alzheimer's association®

Greater Indiana Chapter

EARLY-STAGE ALZHEIMER’S AND DEMENTIA

How the Greater Indiana Chapter keeps families engaged through social outings - Pg. 6

INSIDE
Page 5  Walk to End Alzheimer’s
Page 6-7  Early-Stage Engagement
Page 8  Advocacy and Research Progress
Page 9-11  The Longest Day
Page 12-13  Spring Events
Page 14-18  Support Groups & Education Programs
Dear Friends,

Happy 2017! If you haven’t yet seen our 2016 Impact Report, I invite you to visit alz.org/indiana/impact to view how contributions given to the Greater Indiana Chapter impacted Indiana families living with Alzheimer’s disease.

In 2016, we reached more people than ever in the 73 counties we serve through care consultations, in-person support groups and educational programs, our 24/7 Helpline and online support at alz.org. We developed community partnerships with hospitals, clinicians and care services to connect even more Hoosiers to our support and referral services. We lobbied with state leaders to keep Alzheimer’s disease a priority in policy making. We raised an incredible $1.7 million at our 12 Walk to End Alzheimer’s locations, and Indiana ranked seventh in the nation for the number of The Longest Day teams.

These accomplishments were possible with your dedication and commitment. Many thanks to you, our generous donors and volunteers who ensure our ability to deliver on the mission of the Alzheimer’s Association.

Please consider additional ways to support our efforts in 2017 - volunteer on a committee, lead an education program, participate in The Longest Day or Walk to End Alzheimer’s, become an advocate or contribute to the cause.

Additionally, we are switching to an electronic newsletter format, and this will be our last issue of a printed newsletter. I encourage you to stay in touch with our chapter news by signing up to receive a weekly e-newsletter at alz.org/indiana.

With your help, we are going to do even more in 2017 to help those facing Alzheimer’s disease.

Sincerely,

Heather A. Hershberger
Executive Director
The Alzheimer’s Association is the world’s leading voluntary health organization in Alzheimer’s care, support and research. The association works to address this global epidemic by providing comprehensive education programs, support and services that are designed to help people navigate the unique issues of Alzheimer’s disease and other dementias, while advancing prevention methods and, ultimately, a cure.

The Greater Indiana Chapter serves 73 counties in Indiana. We work hard to bring these resources to more than 110,000 Hoosiers living with the disease and their 334,000 caregivers on a local level.

### 24/7 Helpline
Call our 24/7 Helpline to receive information, assistance and counseling by trained staff, specialists, social workers and volunteers. If you have any questions, you can reach the helpline by calling 800.272.3900.

### Advocacy
Advocates work locally and nationally to ensure that the needs of those affected by Alzheimer’s disease are represented appropriately in all levels of government.

### Care Consultation
Care Consultation is available for caregivers who need help developing a plan of care for their loved one. Families work with a social worker to identify appropriate resources and strategies for care.

### Early-stage Programs
Early-stage programs are available for individuals in the early stage of Alzheimer’s disease or another dementia. The programs offer social support, engagement, answers to questions about the disease, and advice about planning ahead.

### Education Programs
Education programs are designed to meet the needs of caregivers during the course of the disease. Programs range from basic information about Alzheimer's disease to programs covering caregiving in the early, middle and late stages.

### TrialMatch®
TrialMatch, alz.org/trialmatch, is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer’s, caregivers, healthy volunteers and physicians with current studies. By volunteering, people can play a more active role in their own treatment while also contributing to scientific discovery and benefiting future generations.

### Online Service & E-Learning Courses
The Alzheimer’s Association offers online resources for individuals with Alzheimer’s disease, families and professionals. For online services, visit our caregiver center at alz.org/care. Education programs are available online 24/7 for those who are unable to attend in person presentations at training.alz.org.

### Support Groups
The Alzheimer’s Association offers monthly support groups across Indiana to provide family caregivers and friends of individuals with dementia an opportunity to share their experiences and receive support from others going through similar situations. Visit alzconnected.org to connect with caregivers around the nation.
PARTNER THANK YOU

The Walk to End Alzheimer’s in Indiana would not have been possible without the generous support of companies like Eli Lilly & Company, 2016 Statewide Premier Partner, and our Statewide Presenting Partners, Kittle’s Furniture and Trilogy Health Services.

Employees of these companies threw themselves into the mission, hosting fundraisers from Casual for a Cause to bake sales. They helped raise awareness in the community by hosting health fairs, community events and advertising the Walk to End Alzheimer’s. Representatives joined planning committees, working hard to ensure event success. They donated food and water to keep our Walkers nourished.

Most importantly, employees of our local and statewide partners started teams and recruited participants to walk with them. During the Promise Garden ceremonies, they raised yellow, orange and purple flowers, coming together with our communities to show support for the thousands of Indiana families facing Alzheimer’s disease and dementia.

Thank you!
THE END OF ALZHEIMER’S STARTS WITH US

In September and October, the Alzheimer’s Association Greater Indiana Chapter hosted more than 10,000 participants at 12 Walk to End Alzheimer’s events across the state. Attendees participated in a fun-filled day of family-friendly activities to honor those lost to Alzheimer’s and support Indiana families facing dementia. Thanks to our walkers and corporate partners, we were able to raise more than $1.7 million to provide funding for care, support and research efforts. Thank you for helping us break records and make a major impact in the fight to end Alzheimer’s.

VOLUNTEER OPPORTUNITY: Join a walk committee!

Do you enjoy planning events and logistics? Consider serving on a Walk Planning Committee. Members work side by side with staff to recruit new teams and sponsors, develop grassroots marketing efforts and assist with event logistics. For more information, email IndianaVolunteer@alz.org or call Amy at 317.587.2212.

2017 WALK TO END ALZHEIMER’S® DATES:

- Anderson, IN: September 23, 2017
- Bloomington, IN: September 24, 2017
- Columbus, IN: October 1, 2017
- Fort Wayne, IN: October 7, 2017
- Indianapolis, IN: September 30, 2017
- Kokomo, IN: September 16, 2017
- Lafayette, IN: September 30, 2017
- Lake County, IN: September 17, 2017
- Michiana, IN: September 17, 2017
- Michigan City, IN: September 23, 2017
- Richmond, IN: September 30, 2017
- Terre Haute, IN: September 16, 2017
EARLY-STAGE ENGAGEMENT

The Alzheimer’s Association hosts a variety of early stage programming designed to address the needs of people who are experiencing symptoms within the early stages of Alzheimer’s disease or other dementias. Programs include networking, education and support for both the individual and his or her family or care partner.

One of the core themes underlying the early-stage experience are the changes an individual experiences in their behavior, cognition, daily routines and relationships that can often result in isolation, depression and lack of connection with those around them. Individuals seek opportunities that allow them to make meaningful contributions and remain involved and active in daily life, friendship and decisions for as long as possible.

In the greater Fort Wayne and Indianapolis communities, the Early-Stage Social Engagement Program offers a fun and comfortable way for people living in the early stage of Alzheimer’s or other dementia and their care partners to get out, get active and get connected with one another through a variety of social events and community-based activities that promote social interaction and companionship.

Examples of outings include art tours guided by specially-trained docents, concerts, plays and dance performances, interactive music sessions and sing-a-longs, crafts, board games and strolls in the park.

“The benefit derived from the visits to the Fort Wayne Museum of Art are amazing,” said Judy, an early-stage engagement attendee and care partner. “The well-organized program provides an active cultural stimulation during what might otherwise be a fairly ‘routine’ day. The activity stimulates conversation, emotion and interaction at every turn. We are extremely fortunate to be a part of this great opportunity.”

Another regular event is provided by The Great American Songbook Foundation at the Palladium at

EARLY-STAGE SOCIAL OPPORTUNITIES

Social engagement is currently available in greater Indianapolis and Fort Wayne communities. Call 317.587.2217 for more information about dates, locations and to be added to a monthly calendar e-newsletter.

CONCERTS AND PERFORMANCES:
Enjoy concerts, plays, musicals and dance performances with your loved one.

MUSEUM AND HISTORICAL HOME TOURS:
Tour an art museum or historical site with other early-stage participants and trained docents.

INTERACTIVE SESSIONS:
Sing along with musicians, make a craft, walk through a garden or try your hand at miniature golf!

MEMORY CAFES:
Have a snack, craft and play games with fellow individuals and care partners.

PARKS, PICNICS AND POTLUCKS:
Visit various parks and socialize with others in the great outdoors.
the Center for The Performing Arts in Carmel, Indiana. Here, attendees have the opportunity to listen, sing and engage in music-related games and discussion which often evoke fond memories of the past.

“You leave humming the songs and feeling uplifted,” said Barbara, care partner and program attendee.

Because the early-stage engagement program is focused on socializing with others, there is an expectation that attendees are able to follow a simple conversation. Ideal candidates are able to express a desire to network with others, and for the most part, are independent in their daily activities. To ensure the program is the right fit, all new attendees should be assessed by an Alzheimer’s Association care consultant. This can be completed in person or over the phone.

A diagnosis of Alzheimer’s disease can leave a person feeling disconnected, abandoned or unsure of how to respond and where to turn to next. When facing difficult times, having a good support network that includes the ability to talk with others living in the early stage can give the newly diagnosed individual or family a sense of belonging and purpose.

“It was enjoyable interacting with staff, others with dementia and their families and supporters,” said a Memory Cafe attendee. “It helps knowing you are not alone.”
ADVOCACY

Making Powerful Progress

As the world’s leading Alzheimer’s advocacy organization, the Alzheimer’s Association fights for critical research, prevention and care initiatives at the federal, state and local levels of government.

With strong support from our Indiana Congressional delegation, Congressional committees approved an increase of as much as $400 million for Alzheimer’s research at the National Institutes of Health (NIH). Because of our successful advocacy for the HOPE for Alzheimer’s Act, the Centers for Medicare & Medicaid Services (CMS) will now pay for cognitive and functional assessment and care planning for persons with cognitive impairment. People living with Alzheimer’s will have access to care planning with a medical professional covered by Medicare.

We are making groundbreaking progress in research because of our supporters and advocates. If you are interested in learning more, you can join thousands of advocates at alz.org/advocate.

The Greater Indiana Chapter and Indiana Alzheimer Disease Center (IADC) held an exciting Alzheimer’s research event on October 27 at the IU Health Neurosciences building in Indianapolis. The IADC is one of 31 Alzheimer’s research centers nationwide that receives funding from the National Institute on Aging.


Dr. Andrew Saykin and Dr. Bruce Lamb of IADC gave superb presentations about their Alzheimer’s research efforts. The highlight was a tour of the brain imaging center and the research labs.

The Alzheimer’s Association Advocacy Forum is the nation’s premier Alzheimer’s disease advocacy event.

March 27-29, 2017
Washington, D.C.

The Alzheimer’s Association Advocacy Forum is the nation’s premier Alzheimer’s disease advocacy event.
alz.org/forum
Alzheimer’s disease can be devastating. While it affects every aspect of a diagnosed person’s life, it cannot stop or slow down the desire to bring about change. It does not stop people, like Katasha Butler, from joining the fight to end Alzheimer’s.

Katasha works full-time for Veteran’s Affairs Illiana in pharmacy, while simultaneously running her event planning business, K-Sherrie & Company, and banquet hall, Social. She volunteers for many causes and remains actively involved in the Alpha Mu Omega Chapter of Alpha Kappa Alpha (AKA). One of her main sorority projects is supporting The Longest Day with the Alzheimer’s Association Greater Indiana Chapter.

In 2015, Katasha spearheaded an urban scavenger hunt for her fellow AKA sisters. Teams flooded the Butler-Tarkington area in search of clues as a way to give hours of service in honor of caregivers, for whom every day can feel like the longest day. She organized the hunt again in 2016 to include Massachusetts Avenue and Indiana landmarks.

Continued on next page
“I chose to do a scavenger hunt because we wanted to do something new and innovative – there are only so many walks you can do,” said Katasha. “We had a digital command center where the teams texted their pictures back and then received the next clue.”

Prior to the hunt, AKA sisters across the nation prayed together via conference call for all affected by dementia and Alzheimer’s. Later, registered groups showed team spirit by dressing in costume and being ready for the challenge of the hunt. Awards were given before a closing ceremony with balloons, and in 2016, a dance party.

“The balloon launch at the end was very serene for me and centering. It made me reflect on my grandmother, who is affected by this dreadful disease,” said Katasha, reflecting on her decision to get involved with The Longest Day.

Often called “a little church lady,” Katasha’s grandmother, Marva Tools, would speak with her over the phone about church psalms. She enjoyed dressing in Sunday best - special hat in tow.

Katasha recounts their times spent together – shopping in Indianapolis or watching television. Her grandmother dearly loved her many grandchildren, and she enjoyed flipping through scrapbooks of family memories.

In 2011, Katasha started noticing changes in her grandmother’s behavior. Their close relationship helped her detect warning signs, and she educated her family, which led to an official diagnosis of Alzheimer’s disease.
On The Longest Day®, people across the world will do what they love, or what those affected by the disease love to do. Together we will raise funds and awareness for care and support while advancing research toward finding the first survivor of Alzheimer’s. For more information and to register for The Longest Day, visit alz.org/TLD. Contact Anne Murray at amurray@alz.org for ideas to jumpstart your team.

“Earlier on, she would have glimmers—coming in and out, where you could tell she knew something was wrong. That was devastating, to know that she knew there was something wrong,” said Katasha. “Now the most difficult part is seeing my grandmother as someone that she is not. It is her, but it is not the grandmother that I knew.”

Locks and special door knobs have been installed after a wandering incident in which her grandmother left in the middle of the night, clad only in her silk pajamas on the coldest night of the year. The knobs from the stovetop have been removed. Her grandmother is less interested in dressing for Sunday.

But love remains — love for those affected by Alzheimer’s — and the drive to make a difference by increasing education and awareness of the disease remain strong. Through The Longest Day, Katasha and her Alpha Kappa Alpha sisters fight to see a world without Alzheimer’s.

“Everyone knows someone who has been affected by Alzheimer’s disease — whether their own loved one or a friend’s, and they know the impact that it has on everyone it affects,” said Katasha. “Just thinking about finding a cure one day is a glorious thing! Who wouldn’t want to support that?”
Select any activity you love — or an activity loved by those affected — to help end Alzheimer’s. Teams can host fun events year-round to include sports, hobbies and interests. Contact Anne at amurray@alz.org or visit alz.org/indiana/tld to brainstorm how your free time can honor and support those facing Alzheimer’s disease and their families.

**UPCOMING EVENTS**

**Education Conference**

**JUNE 2, 2017**

*Indianapolis Marriott North*

Our premier dementia conference for people with early-stage dementia, families, friends and professionals. The conference is designed for dementia education, information, support and resources. National, regional and local presenters come together to ensure an innovative and insightful conference for 500 participants. Keynote presenters include Dr. Neelum Aggarwal, Rush Alzheimer’s Disease Center, and Dr. Keith Fargo, Director of Scientific Programs & Outreach, Alzheimer’s Association. Registration opens in mid-March at alz.org/indiana/conference.

**KEYNOTE PRESENTERS**

- **Dr. Keith Fargo**
  Director of Scientific Programs & Outreach, Alzheimer’s Association

- **Dr. Neelum Aggarwal**
  Rush Alzheimer’s Disease Center

**THE LONGEST DAY™**

alzheimer’s association®

Select any activity you love — or an activity loved by those affected — to help end Alzheimer’s. Teams can host fun events year-round to include sports, hobbies and interests. Contact Anne at amurray@alz.org or visit alz.org/indiana/tld to brainstorm how your free time can honor and support those facing Alzheimer’s disease and their families.
UPCOMING EVENTS

UPCOMING EVENTS

RIVALZ
BLONDES VS BRUNETTES

alzheimer’s association

MAY 13, 2017
Eli Lilly & Company Colonel Field
A flag football game for women held in Indianapolis, designed to bring young community leaders together to support our mission. The two teams of women – divided to reflect the age-old rivalry between blondes and brunettes, attend practices and participate in a series of events leading up to game day to socialize and increase awareness for Alzheimer’s disease. Now recruiting team players and coaches! Visit alz.org/indiana/bvb for more information.

MAY 13, 2017
Alzheimer’s Awareness Day
Indiana State House
Join advocates from across Indiana to spread awareness of Alzheimer’s disease and dementia at the Indiana State House. Meet with your state representative or senator, learn about current Alzheimer’s research from Dr. Bruce Lamb, Indiana Alzheimer Disease Center, and visit with Alzheimer’s Association staff, volunteers and community resources. Contact Michael Sullivan at msullivan@alz.org for more information. RSVP today at 800.272.3900.

MAY 13, 2017
Eagle Creek Golf Club
Golfers spend the day playing 18 holes while enjoying exciting activities and complimentary lunch and unlimited beverages on the course, followed by dinner and live and silent auction. Sign up your foursome today! Contact Tracy at 317.587.2209 for more information.

MAY 13, 2017
Volunteer Opportunity
Join an event planning committee! Now recruiting for Blondes vs Brunettes, The Memory Cup, Walk to End Alzheimer’s and Chocolate Sunday. Email IndianaVolunteer@alz.org to learn more.

MARCH 28, 2017
Alzheimer’s Awareness Night at Pacers vs. Timberwolves
Bankers Life Fieldhouse
Cheer on your Indiana Pacers while raising critical awareness of Alzheimer’s disease and dementia. Tickets are available at Ticketmaster or at the Fieldhouse box office at (317) 917-2727. Don’t forget to wear purple!
The Alzheimer’s Association offers monthly support groups to provide family caregivers and friends of individuals with dementia an opportunity to share their experiences and receive support from others.

There is no cost or commitment to attend. If you have questions about support groups, please call the 24/7 Helpline at 800.272.3900.

**ADAMS COUNTY:**
- **Decatur**
  - Adams Memorial Hospital, Decatur Classroom
  - 1100 Mercer Ave.
  - Third Thursday of the month at 4 p.m.

**ALLEN COUNTY:**
- **Fort Wayne**
  - Waynedale Public Library
  - 2200 Lower Huntington Rd.
  - First Thursday of the month at 10 a.m.

- **Fort Wayne**
  - Risen Savior Lutheran Church
  - 8010 W Jefferson Blvd.
  - Second Thursday of the month at 6:30 p.m.

- **Fort Wayne**
  - First Presbyterian Church
  - 300 W. Wayne St.
  - Third Thursday of the month at 10:30 a.m.

- **Fort Wayne**
  - Abundant Life Church, Entrance 4, Room 141
  - 3301 E. Coliseum Blvd.
  - Second Monday of the month at 6 p.m.

- **Fort Wayne**
  - Parkview Hospital Randallia, Third Floor
  - 2200 Randallia Dr.
  - First Tuesday of the month at 6 p.m.

- **Fort Wayne**
  - Covenant United Methodist
  - 10001 Coldwater Rd.
  - Second Monday of the month at 10 a.m.

**BARTHOLOMEW COUNTY:**
- **Columbus**
  - Bartholomew County Library
  - 536 5th St.
  - First Tuesday of the month at 4:30 p.m.

**BLACKFORD COUNTY:**
- **Hartford City**
  - Blackford County Senior Center
  - 101 S Mill St.
  - Second Thursday of the month at 5:30 p.m.

**BOONE COUNTY:**
- **Lebanon**
  - Witham Health Services-VIP Dining Room
  - 2605 N. Lebanon St.
  - Third Tuesday of the month at 6 p.m.

**DEKALB COUNTY:**
- **Auburn**
  - Heimach Center
  - 1800 E. Seventh St.
  - Third Thursday of the month at 2 p.m.

**DELAWARE COUNTY:**
- **Muncie**
  - Community Hospital Medical Pavilion
  - 4008 Bethel Ave.
  - First Thursday of the month at 2 p.m.

**ELKHART COUNTY:**
- **Adamsville**
  - Road Church of God
  - 51287 County Rd.
  - First Wednesday of the month at 6 p.m.

**FAYETTE COUNTY:**
- **Connersville**
  - Fayette County Senior Center
  - 477 N. Grand Ave.
  - Third Thursday of the month at 5:30 p.m.

**GRANT COUNTY:**
- **Marion**
  - Marion Public Library
  - 600 S Washington St.
  - Marion, IN 46953
  - Third Wednesday of the month at 6 p.m.

**GREENE COUNTY:**
- **Switz City**
  - Switz City Christian Church
  - Highway 54
  - First Monday of the month at 6 p.m.

**HAMILTON COUNTY:**
- **Carmel**
  - PrimeLife Enrichment Inc.
  - 1078 Third Ave. SW
  - Second Wednesday of the month at 10 a.m.

- **Danville**
  - Hendricks County Senior Center
  - 1201 Sycamore Ln.
  - Fourth Tuesday of the month at 6 p.m.
<table>
<thead>
<tr>
<th>County</th>
<th>City</th>
<th>Address and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOWARD COUNTY:</td>
<td>Kokomo</td>
<td>Community Howard Regional, Community Room off East Lobby 3500 S Lafountain St. Third Thursday of the month at 6 p.m.</td>
</tr>
<tr>
<td>HUNTINGTON COUNTY:</td>
<td>Huntington</td>
<td>Parkview Hospital 2001 Stults Rd Second Wednesday of the month at 10:30 a.m.</td>
</tr>
<tr>
<td>JACKSON COUNTY:</td>
<td>Seymour</td>
<td>Schneck Medical Center, Cancer Center, Conference Room 200 South Pine St. Third Thursday of the month at 5:30 p.m.</td>
</tr>
<tr>
<td>JASPER COUNTY:</td>
<td>Rensselaer</td>
<td>Jasper County Community Services 967 E. Leopold St. Last Tuesday of the month at 4 p.m.</td>
</tr>
<tr>
<td>JAY COUNTY:</td>
<td>Portland</td>
<td>Jay County Public Library Community Room 315 N. Ship St. Third Tuesday of the month at 5:30 p.m.</td>
</tr>
<tr>
<td>KNOX COUNTY:</td>
<td>Vincennes</td>
<td>Central Church of Christ 1600 Forbes Rd Second Tuesday of the month at 4 p.m.</td>
</tr>
<tr>
<td>KOSCIUSKO COUNTY:</td>
<td>Syracuse</td>
<td>Calvary United Methodist Church 801 S. Huntington St. Fourth Thursday of the month at 2 p.m.</td>
</tr>
<tr>
<td>LAKE COUNTY:</td>
<td>Warsaw</td>
<td>Walnut Creek United Methodist Church 2033 S 150 W (Corner of IN 15 and 200 S) Second Thursday of the month at 10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Merrillville</td>
<td>Alzheimer’s Association 8679 Connecticut Street, Suite D Third Wednesday of the month at 6 p.m.</td>
</tr>
<tr>
<td>LAPORTE COUNTY:</td>
<td>Michigan City</td>
<td>St. John’s United Church of Chnst 101 St. John Road Second Thursday of the month at 6:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Anderson</td>
<td>Community Hospital Education Center 1923 N. Madison Ave Second Thursday of the month at 9 a.m., 2 p.m., and 6 p.m.</td>
</tr>
<tr>
<td></td>
<td>Anderson</td>
<td>Madison Park Church of God 6607 Providence (Room 176) Fourth Tuesday of the month at 6:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Elwood</td>
<td>St. Vincent Mercy Hospital, Sister Andrea/Dr. Scea Room 113 S. A St. First Thursday of the month at 6:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Martinsville</td>
<td>IU Health Morgan, Morgan Conference Room 2209 John R. Wooden Dr. Second Monday of the month at 6:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Kendallville</td>
<td>Parkview Noble Health and Wellness Center 402 Sawyer Road First Tuesday of the month at 2 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Volunteer Opportunity:</strong> Email <a href="mailto:IndianaVolunteer@alz.org">IndianaVolunteer@alz.org</a> to learn how to facilitate a support group in your area.</td>
</tr>
<tr>
<td>SHELBY COUNTY:</td>
<td>Shelbyville</td>
<td>Shelby Senior Services 1504 S. Harrison St. Second Tuesday of the month at 2 p.m.</td>
</tr>
<tr>
<td>STEUBEN COUNTY:</td>
<td>Angola</td>
<td>Carnegie Public Library 322 S. Wayne Street First Wednesday of the month at 1:30 p.m.</td>
</tr>
<tr>
<td>TIPPECANOE COUNTY:</td>
<td>West Lafayette</td>
<td>Faith West Community Center, Student Study Rms 1 &amp; 2 1920 Northwestern Ave Third Tuesday of the month at 4 p.m.</td>
</tr>
<tr>
<td>VIGO COUNTY:</td>
<td>Terre Haute</td>
<td>Vigo County Library Seventh and Poplar St First Wednesday of the month at 10 a.m.</td>
</tr>
<tr>
<td>WAYNE COUNTY:</td>
<td>Richmond</td>
<td>First English Lutheran Church 2727 E. Main St First and Third Wednesdays of the month at 2:30 p.m.</td>
</tr>
<tr>
<td>WHITNEY COUNTY:</td>
<td>Columbia City</td>
<td>Columbia City United Methodist Church 605 N. Forest Parkway Second Monday of the month at 6:30 p.m.</td>
</tr>
</tbody>
</table>

[alz.org/indiana](http://alz.org/indiana) | 24/7 Helpline [800.272.3900](tel:800.272.3900) | Spring Newsletter 2017 | 15
**Educational Programs**

The Alzheimer’s Association offers educational programs for the general public and families affected by Alzheimer’s disease and dementia. Lead by staff, professionals and trained volunteers, programs range from an overview of the disease to early detection and care planning throughout each stage. We can help you find the right program for you or your group audience.

To find additional scheduled dates and locations, visit [alz.org/indiana/communities](http://alz.org/indiana/communities) and click on your county area. If you would like to request a program for your group or community, call 800.272.3900.

**Register for a program at 800.272.3900**

*Programs with an asterisk are also available to view online at training.alz.org.*

### The Basics: Memory Loss, Dementia & Alzheimer’s Disease*

Learn about detection, causes and risk factors, stages of the disease, treatment and much more.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indianapolis</td>
<td>2/22/17</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>2/28/17</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Richmond</td>
<td>3/22/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>4/5/17</td>
<td>10:30 p.m.</td>
</tr>
<tr>
<td>Dyer</td>
<td>4/11/17</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Lowell</td>
<td>5/2/17</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Auburn</td>
<td>5/25/17</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Hammond</td>
<td>6/5/17</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>Hobart</td>
<td>6/7/17</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>Huntington</td>
<td>6/7/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Chesterton</td>
<td>6/14/17</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Michigan City</td>
<td>8/10/17</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Munster</td>
<td>8/15/17</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Crown Point</td>
<td>8/17/17</td>
<td>6:00 p.m.</td>
</tr>
</tbody>
</table>

### Know the 10 Signs: Early Detection Matters*

Understand the difference between age-related memory loss and dementia, as well as what to do if you or someone you know have signs of dementia.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fort Wayne</td>
<td>3/8/17</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Franklin</td>
<td>3/8/17</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Chesterton</td>
<td>3/14/17</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Hobart</td>
<td>4/4/17</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Valparaiso</td>
<td>4/13/17</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>Richmond</td>
<td>4/26/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>4/26/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Auburn</td>
<td>4/27/17</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Huntington</td>
<td>5/10/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Crown Point</td>
<td>5/11/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Munster</td>
<td>5/12/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Michigan City</td>
<td>5/17/17</td>
<td>2:00 p.m.</td>
</tr>
</tbody>
</table>
Healthy Living for your Brain and Body: Tips from the Latest Research
Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auburn</td>
<td>2/16/17</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Hammond</td>
<td>3/5/17</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>Lowell</td>
<td>3/7/17</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Munster</td>
<td>3/14/17</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Crown Point</td>
<td>3/15/17</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Auburn</td>
<td>3/16/17</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>3/21/17</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Michigan City</td>
<td>3/21/17</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Franklin</td>
<td>4/12/17</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>4/24/17</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Chesterton</td>
<td>5/9/17</td>
<td>3:00 p.m.</td>
</tr>
</tbody>
</table>

Dementia Conversations
Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indianapolis</td>
<td>2/21/17</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>2/23/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>3/9/17</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Greenwood</td>
<td>3/13/17</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>East Chicago</td>
<td>3/22/17</td>
<td>4:00 p.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>5/22/17</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Richmond</td>
<td>5/24/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Chesterton</td>
<td>9/12/17</td>
<td>3:00 p.m.</td>
</tr>
</tbody>
</table>

Effective Communication Strategies
Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michigan City</td>
<td>2/9/17</td>
<td>6:30 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>3/9/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>4/4/17</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Merrillville</td>
<td>4/25/17</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>5/3/17</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Franklin</td>
<td>5/10/17</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Auburn</td>
<td>6/22/17</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Richmond</td>
<td>6/28/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Valparaiso</td>
<td>6/29/17</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>Huntington</td>
<td>7/12/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Dyer</td>
<td>7/25/17</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Michigan City</td>
<td>10/3/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Crown Point</td>
<td>10/4/17</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Munster</td>
<td>10/10/17</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Chesterton</td>
<td>10/17/17</td>
<td>3:00 p.m.</td>
</tr>
</tbody>
</table>

Understanding and Responding to Dementia-Related Behavior
Learn to about some of the common triggers for behaviors associated with dementia, how to assess the person’s needs and how to intervene effectively.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indianapolis</td>
<td>3/16/17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>4/11/17</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>East Chicago</td>
<td>6/13/17</td>
<td>4:00 p.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>6/17/16</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Richmond</td>
<td>7/26/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Auburn</td>
<td>7/27/17</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Huntington</td>
<td>8/9/17</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Hobart</td>
<td>8/9/17</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>Chesterton</td>
<td>11/14/17</td>
<td>3:00 p.m.</td>
</tr>
</tbody>
</table>

Continued on next page
Learning Together
A 6-week support and education program for those experiencing the early symptoms of Alzheimer’s disease or other dementias. Requires pre-screening and is facilitated by a licensed social worker. For more information visit alz.org/indiana or call our Helpline at 800.272.3900

<table>
<thead>
<tr>
<th>Location</th>
<th>Begins</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indianapolis</td>
<td>4/20/17</td>
<td>6:00 - 8:00 p.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>4/20/17</td>
<td>5:30 - 7:30 p.m.</td>
</tr>
</tbody>
</table>

Lunch and Learn Series for Professionals
Professionals attend a presentation facilitated by an expert in the field during a lunch hour. CEUs are HCFAs are available. The March session covers detection, risk factors and stages of Alzheimer’s; the June session is on hearing loss and dementia.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indianapolis</td>
<td>3/8/17</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Merrillville</td>
<td>3/8/17</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>3/9/17</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Merrillville</td>
<td>6/7/17</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Fort Wayne</td>
<td>6/8/17</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>6/14/17</td>
<td>11:30 a.m.</td>
</tr>
</tbody>
</table>

Living with Alzheimer’s — Middle Stage — 2 part series
In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Join us for this 2-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s.

| Part 1 | March 28, 2017 at 1pm |
| Part 2 | March 30, 2017 at 1pm |
| Location | Community Health Pavilion Shadeland, 2040 N Shadeland Ave, Indianapolis, IN 46219 |

Living with Alzheimer’s — For Caregivers — Late Stage
In this program, you will learn the concept of the self in the late-stage of Alzheimer’s disease. This program covers effective ways to communicate, connect with and provide daily care in the late-stage. You will also learn how to access and evaluate late-stage care options.

| City    | Fort Wayne |
| Date    | March 27, 2017 |
| Time    | 3-6pm |
| Location | Fort Wayne Parks and Recreation Community Center, 233 W Main St, Fort Wayne IN |

VOLUNTEER OPPORTUNITY:
Help us educate the community! Email IndianaVolunteer@alz.org to inquire about delivering programs as a Community Educator (AACE).
Leslie G. Oleck, NP, LMFT
Alzheimer’s Association
Medical & Scientific Advisory Council

It seems that the saying, “it takes a village,” is certainly true for those of us caring for patients with dementia. Family, friends, church, nurses, doctors and other professionals come together to deliver the best care possible.

As a family member or close friend, you may know it is time to ask her to give up her car keys, perhaps assist him to balance the checkbook and pay bills, perhaps observe for safety in the kitchen. These are difficult subjects to broach, but as someone who cares, you know it is time for these discussions. If you need help naming what changes you are seeing, (sometimes it is hard to think about changes in an organized fashion) you can use the “Symptoms” icon in the Alzheimer’s Navigator found at alzheimersnavigator.org.

The main goal of care is to help the patient maintain or improve function and participate in daily activities to the fullest extent possible. As the disease progresses, it is helpful to modify the physical environment, the social environment and the learning environment. Stay in touch with your medical provider in case medications could be useful.

The main goal of care is to help the patient maintain or improve function and participate in daily activities to the fullest extent possible.

Modifying the physical environment can involve:
- simplifying tasks and routines
- playing calming music
- using lighting to reduce confusion and restlessness
- using labels to remind the person (e.g. what is in this drawer or cabinet?)
- equipping doors and gates with safety locks using visual cueing

Modifying the social environment can involve:
- identifying circumstances which may trigger agitation or aggression
- using fewer and less complex words when speaking
- helping the patient engage in meaningful activities/exercise
- reducing overstimulation
- allowing adequate rest between stimulating events
- introducing pet therapy, meditation or massage

Modifying the learning environment can involve:
- providing intellectual stimulation such as memory games
- discussing pictures of loved ones and friends
- introducing support or reminiscence groups

Care for the caregiver is no less important than care for the patient.
- Keep in touch with support persons in your life
- Join a caregiver support group through the Alzheimer’s Association
- Utilize your local council on aging and Alzheimer’s Association for respite care resources
- Know the options for the person with AD re: assisted living, palliative or hospice care

Remember, while you are planning tomorrow, your loved one is living in the moment. In order for you to be with them in the moment, find ways to take care of yourself so you can be at your best with all of your loved ones.
VOLUNTEER TO FIGHT ALZHEIMER’S

Join the leading voluntary health organization in Alzheimer’s care, support and research. The Alzheimer’s Association Greater Indiana Chapter is actively recruiting individuals to plan fundraising events, educate, support and advocate for Indiana families facing Alzheimer’s and dementia.

Get started at alz.org/indiana/volunteer.