We are midway through our 21 Walk to End Alzheimer’s® events for the Greater Missouri Chapter. Each Walk event has been a wonderful celebration and joining of voices raising awareness and support for ending this disease. Those in this fight are so determined that they fought back rain or celebrated through the rain drops!

Successful event days are the result of the planning and dedication of our Walk Committees and event-day volunteers. We are fortunate to have great support from both teams. There is still time for you to join us as an event-day volunteer! Register a team or email jbrennan@alz.org to sign up to volunteer at one of our remaining Walk events.

**Belleville, IL | Sept. 29**
**St. Charles County, MO | Sept. 29**
**Lake of the Ozarks Area, MO | Sept. 29**
**Kirksville, MO | Oct. 6**
**Poplar Bluff, MO | Oct. 6**
**Jefferson City, MO | Oct. 7**
**Lincoln County, MO | Oct. 13**
**Columbia, MO | Oct. 14**
**Farmington, MO | Oct. 20**
**St. Louis, MO | Oct. 28**

We have “grill masters” who feed hungry walkers.

Groups like Washington’s JROTC do it all - setup and teardown!

Volunteers lend a hand with all signs high and low.

Registration volunteers are ready to help everyone!

Teams of volunteers encourage participation in Advocacy and TrialMatch®.
DEMENTIA PREVENTION 
STUDY SEEKS VOLUNTEERS

Focus on Older Adults with High Blood Pressure

Did you know that high blood pressure is an important risk factor for developing dementia? Over time, high blood pressure leads to changes in the brain that can cause dementia, including Alzheimer’s disease. A large study conducted in the U.S. called SPRINT MIND recently showed that reducing blood pressure to lower values than were previously considered “standard” resulted in a lower incidence of Mild Cognitive Impairment (MCI), which is a condition that often leads to dementia. This finding has relevance for all patients with hypertension and especially for African Americans, who have a high rate of hypertension AND dementia.

Researchers at Washington University are taking this prevention strategy a step further and are looking at whether intensive blood pressure and lipid management combined with exercise will delay cognitive decline in older adults. You may qualify for this study if you:

- Are 60-85 years old
- Have high blood pressure
- Have memory concerns OR a parent, sibling or child with a diagnosis of dementia
- Are willing to undergo aerobic exercise and/or medication management of blood pressure and cholesterol for two years

If you, or someone you know is interested in participating in this study, please contact Adriana Martin, at 314.273.1355 or azmartin@wustl.edu. For information, go to www.rradtrial.org.

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.

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:

- Poplar Bluff | October 11
  Holy Cross Episcopal Church
  Make an appointment by visiting calendly.com/careconsultation to pick your appointment time, or calling 314.801.0414.

We are happy to introduce you to Sam Nickel, LMSW, our new Care Consultant in the Springfield Office. Sam joined the Chapter to offer care consultations in and around the Springfield, MO Office. With her help and expertise, we aim to extend reach in the counties of southwest Missouri. Scheduling a care consultation is as easy as calling the 24/7 Helpline at 1-800-272-3900.

Advance Research At Walk!

Adrienne Holden, Director of Medical Research & Initiatives, is looking for volunteers who can help sign walk participants up for TrialMatch. Imagine the difference YOU can make in advancing research by sharing just two hours of your time introducing new people to the TrialMatch. No previous expertise in research is needed; a quick training is provided before participants arrive! To sign up to help at a walk near you, email Pam Gordon at pgordon@alz.org, or call 314.801.0462.
Samantha Whittaker joined the Alzheimer’s Association in late September and will work out of our Springfield office, focusing on growth of our Faith Outreach Program in the 41 counties in the southern portion of the state.

Her primary responsibilities will be to develop partnerships with faith-based communities such as churches and nonprofits, allowing us to expand reach with awareness, services and education. She will manage the Faith Outreach Ambassadors, who come from those partnerships.

Samantha is a graduate from the University of Missouri and comes to us from Kraft Heinz Company, where she worked as a Customer Retail Manager - involving contract development and negotiation, customer satisfaction and sales. Samantha has a wealth of experience in the faith community and volunteer management. She has founded Local Hope (a nonprofit benefiting low-income families in rural communities), was the Missouri LEAD Conference Coordinator for a couple of years, plus too many other items to list! You can reach her at Slwhittaker@alz.org.

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.

**Edwardsville, IL (Madison County)**
**Thursday, October 11**

**Rolla, MO (Phelps County)**
**Monday, November 5**

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.

The Living with Memory Loss class, a popular Early-Stage program, will be offered for the first time in Springfield this winter. The four-part class will be offered on **Monday and Tuesday evenings, December 3, 4, 10 & 11, 5:30 – 7:30 p.m.**, in the Frisco Room at Library Station located at 2535 N. Kansas Expressway in Springfield.

The class helps people with early memory loss and early-stage care partners know what to expect and how to cope. It is recommended, but not required, that both the person with memory loss and the care partner participate in this class together. Volunteers can help connect early-stage families who might be interested to this program and encourage them to call the 24/7 Helpline for more info and/or to register.

Living with Memory Loss classes are taking place in several locations throughout our service area this fall and winter. Additional information is available by calling 800.272.3900.
WHAT KIND
OF DEMENTIA?

We talk so much about dementia being a general or umbrella term for loss of memory or intellectual abilities serious enough to interfere with daily life. There are many types of dementia, and volunteers are most familiar with Alzheimer’s disease—the most common form. When we are talking to families and persons experiencing other types, we may not be as familiar or know how to fully support them. Help is on the way! Join us at a Volunteer Forum on Thursday, November 1, 5 – 7 p.m. at the St. Louis Office, and you will gain a better understanding of the other causes of dementia. At this event, presenters will share information and answer questions about Frontotemporal dementia, Lewy Body dementia, Parkinson’s and Vascular dementia. A light meal to eat while you listen will be provided beginning at 5 p.m. Presentations will begin promptly at 5:15 p.m. RSVP to Pam Gordon at pgordon@alz.org or 314.801.0462. If you would like to join by phone, RSVP indicating this preference, and instructions will sent your way.

Communication Strategies Video Now Available!
This past spring, our very own Elyse Murrell presented communication strategies during our Volunteer Forum. A recording of this presentation is now ready for those who could not attend to view HERE. We encourage you to share it with friends and loved ones who might need insight. As always, they can find an in-person presentation by community educators of our chapter on communityresourcefinder.org.

LIBRARY RESOURCES FOR CAREGIVERS

Daily living activities become increasingly difficult for an Alzheimer’s patient as the disease progresses. The process for bathing, eating, performing dental hygiene, dressing and other related functions become problematic for the patient to perform. Caregivers, either in a home or professional setting, are called upon to assist the patient in completing these tasks. Listed below are books and videos designed to offer advice and tips for caregivers when they are working with Alzheimer’s patients.

Surviving Alzheimer’s, Practical Tips and Soul-Saving Wisdom for Caregivers. Paula Spencer Scott. 2014.
This book is a caregiver’s guide to dealing with issues such as memory, personality, behavior, eating and sexuality with Alzheimer patients.

This cookbook is a must-read for all who are unable to chew due to health restrictions. It gives a comprehensive and detailed nutritional analysis of the recipes and is valuable resource in developing and maintaining a nutritional diet.

Bathing Without a Battle. 42 min. 2003.
This DVD shows various techniques to be used when bathing people with dementia and other related diseases. It also highlights new products to use so bathing is easier and more convenient.

Hands on Skills. 45 min. 1998.
Through this comprehensive video, you can learn an array of important skills and hear valuable insights and tips from healthcare professionals and caregivers. Step-by-step demonstrations of skills include bed, bath, oral hygiene, nail care, dressing, etc.

This video addresses functional ability problems—specifically continence, dressing and eating—and offers suggestions for dealing with the behaviors.

Caregivers can find additional guidance at alz.org/care. The resources above can be requested by calling 1.800.272.3900 and making a request to our chapter.

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.
PRE-PLANNING FOR THE HOLIDAYS WILL BRING MORE JOY

When we think about the upcoming holidays – Halloween, Thanksgiving and Christmas – we think about family, friends, food and fun. We plan spooky Halloween parties, family Thanksgiving meals and Christmas celebrations with excitement and gusto. When a loved one living with dementia is involved, how do we include them in our plans for the celebration?

When we plan Halloween, do we consider how the scary decorations and constant doorbell ringing might affect our loved ones? When we plan for Thanksgiving and Christmas, do we consider the possibility that too many people in the house may be overwhelming? Do we prepare out-of-town or infrequent guests for the changes they may see in our loved ones? Has a safe room been designated so that our loved ones have a place to go when they begin to feel overwhelmed?

Taking our loved ones into consideration when planning any kind of a get together raises the level of planning expertise to a new high. But this kind of planning will pay off in lessened stress and increased enjoyment for everyone. As we near the holiday season, take the time to thoughtfully plan and prepare for celebration success!

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.

FALL INTO A GREAT MEET-UP ACTIVITY

A great lineup of social/cultural activities has been developed for early-stage families in and around metro St. Louis. These activities are for anyone with memory loss who can participate in the activities. Generally, family members, friends or paid caregivers accompany the person living with memory loss.

Oct. 9 – Missouri History Museum, Muny Memories
Oct. 16 – St. Louis Art Museum, Spirit of Fall
Oct. 18 – Missouri Botanical Garden Walking Tour
Oct. 24 – Free Bus Trip to Route 66 State Park
Oct. 25 – Potluck at the Alzheimer’s Association St. Louis Office
Oct. 27 Missouri Botanical Garden, Tram Tour
Nov. 7 – St. Louis Zoo, Be Bear Aware
Nov. 13 – St. Louis Art Museum, Feast & Celebration
Dec. 6 – Alzheimer’s St. Louis Office, Holiday Appetizers, Cookies & Conversation

Details on these events and how to RSVP are found by visiting the Early Stage Programs web page and clicking on “Meet-Up Events.”
ALZHEIMER’S ASSOCIATION & AARP PARTNER TO EXTEND REACH

The Alzheimer’s Association and AARP are joining forces to extend the reach of the Alzheimer’s Association Community Resource Finder. The updated database expands the previously available Alzheimer’s Association Community Resource Finder, which launched in 2011 and today receives 37,000 monthly visits. The new platform will extend the reach to even more people with care and support needs. It features additional resources from AARP, including webinars, programs and events. It also offers a new advanced search tool to help people find local resources based on specific needs, such as payment options and specialized services. In addition, users are now able to share search results with family and other care team members to help facilitate caregiving decisions, keeping everyone informed.

Help Grow Community Resource Finder
You can help us grow the listings in Community Resource Finder by encouraging providers you use to visit communityresourcefinder.org and establish a listing that explains the support and services they can provide.

Training Dates for Community Educators

Columbia: October 29
9 a.m. - Daniel Boone Regional Library
5:30 p.m. - Location TBA

Joplin: October 25
9 a.m. - Adelmo OR
5:30 p.m. - Joplin Public Library

Springfield: October 26
10 a.m. - Alzheimer’s Springfield Office
5:30 p.m. - Alzheimer’s Springfield Office

St. Louis: October 22
10 a.m. - Alzheimer’s St. Louis Office
5:30 p.m. - Alzheimer’s St. Louis Office

For questions or to RSVP contact Elyse Murrell at 314.801.0437 or emurrell@alz.org.

Don’t let this transition keep YOU from inviting a Community Educator to present at your church or community group! They are committed to filling those needs and connecting new people to the Alzheimer’s Association. You can request your education program through our website HERE or by emailing Elyse Murrell (emurrell@alz.org) for more information.

COMMUNITY EDUCATORS – ALWAYS LEARNING

The long-awaited revisions to our community education modules will be offered by our chapter in the near future. In preparation, our Community Educators or AACEs will invest some time in getting familiar with the new curriculum so they can continue to provide a great learning experience.

Do remember, that all of the resources offered by providers outside AARP or the Alzheimer’s Association are not endorsed by either partner. The information contained in the Community Resource Finder is thought to be reliable but is not guaranteed to be accurate. We rely on each provider to establish keep their information current. We encourage you to call providers for the most up-to-date information on their services.
NEW ROLE  FOR  MEGHAN MCCARTHY

We are excited to announce that Meghan McCarthy has been promoted to Community Program Coordinator! Many of you are already familiar with Meghan, as she has been supporting the Program Services team for over three years.

Her new role has three primary responsibilities:

- Overseeing the Alzheimer’s Association Community Representatives statewide
- Overseeing the Faith Outreach Ambassadors for 25 counties between Missouri and Illinois
- Continuing to support the Volunteer Services department and the other Program Managers with volunteer recruitment

REMINDERS & RESOURCES

Have you heard about the Alzheimer’s Impact Movement (AIM), the advocacy arm of the Alzheimer’s Association? AIM works to develop and advance policies to overcome Alzheimer’s disease through increased investment in research, enhanced care and improved support. Learn more about AIM.

Missouri Memory Day at the Capitol
SAVE OUR DATE: Wednesday, February 27, 2019
Join hundreds of Alzheimer’s Advocates as we travel to Jefferson City to educate elected officials about Alzheimer’s disease and the need for respite assistance. Registration will open near year end. For more information, contact Lucy Tran Williams at 573.397.7581 or Ltwilliams@alz.org.

WELCOME

New St. Louis Walk Manager

Anthony Burt joined the Chapter as our new St. Louis Walk Manager, filling a position previously held by Kathleen Davis. Anthony is no stranger to volunteerism. As President of the Jaycees, Anthony was responsible for event planning and management, committee and volunteer recruitment and improving the visibility of the organization in the community. He has spearheaded several fundraisers benefiting the Alzheimer’s Association over the years. If Anthony looks familiar when you see him, there is a good reason for that. Since 2014, he has been a volunteer who coordinates the Walk route for our Washington Walk.

As a person who has seen firsthand the devastating impact Alzheimer’s disease can have on loved ones, he is excited to be part of efforts to find the first Alzheimer’s first survivor. He looks forward to developing and strengthening relationships with staff, sponsors and volunteers who share his passion for finding the cure.

The offices will be closed on Monday, October 8 for Columbus Day.

Greater Missouri Staff Directory (NEW)
Report your volunteer hours.
Submit a Direct Connect Referral online.
Visit chapter & national YouTube channels.
Support Group List
Community Education Programs
Community Resource Finder