

THE BRAINS BEHIND SAVING YOURS®

Tips on Wandering

Everyone loves taking a walk! Especially when the weather is warm, the sun is shining and the birds are singing their songs.

However, walking becomes a serious problem for those with dementia. The risk of wandering and getting lost is high for these persons. Wandering can lead to serious injury or death if a person is not found within 24 hours.

Below, you will find signs indicating wandering behavior and tips to reduce incidences. But first, know that the Alzheimer's Association participates in programs designed to help in the safe return of wanderers. These include MedicAlert® + Alzheimer's Association Safe Return® and Comfort Zone™, both of which manage a person's location.

When someone who participates in these programs has wandered, the family notifies the company so they can begin their recovery effort. In the meantime, the Chapter is notified so employees can begin providing care and support for the loved ones. This often includes working with the family to notify law enforcement of a missing person and the media who can issue a "Silver Alert".

Here are a few signs of wandering behavior and tips to reduce wandering. This list is not all inclusive. Please visit our website at alz.org/stl or call our 24/7 Helpline, 800.272.3900, for more information.

Sings of wandering behavior:

- Comes back from a regular walk or drive later than usual
- Tries or wants to "go home", even when at home
- Has a hard time locating familiar places like the bathroom, bedroom or dining room

- Acts nervous or anxious in crowded areas, such as shopping malls or restaurants

Tips to reduce wandering:

- Provide opportunities for the person with dementia to engage in structured, meaningful activities throughout the day
- Place deadbolts either high or low on exterior doors
- Ensure all basic needs are met (toileting, nutrition, thirst)
- Reassure the person if he or she feels lost, abandoned or disoriented
- Avoid busy places that are confusing and can cause disorientation, such as shopping malls

Volunteers can help families connect families with loved ones at risk of wandering with MedicAlert® + Alzheimer's Association Safe Return®. Comfort Zone™. As you become aware of those in this situation, **complete a Direct Connect Referral**. Our 24/7 Helpline will call the person to give them information and support. Click [here](#) for the online version or download the paper version [here](#).

Learn more about MedicAlert® + Alzheimer's Association Safe Return®. Comfort Zone™ through our web site [here](#).

2016 FACTS & FIGURES

Six in 10 people with dementia will wander. A person with Alzheimer's may not remember his or her name or address, and can become disoriented, even in familiar places.



Missouri Memory Day 2017

Help us speak with one voice in Missouri to enhance access to care, support and services for people with dementia and their families. Join hundreds of Alzheimer's Advocates as we travel to Jefferson City on **Wednesday, February 22**, to educate elected officials about Alzheimer's disease and the need for respite assistance. Travel is available by bus to Jefferson City. A \$20 registration fee covers transportation, materials and lunch. Scholarships are available. Click [here](#) for more information and to register. To request a scholarship, please email Carroll Rodriguez at crodrigu@alz.org, prior to registration.

2017 First Volunteer Roundtable

Just as our nation opens the New Year with a State of the Union address, our Chapter starts the year with a Volunteer Roundtable. The event is a large group meeting providing volunteers with 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:
Monday, March 6, 5 – 6:30 p.m. or
Tuesday, March 7, 12 – 1:30 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 and include a note about how you will participate. Instructions for calling in or watching a video, will be provided.

Alzheimer’s Poetry Project: Celebrating Creativity in Elder Care

In February, Missourians across the state will have access to the Alzheimer’s Poetry Project. This program by Gary Glazner teaches:

- How arts programs are structured for people with memory loss
- How to perform and create new poetry with people living with Alzheimer’s disease and related dementia
- Understanding how to use art to engage people in group discussions
- How to bring people of all ages together to use poetry to help people laugh over memories

Tuesday, Feb. 21 | Unity Temple on the Plaza | 707 W. 47th St. | Kansas City, MO

Wednesday, Feb. 22 | The Library Center, Auditorium | 4653 S. Campbell Ave. | Springfield, MO

Thursday, Feb. 23 | St. Francis Health & Wellness Center | 150 South Mount Auburn Road | Cape Girardeau, MO

Friday, Feb. 24 | St. Peters Cultural Arts Centre | 1 St. Peters Centre Blvd. | St. Peters

Sessions for professionals, high school students, families & people with memory loss are available. Visit [our website](#) for further information and registration.



Care Navigators Needed

The St. Louis Chapter is currently expanding our Care Consultation program to include masters prepared social workers to serve as **Care Navigators** in hospitals, assisting newly diagnosed individuals and their families at the point of diagnosis. Candidates must have solid knowledge of dementia, dementia-related resources, constituent needs and best practices and demonstrated success working with diverse populations. Excellent communication skills and proficiency in use of technology are critical to the position.

Find a full description [here](#) and send a cover letter and resume to stl-hr@alz.org.

2016 FACTS & FIGURES

It is projected that the number of people in Missouri living with Alzheimer’s disease will grow from 110,000 in 2016 to 130,000 by 2025.



Post-Holiday Support

The holiday season is over and we are now returning to our normal routines. While joyous, the holidays can present periods of stress, depression and burnout. Many people spend time with loved ones they don’t see on a regular basis. Visits with loved ones with dementia, in particular, can bring an added layer of stress and concern. As we return to our normal routines, we have additional questions and often new focus on finding answers and support for these loved ones.

We are appealing to our Faith Outreach Ambassadors to be a first line of help!

Faith Outreach Ambassadors play a critical role in helping people get support and answers to their questions. Now is a great time to re-introduce yourself and the ministry to your congregation. Here are a few ways in which you can accomplish this:

- Ask for permission to run a reminder in your bulletin or newsletter for four weeks (or two months if using a newsletter). Create a few short sentences stating your role, a brief description, your name and contact information.
- If your faith community uses technology during worship, ask for permission to display the “Faith Partner” sign, which designates your congregation as an

Alzheimer’s Association Faith Partner. It is modifiable so that you can enter your name and contact information. To download this sign as a printable pdf, click [here](#). To download it as a modifiable PowerPoint slide for display, click [here](#).

- If you have a health, seniors, or women’s ministry, ask those ministry leaders if you can attend their upcoming monthly meeting to re-introduce yourself. Prepare a five to ten minute presentation reminding people how you can be of service to them. This will also work well at the beginning of Church School or Bible Study.

Need help with your ministry? Contact your Lead Ambassador or Rev. Regina Lowe, Faith Outreach Manager at 314.801.0448 or rlope@alz.org

Dementia Mentors

Do You Know Any Great Caregivers? Have You Been A Great Caregiver And Want To Share Your Experience With Others?

We are asking our volunteers to help us find wonderful caregivers who might want to become Dementia Mentors. Dementia Mentors are experienced caregivers who make monthly, supportive telephone calls from home to new caregivers enrolled in the program.

Mentors are caregivers who:

- Have exhibited good dementia caregiving skills and strategies
- Have good verbal communicators
- Are comfortable reaching out to new people and can make them feel comfortable
- Are comfortable talking on the phone

- Have been through all or most of the dementia caregiving journey
- Are not currently immersed in caregiving (but could be a long-distance caregiver or a person caring for someone who lives in a care facility)
- Are able to attend one training at the Chapter office (although calls are made from home)

If you or someone you know might fill a Dementia Mentor role, please nominate that person by sharing their name & contact info with our volunteer leader, Nancy Menchhofer, via nmenchhofer@alz.org or phone (636) 532-6978

A training for new Dementia Mentors will be announced for a date in February.

Many Thanks to Our Current Dementia Mentor Volunteers:

Nancy Menchhofer	Ellen Teller
Ginny Eades	Pat Fitzgerald
Ruth Gannaway	Allen McDonnell
Harriett Schneider	.



Let's Talk Program

Let's not forget that the Chapter also offers a peer-to-peer program as well. Two Saturday mornings a month, early stage participants supported by volunteers gather at the office to provide telephone-based support to others living with Alzheimer's. This program, too, is looking to add callers, volunteer support, and new names to the list of people who would like to receive calls. For more information, contact Dawn Gross at 314.801.0425 or DGross@alz.org.

Respite Funding Update

As many of you may be aware, Missouri Governor Eric Greitens announced in January \$146.4 million of spending restrictions in an effort to balance the state's budget. Included in the cuts for this year, is more than \$266,000 in funding that the Alzheimer's Association uses for respite care in the state of Missouri.

What this means for our families:

We are evaluating whether or not we will be able to honor current requests for funds.

We are assisting families who make requests for support by providing an individualized Care Consultation to assess their needs and identify resources for support.

Respite is the only Alzheimer's Association service impacted by the Governor's action. Otherwise it's business as usual, with our goal being to connect with as many families as possible; and work with them to better manage their current situation and also plan

for the future. Our Care Consultations remain the most valuable service we can provide to families.

Our Missouri Public Policy team met recently with elected officials to advocate on behalf of respite families and we are working on developing a public policy strategy.

You Can Help Too! Please take action by spreading the word about our annual Memory Day in Jefferson City on February 22 and encourage others to attend to inform and persuade our state's decision makers. And, please, continue to refer families for FREE Care Consultations with our very knowledgeable staff.

*Cheryl Kinney, Senior Director
Client Services and Quality Program*

2016 FACTS & FIGURES

Medicaid costs of caring for people with Alzheimer's in 2016 was \$801 Million.

In 2015, 314,000 caregivers provided 357,000,000 hours of unpaid care as a value of \$374,000,000.

Total costs of caring for people with Alzheimer's and other dementias was projected to exceed \$236 billion in 2016.1 in 3 seniors who die each year has Alzheimer's or a dementia related disorder.

MISSION MOMENT – DIRECT CONNECT

A St. Louis Chapter Helpline Specialist recently assisted a person in need of resources for their loved one. The caller informed the Helpline Specialist that her congregation's **Faith Outreach Ambassador** told her that help was available through Aging Matters, a local organization and the Alzheimer's Association. The care giver reached out to Aging Matters first and, after speaking with her, Aging Matters requested permission to connect the caregiver to her local Alzheimer's for support. A Direct Connect Referral was submitted online, prompting a follow-up call from one of our local Helpline Specialist..

Did you know that there are still many people who are unaware of the Alzheimer's Association and services and resources that are available to them?! Volunteers can help overcome this problem by using the Direct Connect Referral process.



For instructions, including scenarios on when to use, click [here](#). To use the online Direct Connect form, click [here](#). Paper forms can be downloaded [here](#).

REMINDERS + RESOURCES

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

Reminders

The Chapter office is closed on Monday, February 20th in observance of Presidents' Day.

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](#)

Upcoming Events

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 \(yoga class to follow\)](#)

Young Ambassadors

Volunteers age 21 to late 30's are invited to learn more about Young Ambassadors during the first open meeting of the year scheduled in the Chapter Office on Wednesday, February 1 from 6 – 7 p.m. No RSVP required!

Learn More About Fronto-Temporal Dementia and a NEW Support Group

On **Wednesday, February 22, 7 – 8:30 p.m.**, the Alzheimer's Association St. Louis Chapter will host an education program for volunteer, caregivers and the community. Participants will learn the basics, hear about latest research, and receive support from current family caregivers.

Review or print the [event flyer](#).

A NEW support group will begin on the Wednesday, March 22 at 7 p.m. and meet the 4th Wednesday of each month at the Chapter Office.

For more information, contact Deb Bryer at dbryer@alz.org or call 800.272.3900.

Care Consultation Days

The Alzheimer's Association, in partnership with the Jewish Community Center, is offering free care consultations to discuss dementia and Alzheimer's related issues.

Friday, February 24 | Jewish Community Center in Creve Coeur

Monday, February 27 | Jewish Community Center in Chesterfield

*Appointments are required! **Please call 800.272.3900 to schedule.** Click [here](#) for more information.

Working Women's Survival Show

Visit the St. Louis Chapter's information booth at this popular area event at the St. Charles Convention Center over the weekend of February 24 – 26. Representatives from the Chapter will be on hand each day to answer questions about Alzheimer's disease and related disorders and connect people back to Help Line for information about programs and services, fundraising and awareness events, and volunteer opportunities. [Learn more about this event.](#)

GO! St. Louis - Team ALZ Stars

It's time to kick off the Team ALZ Stars for 2017. Team ALZ Stars trains together for events sponsored by Go! St. Louis on the weekend of April 8 and 9. We are adding team members and have set a goal of raising \$10,000! Money raised will be applied to your Walk fundraising efforts.



Support Without Sweating or Running! - Lend a hand as one of the events. Pass out team packets on Friday, T-shirts to participants on event days, or work as a route monitor. You choose the assignment that fits your schedule. We also 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.

The Longest Day

Team registration for "tribute" events is underway! Don't miss the \$15 Early Bird Registration special ending March 1. For more information visit alz.org/tld. Help us meet our goal of \$225,000 raised by 140 teams.

It's not too early to plan or participate in a Longest Day tribute event. Jump start your team by joining the Fitness Challenge or participate in [Valentines Day Art & Mimosas](#) on February 4th. Register with your \$25 donation by February 1. Visit [The Longest Day](#) web site for more information on these and other opportunities or email Betsy Morgan Brown at BMBrown@alz.org.

Geriatric Assessments

Saint Louis University's Health Resource Center and the Geriatric Education Center (GEC) are offering FREE Comprehensive Geriatric Assessment clinics for people ages 65+. Appointments are required. Click [here](#) to download a flier to connect with SLU about upcoming dates.