics](#)

- **Scenic Regional Library New Haven Branch**
  - February 23 | 6 p.m. | [Know the 10 Signs](#)

**University City Public Library**

- February 24 | 12 p.m. | [Healthy Living (yoga class to follow)](#)

**Shedding Light – Warrenton, MO**

A breakfast workshop for faith leaders and members of clergy. Learn to identify the signs and symptoms of dementia, how to help congregants through the journey and ways to support Alzheimer’s families.

*Tuesday, March 14 | 9 – 10:30 a.m. | St. John’s Lutheran Church*  
Click [here](#) for the flier. Call 800.272.3900 to register.

**Donations for Outreach**

We are excited to announce a plan to expand outreach to minority, rural and underserved individuals due to two generous donations from Sandy Jaffe and Joanne Parrish Knight for $750,000.

Knight has long been a supporter of the Association having served on the board for 25 years and recently named Director Emeritus. Knight’s gift of $500,000 will fund Care Consultants in the community in order to meet families where they live. Consultants will be located at the Washington University Knight Alzheimer’s Disease Research Center and St. Luke’s Hospital.

Jaffe, CEO of Booksource, also served on the Chapter Board for more than 20 years. Jaffe’s gift of $250,000 will fund outreach to healthcare providers in rural and diverse communities as well as Care Consultants at various locations.

“We know that roughly 7-10 percent of families living with the disease reach out to get support. That is unacceptable. There is help available and these gifts will truly aid in reaching more families and provide them with the information and resources they need,” added Stacy Tew-Lovasz, President/CEO of the Alzheimer’s Association St. Louis Chapter.