

alzheimer's association®

Midlands Chapter

Perspectives

January 2009 Issue

OSCAR NIGHT®
A M E R I C A
F E B R U A R Y 2 2 , 2 0 0 9



5.2 million Americans with Alzheimer's disease will be thanking YOU while the stars are thanking the Academy.

Support the Midlands Chapter and help those affected by Alzheimer's disease as you experience the magic of the Academy Awards at the [Oscar Night America!](#) party on February 22nd at Harrah's Hotel & Casino. Hollywood's most elegant evening has come to the Midlands Chapter, and you can join the excitement of Oscar Night. Please call Jana at 402.502.4301 or [e-mail](#) her for more information TODAY!

Join us for a glamorous evening, a great dinner, and wonderful auction packages, including:

- Back by popular demand! Nebraska Cornhusker tickets with Clubhouse seats and VIP parking!
- Another annual favorite: Nebraska Cornhusker footballs autographed by Tom Osborne and Bo Pellini
- Tickets to see the Beach Boys at the Holland Performing Arts Center in March, 2009
- Your cure to the winter blues! A hand-thrown pottery "chip and dip" bowl, cheese mixes, and a bottle of Seven Hills Merlot 2000
- A taste of Nebraska and Iowa, including 4 local wines from the Heartland.
- A beautiful crystal vase, hand made at the famous Waterford factory in Ireland
- And much, much more!

Reserve your seat/table [on-line](#) TODAY!!

See you there!!!

This special evening is sponsored by Harrah's Casino & Hotel, Blue Cross Blue Shield and Mutual of Omaha Bank



New Alzheimer's disease Strategy and Support Group Forming For Individuals With Early Stage Alzheimer's disease and Other Dementias

The Early Stage Alzheimer's disease and other dementias Strategy and Support Groups are designed for care partners and the person with the diagnosis of Early Stage Alzheimer's or other dementias to participate in ongoing education, discussion, strategy, and support meetings. This strategy and support group will initially meet weekly for six weeks where the focus will be on a variety of educational topics.

The new group in Omaha will be meeting at:

New Cassel Retirement Center
900 North 90th Street
Omaha, NE

First six meeting dates:

Thursday, February 12th from 4:30 to 6:00 p.m.

Thursday, February 19th from 4:30 to 6:00 p.m.

Thursday, February 26th from 4:30 to 6:00 p.m.

Thursday, March 5th from 4:30 to 6:00 p.m.

Thursday, March 12th from 4:30 to 6:00 p.m.

Thursday, March 19th from 4:30 to 6:00 p.m.

Meeting topics to include:

- Basics of Alzheimer's
- FDA approved medications for the treatment of Alzheimer's and other dementias
- Legal/Financial concerns
- Taking care of you/stress management

If you are interested in joining this new support group please call LeAnn Fechner at 402.502.4301 or e-mail her at leann.fechner@midlandsalz.org.

Local Exhibit Focuses on the Brain



On Saturday, January 24th, the Alzheimer's Association Midlands Chapter joined the Strategic Air & Space Museum to talk about Alzheimer's disease before a large audience. The Strategic Air and Space Museum is hosting an exhibit entitled "Brain: The World Inside Your Head". The exhibit will remain on display until May 3rd. The brain exhibit is an interactive, family-oriented demonstration that allows children to experience and understand how the brain perceives, understands, feels, and senses the world. It includes information about Alzheimer's disease and how dementia affects the brain.

As part of the grand opening, Duane Gross, CEO and Clayton Freeman, Program Director from the Midlands Chapter discussed Alzheimer's disease and its impact on society today. Dr. Gross addressed the startling growth in the numbers of Americans with Alzheimer's disease as the baby boomer generation retires. He expressed the need for increased financial resources to fund research as well as increase educational programs for those affected today. "We are just now seeing the tsunami speeding toward us,"

Dr. Gross said, speaking about the 10 million Baby Boomers who will be diagnosed with Alzheimer's disease in the coming years.

The Strategic Air & Space Museum's "Brain" exhibit is a wonderful opportunity to educate us about the extraordinary science behind how we smell, see, taste, think, and dream. It can also be a great way to start a conversation with children and grandchildren that Alzheimer's is not a normal part of aging. Now is the time to get involved with the Midlands Chapter to help us reach our vision, *A world without Alzheimer's disease.*

Estate Planning and the Midlands Chapter

By Micah Evans, Midlands Chapter Development Director



Even in the tough economic times, there are still angels among us. A recent donor directed his financial advisor to make a \$10,000 distribution to the Midlands Chapter from his individual retirement account.

Tax rules dictate that retirees take a distribution from individual retirement accounts. Rather than get bumped into a higher tax bracket, some philanthropic donors donate their distribution to charity, reducing their taxable income and helping a worthy non-profit organization.

When times are tough, we receive even more requests for information, referrals, and consulting from caregivers who want the best education about how to care for their loved ones, how to recognize and treat pain, create therapeutic activities, or how to find the best assisted living home. This generous donation will assist the Midlands Chapter in continuing to provide the best education to caregivers.

Please consider a distribution from your individual retirement account. Your financial advisor can show you a number of ways this can help save you money at tax time. But you can also know that your donation helps the Midlands Chapter provide the best support and care to other families in need.

Another donor recently came to the office to inform Duane Gross, our President and CEO, that he and his wife had included the Midlands Chapter in their estate planning. "We believe it is important to set aside a portion of our estate for charitable distributions after we have taken care of our children," he told Dr. Gross. "We want to continue to provide for families affected by Alzheimer's disease, just as the Alzheimer's Association was there for us when we needed help."

Please consider including the Midlands Chapter in your estate plans. Your will can be a statement of your values and beliefs. While we know how critical it is to provide for children and loved ones, we hope your legacy of giving will help us continue the fight against Alzheimer's disease.

For more information please call Micah Evans at 402.502.4301 or by e-mail at mevans@midlandsalz.org

Respite Care Grants

Are Available Through the Midlands Chapter



We're here
to help and
offer hope.
All day.
Every day.

Making an application for Respite Care is as easy as 1, 2, 3 . . .

1. Log on to www.alz.org/midlands, find the Respite Grant Application form and print it.
2. Return the completed Application Form to the Midlands Chapter either by mail, fax to 402.502.7001 or bring it to our office.
3. You will be contacted by Chapter staff when the application and approval process is complete.

Understanding Dementia:

What You Need to Know and Where to Go

All sessions are held at the Chapter office at 1941 South 42nd Street, Suite 205, Omaha, Nebraska free of charge. Please call the Chapter office at 402.502.4301 for more information or to make a reservation. You can also register on-line by clicking on the date below you are interested in attending:

[Wed, February 11th](#) 1:00-2:30 pm

[Tues, March 17th](#) 1:00-2:30 pm

[Tues, March 31st](#) 5:30-7:00 pm

[Wed, April 8th](#) 1:00-2:30 pm

[Wed, April 29th](#) 5:30-7:00 pm

Are You Feeling Frazzled?



Are you feeling tired? Overwhelmed? Caring for a loved one with Alzheimer's disease can be stressful. Do something nice for yourself and attend a caregiver support group meeting. There are many dates, times and locations available. Go to the [Support Group page](#) on our web site for a complete list or call the Chapter office for more information.

Maintain Your Brain

By Rosalie Shepherd, Program Staff

We all remember the Tin Man in the Wizard of Oz as he whispers to Dorothy, "oil can." The poor guy was rusty from oxidation until Dorothy came along and oiled him.

What you may not realize is that the same oxidation process is occurring in our bodies and brains from free radicals that are damaging our cells. Antioxidant rich foods are emerging as powerful medicine in the fight against cellular aging. They are abundant in colorful fruits and vegetable like spinach, broccoli, red apples, cranberries, blueberries, cherries, and grapes, dark chocolate and red wine.

Antioxidants bind with free radicals and protect the body and brain against aging. They help to re-grease the lines of communication in our brains. According to Dr. Paula Bickford of the Center of Excellence for Aging and Brain Repair, eat less and when you do eat, have foods rich in antioxidants.



For a delicious recipe for a brain healthy smoothie go to: http://www.alz.org/midlands/in_my_community_15680.asp and start re-greasing your brain TODAY!

Flex That Brain!

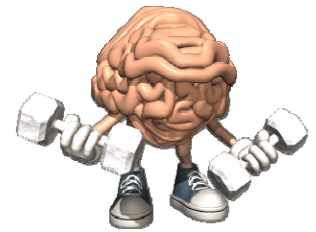
By Bonnie Lingard

Give your brain a stretch and try out these brain teasers. E-mail your answers to me by Friday, February 13th at Bonnie@midlandsalz.org and the person with the most correct answers for this month's set of BrainBats will win a prize. If there are multiple entries with all answers correct we will put your e-mails in a drawing to find a winner. This month the prize is a copy of the new book called *Still Alice* by Lisa Genova. Good luck!!!

The phrases below are called 'BrainBats'--simply say what you see to solve the puzzle. Here is a sample for you:

Example: once
12:01

Answer: once upon a time



Now give these six puzzlers a try!!

- 1) knee
light light
- 2) iiiiii
dark
- 3) #####
weight
- 4) FLUBADENCE
- 5) E
K
A
M
- 6) 7S3A6F4E2T5Y1