Mark your calendars now for “Navigating the Currents of Memory Loss” on March 11, 2006, at the Earle Brown Heritage Center in Brooklyn Center, Minn., and via satellite broadcast locations in greater Minnesota and North Dakota. The “navigating the currents” theme recognizes changes that occur throughout an individual’s disease process. Persons with memory loss, family and professional care partners will find keynote presentations and workshops to meet their needs.

Ronald Petersen, Ph.D., M.D., Director of the Mayo Alzheimer’s Disease Research Center, will present “Focusing on Research: An Update on Alzheimer’s Disease 2006.” Dr. Petersen has authored more than 250 peer-reviewed articles and edited three books on memory disorders, aging and Alzheimer’s disease. His current research focuses on the study of normal aging, Mild Cognitive Impairment and Alzheimer’s disease.

Following his presentation, a panel of individuals with early-stage memory loss and their care partners will discuss personal aspects of the disease. “We call this panel session ‘Living with Dementia: Resilience and Empowerment,’” said Trisha Skajewski, Education Manager for the Alzheimer’s Association Minnesota-North Dakota. “These families will challenge attendees to see the disease with a new perspective. We believe that families and professionals who hear these first-person accounts will gain a new understanding of memory loss.”

David Troxel, author of “The Best Friends Approach to Alzheimer’s Care,” will share his philosophy on caring for someone with Alzheimer’s disease. “We are very excited to bring David to Minnesota for our conference,” said Mary Birchard, Executive Director. “His ‘Best Friends Approach’ is valuable for both family and professional care partners. He will offer a researched and documented approach to care at home or in a facility and also share the human side of giving care that is centered on the person with dementia.”

(continued on page 2)

Holiday Hours
The Alzheimer’s Association offices will be closed for the holidays on December 30 and January 2. Individuals can still receive help by calling the Information Helpline during that time at 1-800-232-0851.
New for 2006, these morning sessions, including Dr. Petersen, the early-stage panel and David Troxel’s presentation, will be broadcast to sites in Bismarck, Fargo, Rochester and Duluth.

In the afternoon, participants at the Earle Brown Center will attend two break-out sessions. Closing the day will be Erin Bonitto, an expert in gerontology, talking about “Seven Things the Person with Memory Loss Wants You to Know.” The Earle Brown Center site also includes an exhibit hall with more than 40 health-related organizations sharing information about the resources they offer for people with dementia.

The Randall Family Foundation, The R. and M. Clark Foundation and the Moen Family Education Fund of The Moen Family Foundation provided scholarship funds for families to attend the conference.

The conference brochure will be available in early January, either through regional offices or via download from www.alzmndak.org. Call the conference information line at 952–857–0529 for more information.

Learn About Medicare Part D
The word used most often to describe the new Medicare Drug Benefit (Part D) is “confusing.” Check out the Alzheimer Association’s Web site for more information on this benefit and what you should know before you enroll in an individual plan.
For more information, visit www.alzmndak.org/newmedicareinfo.htm or www.medicare.gov.

International Conference Held on the Prevention of Dementia
Nearly 1,000 clinicians, physicians, researchers and policy advocates attended the Alzheimer’s Association International Conference on the Prevention of Dementia June 18-21, 2005, in Washington, D.C. At this conference, the association released the first estimate of worldwide direct costs of Alzheimer’s disease and dementia care to be $156 billion in 2003. As a result of this information, scientists, advocates and those affected by the disease began calling for increased funding for research and support services, according to association reports.

“This study represents a significant step forward in confirming what we’re up against,” said William Thies, Alzheimer’s Association Vice President of Medical and Scientific Affairs. “Our choice is now clearer than ever. Either increase funding for Alzheimer’s disease research to fend off this looming public health disaster, or sit back and wait for it to overwhelm the healthcare systems in the U.S. and throughout the world.”
New Education Catalog Now Available!

The January to June 2006 catalog listing innovative, research-based community, family and professional educational courses offered by the Alzheimer’s Association Minnesota-North Dakota is now available. Here is just a sample of what’s coming.

For health care professionals, *Foundations of Dementia Care* training modules are based upon the Alzheimer’s Association’s recommendations for assisted living residences and nursing homes. These recommendations are supported by 24 leading health and senior care organizations. The modules provide key insights into care areas and emphasize practical, problem-solving approaches that staff can immediately put to use to prevent problems before they occur.

For persons with memory loss and their care partners, there are courses to help understand memory loss, develop a partnership with a doctor and learn skills to make legal and financial plans. For the family care partner, the six-week, evidence-based, skill-building training program called *Savvy Caregiver* offers strategies to manage the daily care of someone with mid-stage Alzheimer’s disease or related dementia.

Community members can also participate in the association’s new *Maintain Your Brain*® workshop, covering evidence-based suggestions on ways to improve the way our brains work and potentially lower risk factors for developing Alzheimer’s disease.

The catalog features education training programs currently scheduled in many communities, but the association also provides educational programs onsite for interested organizations. To view the catalog, visit our Web site at www.alzmndak.org. Call the metro office at 952-830-0512 for more information.

Extreme Makeover: From Virus to Vaccine

The latest approach to an Alzheimer vaccine turns a type of herpes virus into a harmless shell to deliver genetically engineered precision payloads to the immune system, Howard J. Federoff, M.D., reported at the Alzheimer’s Association International Conference on Prevention of Dementia.

Like AN-1792, the first Alzheimer vaccine to reach clinical trials, the herpes virus vehicle targets beta-amyloid, a protein fragment suspected of jamming signals among brain cells and eventually killing them. By tweaking the virus payload to fine-tune the immune response, the researchers hope to develop a formula that won’t trigger the brain inflammation that sidetracked AN-1792.

Federoff’s presentation detailed his team’s latest results testing two different formulas in mice genetically engineered to produce human beta-amyloid. Animals vaccinated with a form based only on beta-amyloid developed brain inflammation, and many died. But mice receiving another form, which fused beta-amyloid to part of the tetanus toxin molecule, experienced a different type of immune response and no brain inflammation. They also had fewer brain deposits of beta-amyloid than these mice usually develop as they age.

Federoff, Senior Associate Dean for Basic Research at the University of Rochester, and colleague William J. Bowers, have received a $1.25 million grant from the National Institutes of Health (NIH) for work on this technique. The team is also working on vaccines for AIDS, Parkinson’s disease and cancers of the liver, pancreas and blood.
Alzheimer’s Association Holds Annual Meeting

On November 10, the Alzheimer’s Association Minnesota-North Dakota held its annual meeting in Minneapolis, reporting on the state of the association and celebrating 2005 achievements. Setting the tone for the evening, Mary Birchard, Executive Director, said, “The Alzheimer’s Association has some amazing community partners. Together, we are making a difference in the lives of people with memory loss and those who love them. That’s the good news. The bad news is that the number of people with Alzheimer’s continues to grow.”

Citing current statistics, she added, “It is important to spread the word that Alzheimer’s is a major health issue in the United States today. The number of people with the disease is large and only getting larger.”

To put those numbers in context, Dr. Martha McMurry, Senior Research Analyst with the Minnesota State Demographic Center in St. Paul, reported the latest Minnesota population, household and labor force projections, along with demographic trends.

McMurry was followed by Robert Karrick, Board Chair, who highlighted some of the association’s accomplishments during the past year, including the creation and adoption of a strategic plan to guide the association. He also thanked the many staff and volunteers.

“We are blessed with hundreds of volunteers who continually step forward to offer their help,” he said. “During the year, through support groups and care consultations alone, we provided encouragement and assistance to more than 2,000 individuals through 180 support groups and 1,300 one-on-one care consultations.”

Karrick also outlined some of the challenges ahead, including reaching out into the community and connecting more effectively with association constituents, addressing various diversity issues and accomplishing the association’s mission with limited financial resources. “We are a small organization with a large mission,” he said.

“I’m confident our journey toward healthy horizons is on the right road because we have such incredible strengths,” said Birchard, adding her thanks to generous donors, a passionate staff and an accomplished board of directors.

“As we go forward, let us remember that we weren’t meant to walk through life alone,” she said. “While our work is about changing lives, everyone who comes in contact with our organization changes us, too. Everyone who reaches out to us for help also leaves behind a gift—a gift of encouragement—a gift of inspiration. For each of these men and women, we have to remain viable and strong.”

Carole Lee Randall was presented with the Alzheimer’s Association Special Friend’s Award at the annual meeting in November. She is a former board member, having served on several board committees, and is an active volunteer. Randall currently serves on the Program Services, Public Awareness and Gala committees.
New Board Members, Officers Named

In June, three new members were elected to the board of directors of the Alzheimer’s Association Minnesota-North Dakota: Jim Hawley, Senior Vice President and Chief Financial Officer of MGI PHARMA, Inc., Bloomington, Minn.; Pat Konewko, M.D., neuropsychologist and Clinical Director of Merit Care’s Alzheimer’s and Related Diseases Program, Fargo, N.D.; and Eric DeClouet, consultant, Host Sentinel, Inc, Apple Valley, Minn.

Robert Karrick, Executive Vice President and Chief Operating Officer of Smead Manufacturing, was named Board Chair; Rodger Wetzel, Director of St. Alexius Community Health, Eldercare and Foundation in Bismarck, was named Vice Chair; Ronald Kelner, CPA with Schechter Dokken Kanter Andrews and Selcer, Ltd., was named Treasurer; and Jane Ochrymowycz, community volunteer and previous Board Chair, was named Secretary.

“We congratulate everyone and thank them for giving so freely of their time to make this a better world for people with memory loss,” said Mary Birchard, Executive Director. “We look forward to the contributions they will make to this important effort in the coming year.”

Save the Date! Remembering Our Stars Gala on April 22

Each spring, the Alzheimer’s Association holds a gala in the Twin Cities, where more than 400 friends of the association come together to raise funds that support the many programs and services of the association and to celebrate the lives of loved ones with Alzheimer’s and related diseases.

Mark your calendar for the 2006 gala, which will take place on April 22 at the University of Minnesota’s McNamara Alumni Center. Individual tickets and table sponsorships are available now. For more information, call Ashley Stover, Special Events Coordinator, at 952-857-0532, or e-mail ashley.stover@alz.org. If you’d like to request a gala invitation for yourself or a friend, please provide your full name and mailing address.

Volunteer Opportunities

Volunteering is a wonderful way to share your time and talents with those who need help. There are many ways to volunteer with the Alzheimer’s Association, from special event assistance to Information Helpline/Safe Return volunteers. The office, too, depends on volunteer help to run smoothly. Current volunteer opportunities include clerical and receptionist assistance in the Twin Cities and regional offices. Computer skills are helpful, but not necessary. Flexible scheduling during regular business hours is available. For more information, contact Nancy Thomes, Director of Volunteer Programs, at 952-857-0520 or nancy.thomes@alz.org.

Welcome

Six new employees have joined the Alzheimer’s Association Minnesota-North Dakota since mid-summer. We welcome:

- Liz Doyle, Western Minnesota Regional Center Director
- Esther Gieschen, Northern Minnesota Regional Center Director
- Paulette Orth, Administrative Assistant, Eastern North Dakota Regional Center
- Jayne Petrich, Care Consultant, Northern Minnesota Regional Center
- Gerise Thompson, Southern Minnesota Regional Center Director
- Annette Peterson, Information Helpline/Safe Return Coordinator
Memory Walk 2005 Raises Funds for Individuals and Families

During August, September and October, thousands of people participated in Memory Walks in 11 cities throughout Minnesota and North Dakota. Collectively, they have raised more than $400,000 to date to support the individuals, families and care partners in our region with programs and services. On behalf of those we serve, thank you to everyone who participated as a sponsor, committee member, team member, individual walker, donor or volunteer.

The Alzheimer’s Association’s Memory Walk is the largest national fundraising event for Alzheimer’s disease support programs and is held in more than 600 communities across the country. The event raises public awareness of Alzheimer’s disease and raises funds for local services for people with Alzheimer’s and related diseases, their families and their caregivers. This year, Memory Walks were held in Bismarck, Duluth-Superior, Fargo, Grand Forks, Mankato, Minneapolis-St. Paul, Minot, Red Wing, Rochester, St. Cloud and Winona.

For more information about the Memory Walks, contact Ashley Stover, Special Events Coordinator, at 952-857-0532 or e-mail ashley.stover@alz.org.

New Donation Information on the Web; Annual Report Available

The “Make a Donation” section of www.alzmndak.org contains new information about the association and how it uses donor dollars, as well as information about planned gifts, stock donations, shopping opportunities and special events! You also may download the recent 2005 annual report. Visit www.alzmndak.org and click on “make a donation.”

In Rochester, Minn, Siobhan Leyendecker, the top individual fundraiser, and Jim Ludens celebrate a successful Memory Walk.

Dawn Bartell and Kanada Siebrecht co-chaired the Twin Cities Memory Walk.
Leave a Legacy for the Alzheimer’s Association

Rare is the person who regrets having been truly generous or thoughtful. More likely, we are sorry for not having done more to help others when we could. But fears about the future impair our ability to be as philanthropic as we might like. How can you give away property, securities or real estate now if you’re unsure whether or not you or your family will need those assets later? One solution is to make a gift to the Alzheimer’s Association by means of a bequest—a gift through your will.

There are several advantages to making a bequest. Bequests are:

**Easy.** Making a bequest is as simple as inserting a few sentences into your will, such as, “I give $10,000 to the Alzheimer’s Disease and Related Disorders Association, Inc., Minnesota-North Dakota Chapter **dba Alzheimer’s Association Minnesota-North Dakota, Federal Exemption Number: 41-1361624.”**

**Revocable.** Wills are not written in stone and can be changed at any time. Because relationships and circumstances evolve over time, your will should naturally do the same. With a bequest, you’re not actually making a gift until your death. Until then, you are free to alter your plans, eliminating the worry that you must make an irrevocable commitment that you might later regret.

**Versatile.** Bequests can be structured in many ways. For example, you can make a gift of a specific item or amount of money. You can make a gift contingent upon certain events, such as “I give $25,000 to my grandson, if he is living; otherwise to the Alzheimer’s Association.” You can also bequeath a percentage or the remainder of your estate after all other debts, taxes and bequests have been fulfilled.

**Tax-wise.** Aside from the pure joy achieved by leaving meaningful gifts to others, making a bequest to a charitable organization has valuable tax benefits. You are entitled to an unlimited estate and gift tax charitable deduction for bequests to qualified charitable organizations.

For more information about leaving a legacy to the Alzheimer’s Association, contact Rebecca Stibbe, Director of Development, at 952-857-0537 or e-mail rebecca.stibbe@alz.org.

Have You Already Left a Legacy?

If you’ve already included the Alzheimer’s Association Minnesota-North Dakota in your estate plans, please let us know now so that we may thank you and acknowledge your generosity. Contact Rebecca Stibbe, Director of Development, at 952-857-0537 or e-mail rebecca.stibbe@alz.org.

Thanks to Our Sponsors!
The Alzheimer’s Association would like to thank the following premier sponsors of the 2005 Memory Walks.

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Make a Donation!

Yes, I want to help families facing Alzheimer’s disease in Minnesota and North Dakota!
Enclosed is my gift of $250 $100 $75 $50 $25 Other amount

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Please mail this form to the Alzheimer’s Association Minnesota-North Dakota, 4550 West 77th Street, Suite 200, Minneapolis, MN 55435. ☐ I would like to receive quarterly e-mail updates about events, programs and services.

Quarterly E-mail Newsletter

The Alzheimer’s Association produces a paper newsletter two times each year. In order to provide families, volunteers, donors and other interested parties with information on a more timely basis, the Association sent its first quarterly e-newsletter in February 2005.

If you’d like to receive future e-newsletters, please e-mail info@alzmndak.org with the subject line “receive e-newsletter” and your name and address in the body of the message. To ensure acceptance by your e-mail system, please add the following domains and e-mail addresses to your “safe sender” e-mail list: alz.org, alzmndak.org, info@alzmndak.org and rebecca.stibbe@alzmndak.org.