Finding Ways to Give Back: Moving Our Mission Forward

Alzheimer’s disease takes a huge toll on the individual with the diagnosis, but also has a lasting effect on families. For some, giving back is a way to honor their family member and work toward a positive change for those that will encounter Alzheimer’s disease in the future.

There are many ways to make a difference. It can be as simple as signing up to be an advocate and sending your local legislator a letter or giving your time and talents to one of our events or committees. You can also help advance research efforts by signing up for TrialMatch, anyone is eligible! Volunteers like Marian Blevis are making a change as an advocate; for the spouses, parents, grandparents, family members, and friends, who have gone through the emotional journey that is accompanied by Alzheimer’s disease. Others have already joined the fight, in hopes that they do not have to watch the next generation experience this devastating disease. When Marian was asked why she volunteers she said, “The Alzheimer’s Association was a place for support and understanding, so volunteering for the Alzheimer’s Association is very important to me now. Every time I volunteer I feel I am helping someone else and I’m sure my husband would be very proud of me! I hope the knowledge I have learned through his journey will continue to help others through advocacy efforts. Everyone should consider joining the Alzheimer’s Association, and me!”

Another volunteer, Barb Kosik, has been a committee member since the start of our annual spring gala five years ago. Barb and the other committee members work for months prior to the event to help plan every little detail and make sure that each attendee has a memorable experience. Barb said, “being able to give back to the Alzheimer’s Association has meant so much to me. I lost my mother to the disease, like so many others who have watched their loved ones’ memory fade, but I am hopeful for a cure and by giving my time, I can be a part of that!”

Bailey Simon, a student at Bowling Green State University, chose to spend her internship at the Alzheimer’s Association, Northwest Ohio Chapter. Additionally, she volunteered on the gala committee.

Bailey said, “It feels good to volunteer, although I am not personally connected to the disease, being a gerontology student, I have seen the effect it can have on families and by volunteering I hope to make a difference for those families.”

Volunteers are a key part to the Alzheimer’s Association success. Anyone can join one of our committees, become an office volunteer, or help with our programs and services. Giving your time is one of the best ways to help raise awareness and funds for the Alzheimer’s Association. “Volunteering on the Walk committee is a great way to bring awareness to Alzheimer’s disease in your local community while also doing something fun and meeting new people. With ten Walks, our annual gala, and several offices there is something for everyone,” said Kate Zenone, Development and Communications Coordinator and Walk Manager. “If it wasn’t for our volunteers we would not be able to do all that we do, from our caregiver support group leaders to the numerous committee members, office volunteers, and advocates. Each person makes a difference for our organization and we are so thankful to have them,” said Executive Director, Salli Bollin. To sign up to be a volunteer, call 1-800-272-3900 or visit us at alz.org/nwohio and click volunteer!

Thank you Yark Automotive!

As a part of their year end giving campaign, our amazing supporters at Yark Automotive Group donated over $34,000 to the Alzheimer’s Association, Northwest Ohio Chapter. A portion of each car sold in the month of December was contributed to the campaign. We are very grateful and appreciate all of their continued support!

Join Us For The Walk To End Alzheimer's In Your Community!

For more information on starting a Walk team, sponsoring, donating, or fundraising, please contact the Alzheimer’s Association, Northwest Ohio Chapter at 1-800-272-3900 or visit www.alz.org/nwohio/walk.
Executive Director’s Message

Thank you for being a great supporter of the Alzheimer’s Association, Northwest Ohio Chapter. Whether you are one of our amazing volunteers, attended one of our special events, or have received our services, we are all united to support those in our local community affected by Alzheimer’s disease and dementia.

Exciting events have occurred these past few months, including advocating to our elected officials in Columbus and Washington, D.C., bringing a taste of New Orleans to Northwest Ohio at our Mardi Gras Masquerade Spring Gala, and much more! Please read through this newsletter to see what we have upcoming this Spring/Summer. I hope you will join us at one of our Educational Conferences and other programs in your local community, participate in The Longest Day, and attend events to kick-off our Walk to End Alzheimer’s.

We could not do all of this without you!

I ask that you become a member of the Alzheimer’s Association, Northwest Ohio Chapter to demonstrate your commitment to helping us achieve our mission. Through your membership, you will show that you are at our side as we reach out to the community to help those affected by Alzheimer’s disease and dementia. You will ensure that every family receives the support, guidance, and care they need.

Please consider making a personally meaningful gift to become a member of the Alzheimer’s Association, Northwest Ohio Chapter. Levels start at only $50 and go upwards of $10,000 with a variety of benefits. Please help us meet our membership goal to raise at least $50,000 by returning the enclosed envelope in this free newsletter. Your membership will help provide programs and services throughout our 24 county service area in Northwest Ohio, many of which are free of charge to those who need them. You have the option to not receive any benefits as a member or you are able to make a general contribution. Every contribution is important to our Chapter, and we thank all of our kind and wonderful donors. The membership program provides a unique opportunity for people and corporations to make a special stand and proudly join us as a visible community partner.

Of course, the greatest benefit of every membership level is the personal satisfaction of knowing that your contribution directly helps other people in our communities who are dealing with Alzheimer’s disease and dementia receive the information, support, and services they need.

It is your generosity that allows us to grow and enhance the quality of lives for those we serve. Honor or remember those you love, as someone afflicted with Alzheimer’s disease or as caregivers, with a gift today. As always, please give us a call on our 24/7 Helpline, 1-800-272-3900, or visit www.alz.org/nwohio if you or someone you know needs our help.

Sincerely,

Salli Bollin, Executive Director

Levels

Leadership Circle ($10,000+)
- Invitation to national Alzheimer’s Association events
- 8 complimentary Spring Gala tickets
- Listing on plaque displayed in Chapter office
- Complimentary personal registration to Chapter annual education conference
- Framed certificate of membership
- Alzheimer’s Association decal and pin

Sustainer ($5,000—$9,999)
- Invitation to national Alzheimer’s Association events
- 4 complimentary Spring Gala tickets
- Listing on plaque displayed in Chapter office
- Complimentary personal registration to Chapter annual education conference
- Framed certificate of membership
- Alzheimer’s Association decal and pin

Benefactor ($500—$999)
- 50% discount on personal registration to Chapter annual education conference
- Certificate of membership
- Recognition in Chapter newsletter
- Alzheimer’s Association decal and pin

Affiliate ($250—$499)
- Certificate of membership
- Recognition in Chapter newsletter
- Alzheimer’s Association decal and pin

Patron ($2,500—$4,999)
- 2 complimentary Spring Gala tickets
- Listing on plaque displayed in Chapter office
- Complimentary personal registration to Chapter annual education conference
- Framed certificate of membership
- Alzheimer’s Association decal and pin

Friend ($500—$249)
- Recognition in Chapter newsletter
- Alzheimer’s Association decal and pin

planned giving

Invest in a world without Alzheimer’s disease.

You can make a difference in our mission through planned giving. Planned gifts allow you to make a charitable contribution through your estate toward Alzheimer’s research, care, and support programs. To learn how to leave a legacy of support for millions of families living with this disease, please contact Nick Vargas at 1-800-272-3900 or nvargas@alz.org.
Alzheimer’s Advocates Join Together To Make Change

More than 1,100 Alzheimer’s advocates clad in purple sashes gathered on Capitol Hill March 25 for Hill Day — the culmination of the 27th Alzheimer’s Association Advocacy Forum in Washington, D.C. This year’s event was the largest to date, with a record-breaking number of advocates from all 50 states attending to learn about Alzheimer’s policy, priorities, and to visit with their elected officials.

With the December 2014 enactment of the Alzheimer’s Accountability Act, which allows scientists at the National Institutes of Health (NIH) to directly communicate with Congress about the resources needed to meet the goals of the National Plan to Address Alzheimer’s Disease, the mood among advocates was hopeful and determined.

“I found one constant in my over five years of attending the Public Policy Forum in Washington D.C. and that is passion. All of those in attendance, no matter what their cultural or professional backgrounds, they were passionate about doing whatever needed to be done to find a cure for this devastating disease. This display of passion was for caregivers who care for their family member and who try to make life as meaningful as possible when living with Alzheimer’s disease. The first forum I attended was with maybe 400 advocates. This year there were over 1,000 attendees advocating for research dollars to find a cure for this disease. Our voices and stories are making a difference,” according to Board member and chapter advocate, Michael Malone. There is hope on the horizon, we just need to have the courage to step up, speak out, and grab it. “The most exciting part of the Forum was meeting with the Researchers, learning about the many discoveries getting us closer to the demise of Alzheimer’s. The conversations with individuals and families involved with those researchers, WOW! There really are positive changes coming”, said Dan Reiff, Northwest Ohio Chapter Advocate. Bill Conlisk, another Board member and representative from the Northwest Ohio Chapter added, “a highlight of the Forum for me was spending time with Senator, Rob Portman, from Ohio, explaining the clear and compelling business case behind investing in more research. It was clear he agreed that such investments will deliver significantly lower healthcare costs in the future.”

The movement continued as Ohioans gathered for the 17th Annual Memory Day at the Statehouse in Columbus, Ohio on April 15th. With over 350 attendees from the 7 Ohio Alzheimer’s Association Chapters there was a sea of purple filling the atmosphere with hope and excitement. The Northwest Ohio Chapter was represented by over 75 individuals who traveled to Columbus, Ohio to represent all of us here in northwest Ohio. Advocates that made the drive to Columbus gathered in the Statehouse Atrium and were greeted by the Director of the Ohio Department of Aging, Dr. Bonnie Burman; the Honorable Clifford Rosenberger, Speaker of the House; and Luann Bolé-Becker, family caregiver. All spoke on the impact Alzheimer’s disease has had on their lives and how we can all affect the change that is needed to care for the growing number of Ohioans impacted by this disease. While meeting with legislators, advocates shared their personal stories and encouraged their representatives to support the increase of Alzheimer’s Respite Funding (Line Item 490-414).

With over fifty percent of caregivers for someone with Alzheimer’s rating their stress level as high or very high there is a definite need for respite funding. Respite programs enable caregivers to better cope with the daily challenges and stresses of caring for someone with dementia. “We feel that we are really being listened to and that legislators are more receptive to the changes that need to be made. We are so pleased with the turnout for Memory Day and I would just like to thank all of those that attended, every voice counts,” said Marty Williman of the Alzheimer’s Association, Northwest Ohio Chapter. With so much excitement and hope, it is important to remember it is never too late to sign up to be an advocate by calling 1-800-272-3900 or visit us at alz.org/advocate.

TrialMatch: Striving for a Cure

The Alzheimer’s Association created TrialMatch as a result of the difficult time we had recruiting and retaining participants for clinical studies. This was one of our greatest obstacles, so in order to continue developing the next generation of Alzheimer treatments, the TrialMatch program was officially launched. The immediate need for advances in Alzheimer’s diagnosis, treatment, and prevention have led to an extraordinary need for clinical study participants. By volunteering for clinical studies, people with Alzheimer’s and their caregivers can play a more active role in their own treatment, while also contributing to scientific discovery and benefiting future generations. Individuals with family history may also find an interest in the program. There are no limitations to who is able to sign up. All clinical trials need individuals affected by the disease as well as healthy individuals to participate. Joining the program is a public service in the best possible sense.
Our fifth annual spring gala, the Mardi Gras Masquerade, was held on Saturday, April 11th at the Premier. Dave Holmes from 13abc hosted the event as emcee for a record number of 360 guests. Guests arrived in semi-formal attire with wonderful touches of Mardi Gras flair. The New Orleans inspired menu included a choice of a boneless beef short rib with Cajun seasoning, blackened chicken breast with bourbon sauce, crab cakes, or vegetarian pasta with Cajun Alfredo sauce. The delicious entrees were accompanied by cole slaw, traditional gumbo, corn bread, red beans and rice, and sautéed green beans. 800 mini cupcakes were donated by Cupcakes by Ashley and included themed flavors of purple velvet, key lime, king cake cinnamon, chocolate river, and jalapeño popper with cream cheese frosting.

Chris Magers of Mager Designs donated his time and talents to transform the room with a gorgeous beaded backdrop for the stage, large column decorations, and Mardi Gras lighting around the room. The audience was wowed with entertainment by the wonderful, Ramona Collins Quintet, magic by Dorian Grey, juggling by Crazy Craig, miming by Irene Alby, and photography fun by TapSnap. They also watched an emotionally moving video sharing the story of three separate families from northwest Ohio who are dealing with the effects of Alzheimer’s disease or another dementia and who rely on the Alzheimer’s Association’s various programs and services. Jason Failing followed the video with a heartfelt speech.

Support was raised through raffle ticket sales, over 120 silent auction items, Mardi Gras mystery boxes, and a special ask for support for our two Adult Day Centers. “We are so grateful to those who attended the Mardi Gras Masquerade and generously supported our organization. Our special events such as the gala, The Longest Day, and our Walk to End Alzheimer’s are vitally important for us to continue offering our programs and services to those who rely on us. This includes nearly 40,000 individuals in Northwest Ohio who have been diagnosed as well as their families and caregivers,” said Beth Wong, Development, Family Support, and Community Education Specialist. The chapter would like to extend a special thank you to the sponsors, donors, and guests who made the evening possible. Also, a special thank you goes out to the committee members and volunteers who worked tirelessly over the past 10 months planning every detail. We are humbly grateful for all of the support.

We Would Like To Thank Our Sponsors

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**Overhead Door Company of Toledo**

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Alzheimer's Association, Northwest Ohio Chapter, does not endorse any product or service herein.

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**ALZHEIMER’S DISEASE IMPACTS EVERYONE!**

**Pathways Memory Care is here for you!**

Browning Masonic Community is proud to offer the newest and most innovative assisted living memory care program in Northwest Ohio within its campus setting.

**Pathways Memory Care offers:**

- 24-hour individualized enrichment-based approach
- 24-hour on-site nursing and specially trained staff
- Private apartments with state-of-the-art safety features
- Three chef-designed meals daily and exceptional amenities
- Caregiver break options with no minimum stay requirement
- Education, support, communication and helpful resources

For more information, please call (419) 878-4955.

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8883 Browning Drive, Waterville, OH 43566 | www.brcocibs.org
Spring/Summer 2015

Early Stage Memory Loss Programs

Meet Me at TMA, first Saturday of every month, 1:00 – 2:00 p.m.
(see exception below for July 4)
June 6, “Chiaroscuro: Light and Dark” Discover works of art from the Museum collection which feature dramatic light and shadows.
June 27 (one week early), “Decorative Arts from the Renaissance Period” Discover the beauty of the Renaissance through a close look at the Museum’s decorative arts collection.
August 1, “Rembrandt and Friends” Discuss how artists such as Rembrandt van Rijn used color and light to capture their world on canvas.
September 5, “From the Collection: Three Hundred Years of French Landscape Painting” Explore the history of French landscape painting during a visit to this special exhibition.

Meet Me at TMA, first Monday of every month, 1:00 – 2:30 p.m.
June 8, “Modern Portraits from Picasso to Modigliani” Explore modern twists on the art of portraiture. Following the tour, visitors are invited to a classroom for a hands-on portrait making art experience.
July 6, “From the Collection: Three Hundred Years of French Landscape Painting” Discover American landscapes in the TMA collection.

Meet Me at the Toledo Zoo – “Afterhours at the Aquarium”
Thursday, May 21, 1:00 – 2:30 p.m.
Tiffin-Seneca Public Library, Junior Home Room, 77 Jefferson St.
Tiffin: Thursday, May 21, 1:00 – 2:30 p.m.

Meet Me at the Toledo Botanical Gardens to tour the Peter Navarre Pioneer Cabin. Join us for a visit to the days of butter making art experience inspired by the American landscape.
Meet Me at the National Museum of the Great Lakes
Tour the museum, experience interactive displays, and learn about the importance of the Great Lakes to our national story.
Cost: $5.00 per person with a group of 15. Registration requested by July 15. Call 1-800-272-3900.

Meet Me at Snook’s Dream Cars
Do you remember “You can trust your car to the man who wears the star?” As soon as you arrive at Snook’s Dream Cars Automobile Museum you can trust you will be greeted by a huge collection of vintage cars set in a 1940 era Texaco filling station. Admission to museum is $4.00 per person. After the outing, please join us for coffee and dessert at Bob Evan’s Restaurant at US 105 and I-75 in Bowling Green. Cost of the museum tour and Bob Evan’s is on your own.

Meet Me at the Toledo Botanical Gardens to tour the Peter Navarre Pioneer Cabin. Join us for a visit to the days of butter making art experience inspired by the American landscape.

Meet Me at the Toledo Art Museum – “Meet Me at TMA and A Brush with Art” are free monthly programs, held on Fridays and Saturdays.
June 12, “Art Comes Alive: High Society” The characters in Museum paintings will come alive as we explore the connection between fashion and art. Participants are invited to join the discussion by dressing in their favorite high society attire – top hats and monocles welcome.
July 10, “Special Exhibition: Play Time” Join us to explore the multi-sensory works in the special exhibition: Play Time, followed by an opportunity to play classic board and card games.
August 14, “Modern Portraits from Picasso to Modigliani” Explore modern twists on the art of portraiture. Following the tour, visitors are invited to a classroom for a hands-on portrait making art experience.
September 11, “American Landscapes” Discover American landscapes in the TMA collection.

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Meet Me at Toledo Zoo – “Afterhours at the Aquarium”
Come see the beautiful preservation of the WPA building on the outside and new aquatic experiences inside. “Dive in” and see 178,000 gallons of water filled with over 3,000 aquatic animals – four times the volume of the old aquarium. Those who wish to linger, are invited to meet at Bob Evans, 3025 Glendale Ave., after the program. Reservations required please call 1-800-272-3900 by May 25. Cost of Bob Evan’s is on your own.

Meet Me at the Park
Meet at the Toledo Botanical Gardens to tour the Peter Navarre Pioneer Cabin. Join us for a visit to the days of butter churning and corn grinding. See what life was like for pioneers in the 1800’s. Reservation requested, due to limited space. Cost is $5.00 per person. Call 1-800-272-3900 by May 22 to reserve your spot!

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Meet Me at the National Museum of the Great Lakes
Tour the museum, experience interactive displays, and learn about the importance of the Great Lakes to our national story.
Cost: $5.00 per person with a group of 15. Registration requested by July 15. Call 1-800-272-3900.

Transitions individuals with early stage memory loss, with their families and friends, are invited to attend these programs for social and educational opportunities and group sharing.
Persons who are experiencing forgetfulness, mild confusion, or difficulty finding the right words are most likely to benefit. Registration is requested. Call 1-800-272-3900.

Defiance: St. John’s Catholic Church, Downstairs meeting room, 510 Jackson St. 4th Monday every month***, 2:00 – 3:30 p.m.
Findlay: The Family Center, 1800 North Blanchard St., Room 119 Mind Works: Last Thursday every month***, 1:00 – 2:00 p.m.
Brain-stimulating games in a fun, non-competitive environment.
Transitions: 2nd Friday every month***, 1:00 – 2:00 p.m.
Lima: Market Street Presbyterian Church, Room 209, 2nd Floor, 1100 Market St. 2nd Tuesday every month***, 1:00 – 2:30 p.m.
Mansfield/Ontario: Area Agency on Aging at Hawkins Corner, 2131 Park Avenue West 3rd Wednesday every month, 2:00 – 3:30 p.m.
Sandusky: Sandusky Community Church of the Nazarene, 1617 Milan Rd. Thursday, August 20, 1:00 – 2:00 p.m.

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Persons who are experiencing forgetfulness, mild confusion, or difficulty finding the right words are most likely to benefit. Registration is requested. Call 1-800-272-3900.

Toledo: Alzheimer’s Association, 2500 North Reynolds Rd. Mind Works: 2nd Wednesday every month***, 1:00 – 2:30 p.m. Brain-stimulating games in a fun, non-competitive environment.
Mailing Group: 2nd Thursday every month***, 11:00 a.m. – Noon Enjoy camaraderie while helping us prepare our monthly mailing.
Art Cafe: 3rd Wednesday every month***, 4:00 – 6:00 p.m. Join area artist Jan Reville for fun art options or choose to create a “Make & Take,” or help create an “Unfogitable” mosaic community piece. No art experience needed.
Transitions: Last Thursday every month***, 6:30 – 8:00 p.m. Educational and support meetings with varied topics.
Bowling Green: Wood County Senior Center, 305 N. Main St. Call Wood County Senior Center at 1-800-367-4995. 2nd Tuesday every month, 1:00 – 2:00 p.m.

Registration is strongly suggested, as programs may be cancelled due to low attendance. For more information or to register for any of the programs listed, please call 1-800-272-3900.
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**Family & Community Education Programs**

**Know the 10 Signs**

This program will cover basics such as the 10 warning signs of Alzheimer’s disease and other dementias, the difference between normal aging and dementia, as well as tips for encouraging brain health.

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

If someone you know is affected by Alzheimer’s disease or other related dementia, this program can help. It will provide information on detection, causes and risk factors, disease progression, treatment, and much more. (Free program, no CEs available.)

**Healthy Habits for a Healthier You**

For centuries we have known that the health of the brain and the body are connected, but now science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement.

**Understanding and Responding to Dementia-Related Behaviors**

Behavior is a powerful form of communication and one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language changes. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease and other dementias.

**Living with Alzheimer’s Disease: A SERIES FOR CAREGIVERS**

This series will focus on issues relevant to families and friends beginning to encounter Alzheimer’s disease and dementia, or who are looking for additional information. Topics include symptoms, diagnosis, risk factors, behaviors, personality changes, medications, home and facility care, legal and financial information related to dementia, and community resources. Please see the previous page for a series that is more tailored for the person who has the memory loss condition (Living with Alzheimer’s Disease: FOR PEOPLE WITH ALZHEIMER’S OR RELATED DEMENTIA).

**What to Do When You Need Care Outside of a Nursing Home and Do Not Know How to Pay**

A panel of speakers from Serving Our Seniors, PASSPORT, Long-term Care Ombudsman Program, Sandusky/Firelands Alzheimer’s and Related Disorders Support Group, Inc., Alzheimer’s Association, Northwest Ohio Chapter, and Alternative Care Day Center will discuss programs for in-home and community services.

**Safety On: Firearms in the Homes of Older Adults**

Dr. Ellen Pinholt, a private physician from Rapid City, South Dakota, Williams County Sheriff Steve Towns, private attorney Jill Richards, and Cheryl Conley of the Alzheimer’s Association will discuss assessing and addressing the safety of firearms in the homes of older adults. This program will cover basics such as the 10 warning signs of Alzheimer’s disease and other dementias, the difference between normal aging and dementia, as well as tips for encouraging brain health.

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Behavior is a powerful form of communication and one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language changes. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease and other dementias.

**Living with Alzheimer’s Disease: A SERIES FOR CAREGIVERS**

This series will focus on issues relevant to families and friends beginning to encounter Alzheimer’s disease and dementia, or who are looking for additional information. Topics include symptoms, diagnosis, risk factors, behaviors, personality changes, medications, home and facility care, legal and financial information related to dementia, and community resources. Please see the previous page for a series that is more tailored for the person who has the memory loss condition (Living with Alzheimer’s Disease: FOR PEOPLE WITH ALZHEIMER’S OR RELATED DEMENTIA).

**What to Do When You Need Care Outside of a Nursing Home and Do Not Know How to Pay**

A panel of speakers from Serving Our Seniors, PASSPORT, Long-term Care Ombudsman Program, Sandusky/Firelands Alzheimer’s and Related Disorders Support Group, Inc., Alzheimer’s Association, Northwest Ohio Chapter, and Alternative Care Day Center will discuss programs for in-home and community services.

**Safety On: Firearms in the Homes of Older Adults**

Dr. Ellen Pinholt, a private physician from Rapid City, South Dakota, Williams County Sheriff Steve Towns, private attorney Jill Richards, and Cheryl Conley of the Alzheimer’s Association will discuss assessing and addressing the safety of firearms in the homes of older adults. This program will cover basics such as the 10 warning signs of Alzheimer’s disease and other dementias, the difference between normal aging and dementia, as well as tips for encouraging brain health.

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

If someone you know is affected by Alzheimer’s disease or other related dementia, this program can help. It will provide information on detection, causes and risk factors, disease progression, treatment, and much more. (Free program, no CEs available.)

**Healthy Habits for a Healthier You**

For centuries we have known that the health of the brain and the body are connected, but now science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement.

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The Basics: Memory Loss, Dementia, and Alzheimer’s Disease

If someone you know is affected by Alzheimer’s disease or another related dementia, this program can help. It will provide information on detection, causes and risk factors, disease progression, treatment, and much more. 2 CE clock hours for social workers. Nurses may use SW CE. Special rate: $15. RSVP is requested but not required. Call 1-800-272-3900. Guests are welcome to bring their own meal or snack to any of the following programs.

Safety On: Firearms in the Homes of Older Adults

Dr. Ellen Pinhoalt, of Rapid City, South Dakota, will share practical assessment considerations (“The 5 Lips”) for recognizing public health risk factors related to firearms in the homes of older adults, with a special focus on persons diagnosed with dementia. She will also discuss the importance of involvement by family, physicians, and home health providers. Williams County Sheriff, Steve Towns, private attorney, J.I. Richards, and Cheryl Conley of the Alzheimer’s Association will discuss addressing safety concerns and legal issues. Co-sponsored with the Williams County Older Adult Task Force and Community Hospital and Wellness Centers. 2.5 CE clock hours for social workers. Nurses may use SW CE. Cost $25. There will also be a free afternoon session for the general public. Call BAHEC at 419-430-2108 to register.

The Longest Loss: Alzheimer’s Disease and Dementia

When Alzheimer’s disease is a family member, grief does not wait for death. Grieving can begin before a formal diagnosis or when patients and families receive confirmation of illness. Over a span of time, the pain of losing a loved one may be compounded by other losses associated with dementia. If you are in this situation, come to this presentation and discover how other people are managing their grief and moving forward. Two additional presentations will include “Healthy Habits for a Healthier You” and “Living with Alzheimer’s Communication.” $35 per person includes 3 CE clock hours for social workers. (Nurses may use SW CE.), certificate of attendance, and meals. For more information or to register, please call BAHEC at 419-430-2108 to register.

What is the cause of Alzheimer’s Disease? How is it diagnosed? How can we manage its symptoms? How will it impact us? These questions, and many others, will be addressed during a 3-hour presentation by Dr. deliveries, innovative therapies, and the impact of caregiving. Dr. Lawrence’s presentation will be followed by an open discussion. An engaging speaker, Dr. Leverenz is a consultant in neurology and geriatrics, and an expert in Alzheimer’s disease and its treatment. $35 per person includes 3 CE clock hours for social workers. (Nurses may use SW CE.), certificate of attendance, and meals. For more information or to register, please call BAHEC at 419-430-2108 to register.

Education Conferences

The Alzheimer’s Association, Northwest Ohio Chapter offers professional training and CEs. To reserve a space, call Alzheimer’s Association at 1-800-272-3900. For more information, visit alz.org/nwohio to register.

Quick Reference Calendar: May – Aug. 2015
Take time to stop & smell the flowers this summer...

Are you or someone you know caring for a loved one at home? At The Heritage and The Lakes of Monclova, we offer Respite Care and Adult Day services so that caregivers can relax and enjoy a summer break with peace of mind, while their loved ones enjoy specialized care and five-star amenities at our centers.

Call us today to learn more about our Respite and Adult Day services or to schedule a tour of our campus.

The Legacy at The Heritage  •  419-424-1808  •  Findlay, OH
The Legacy at The Lakes of Monclova  •  419-866-3030  •  Maumee, OH

Alzheimer’s Association, Northwest Ohio Chapter, does not endorse any product or service herein.
Tributes, Memorials, Contributions

All gifts, memorials, and contributions and tributes received by the Northwest Ohio Chapter are gratefully acknowledged. Not only do they honor others in a special way but they enable us to fulfill our mission of education, support, advocacy and research. Contributions received after March 31, 2015 will be acknowledged in the next issue of this newsletter.
The Longest Day is a day to honor those who often have the longest day all throughout the year, not just on June 21st. It honors a caregiver’s commitment and the strength of those facing a diagnosis. By joining us in the month of June, you are giving strength to all of those affected by this disease.

The Longest Day is an event that is made for everyone, no matter where you are. It allows participants to pick any activity they love to do and spend all day doing it. By joining together as a team, members can take shifts or do something fun together for the entire day. Ask friends, family, or co-workers to make pledges for every hour of your activity and to support you by helping raise awareness and funds for the Alzheimer’s Association, Northwest Ohio Chapter. To start your own team for The Longest Day, go to alz.org/thelongestday.

Current Longest Day teams are already gearing up for this year’s events. One of our most exciting events springs from a partnership between The Toledo Mud Hens and It’s Yoga Toledo. Our organizations are partnering to offer a full day of fun for the whole family (and Dad!) on Sunday, June 21 2023 to celebrate how those who are facing or have faced Alzheimer’s disease. The day will begin with a one hour session of “Yoga in the Outfield,” taught by It’s Yoga Toledo instructors. Afterward, guests are invited to watch batting practice and get autographs before the Toledo Mud Hens take on the Norfolk Tides. After the game, take your kids to the bases and enjoy the post-game fireworks show. Malena Caruso, Director of Operations and It’s Yoga Instructor said about this new partnership, “It’s Yoga Toledo is honored to be teaming up with the Alzheimer’s Association, Northwest Ohio Chapter and the Toledo Mud Hens for this great event, Yoga in the Outfield at one of Toledo’s greatest venues. Not only is this yoga and baseball event going to raise awareness for the fight, but will help encourage others to help find an end to Alzheimer’s. It will also be an opportunity to share with our community the true power and meaning of yoga, which is UNITY!”

To join us for Yoga in the Outfield or for the Toledo Mud Hens game visit, www.mudhens.com/tickets and enter the code YOGALZ.

To check out our other events visit us at alz.org/mwohio.
In March, the Alzheimer’s Association published the 2015 Alzheimer’s Disease Facts and Figures. This annual report takes an in-depth look at prevalence, incidence, mortality and economic impact of Alzheimer’s disease and other dementias. This year’s edition features a special report on receiving an Alzheimer’s diagnosis. In addition to the full report, videos and state specific statistic sheets are available.

One area of emphasis in this report is that the number of Americans living with Alzheimer’s disease is growing, and quickly. Today over 5.3 million Americans are living with Alzheimer’s disease, including an estimated 200,000 under the age of 65. By the year 2050, up to 16 million individuals will have the disease. Additionally, nearly two-thirds of those with Alzheimer’s disease are women; that is 3.2 million women.

The report found that only 45 percent of people with Alzheimer’s disease or their caregivers say they were given a diagnosis. “Discovering and being proactive in receiving a diagnosis allows the person with Alzheimer’s to maximize his or her quality of life and play an active role with the family in planning for the future” according to Cheryl Conley, Program Director, Alzheimer’s Association, Northwest Ohio Chapter. Conley also encourages individuals to contact the Alzheimer’s Association to learn more about the signs and symptoms of the disease, information on receiving a diagnosis, and how to plan for future if a diagnosis has been given.

Benefits of Disclosing an Alzheimer’s Diagnosis

Telling the person with Alzheimer’s the truth about his or her diagnosis should be standard practice. Disclosure can be delivered in a sensitive and supportive manner that avoids unnecessary distress. The benefits of promptly and clearly explaining a diagnosis of Alzheimer’s have been established in several studies. Benefits include better access to quality medical care and support services, and the opportunity for people with Alzheimer’s to participate in decisions about their care, including providing informed consent for current and future treatment plans. Knowing the diagnosis early enables the person with Alzheimer’s to get the maximum benefit from available treatments and may also increase their chances of participating in clinical drug trials that help advance research. Full text of the Alzheimer’s Association 2015 Alzheimer’s Disease Facts and Figures report along with videos and statistic sheets can be viewed at www.alz.org/facts.

By 2050, those costs could rise as high as $1.1 TRILLION.

In 2016, Alzheimer’s and other dementias will cost the nation $226 BILLION.

6

1 IN 3

SENIORS
dies with Alzheimer’s or another dementia.

It’s the only cause of death in the top 10 in America that CANNOT BE PREVENTED, CURED OR SLOWED.