

alzheimer's association®

Midlands Chapter

Perspectives

July 2008 Issue Serving Northeast Nebraska & Southwest Iowa

In This Issue

[We're on the MOOOOve!!](#)

[Memories in the Making](#)

[Tribute Flags Now Available](#)

[Summer Travel Tips](#)

[2008 International Conference](#)

[Impact of High Cholesterol
Levels on Alzheimer's Risk](#)

[Alzheimer's Supersedes
Diabetes](#)

[DONATE](#)



Memory Walk Sponsors

Dear Friends & Families:

One constant in our life is CHANGE - we grow, we mature, we transform, and we improve. All things truly alive are in a steady process of renewal and growth. The Midlands Chapter has embraced the concept of CHANGE with expectation and encouragement. Our Board of Directors and Staff are focused on remaining the foremost leaders in education, service, and research for care partners and persons with Alzheimer's disease and other dementias.

One of the biggest changes we are implementing this year is our monthly e-newsletter. This gives the Midlands Chapter the opportunity to communicate with you on a regular basis, while providing you the latest events and news. I believe you will find this a positive change which will help us remain the leading resource for caregivers, professionals, supporters, and friends.

Thank you for your consistent support of the Alzheimer's Association Midlands Chapter as we continue to work together to accomplish the one goal that never changes: A World Without Alzheimer's.

Duane J. Gross, PhD
President & CEO

**The Midlands Chapter
is on the *MOOOOVE*
to end Alzheimer's**

Please join us!!!!

Join the Midlands Chapter this September for the Memory Walk. This year, we are walking on:

- **September 6**
Pioneer Walking Park Harlan, IA
- **September 13**
Mid-America Center Council Bluffs, IA
- **September 28**
Chalco Hills Recreation Area in Omaha, NE.

We'll have musical entertainment by



Presenting:

Harrah's Council Bluffs Casino & Hotel

Gold:

Care Initiatives
Immanuel Senior Living
Parsons House

Silver:

Hy-Vee
Methodist Hospital
UNMC Psychiatry
Valley Drug

Bronze:

St. Joe Villa

Media:

Action 3 News KMTV
CD 105.9
Chalco Hills Recreation Area
Mid-America Center

Become a Memory Walk sponsor TODAY and e-mail [Micah Evans](#) or contact him at the Chapter office at 402.502.4301.

Quick Links

[Register Now For Memory Walk](#)

[Respite Care Grants Available!](#)

[Am I Too Young For Memory Loss?](#)

[Learning Institute Hartington](#)

[Memories in the Making](#)

Midlands Chapter Staff

Patricia Bennett,
Education Coordinator

Micah Evans,
Development Director

Clayton Freeman,
Program Director

Duane Gross, PhD
President and CEO

Diane Hendricks,
Intake Coordinator

Stove Creek, great food, face painting for the kids, a doggy walk, clowns, and much, much more!



Come out to show support for your loved ones while helping the Midlands Chapter raise money for this great cause.

If you have not already formed your team, [click here](#) to go to Memory Walk Central, or call Jana at the Midlands Chapter at 402.502.4301 or [e-mail her](#) for more information about how you can form a team, recruit and motivate your members, or to sponsor the Memory Walks today.

Be a champion, and help the Midlands Chapter **MOOOVE** to end Alzheimer's disease!

[Back to the top](#)

Memories in the Making® Workshop



On Friday, October 17th the Midlands Chapter, along with Creighton University Medical Center School of Pharmacy, is presenting the first Memories in the Making workshop in the Metro area. Join us at the Tip Top Downtown Ballroom at 1502 Cuming Street in Omaha, NE from 8:00 a.m. to noon. LaDoris "Sam" Heinly, MSW Memories in the Making National Program Consultant for Alzheimer's Association Orange County Chapter will be presenting the workshop.

In 1986, artist and caregiver Selly Jenny, whose mother had Alzheimer's disease, explored the use of an art program to identify how much dementia patients could reveal about themselves through painting. Most had never painted before, yet the response was uniformly positive, revealing and reaffirming.

Alzheimer's disease brings with it a constant reminder of failures and losses. The Memories in the Making® art program is not about failure. Every picture is important and valid. Its value lies in the creative process of making the art and expressing feelings and emotions trapped inside.

[For more information or to make a reservation . . .](#)

[Back to the top](#)

Bonnie Lingard,
Layout & Design

Gloria Nielsen,
Office Support

Jana Paczkowski,
Special Events Planner

Rosalie Shepherd,
Outreach Coordinator

Debbie Soula,
Finance Director

Tribute Flags Now Available



Tribute flags are a bright, multi-color 8 1/2" x 11" flag that will be displayed at the midlands Chapter Memory Walks this year. The Alzheimer's Association logo and the words "To Honor and Remember" are in silver. There is additional space for participants to write the names of a loved one and a message. Purchase one flag to honor your loved one at home or the office, and another to hang as a permanent exhibit at our Memory Walks each year.

Tribute flags are modeled after flags commonly found flying in the Himalayas. Once the colorful flags are placed, they remain until the wind has unraveled their threads one by one. As the flags unravel, their messages are released into the universe.

Flags can be pre-ordered through the [Midlands Chapter website](#) or purchased at the Walk. Flags are \$10.00 each or 2 for \$15.00

[Back to the top](#)

Summer Travel Tips



Having dementia does not mean that it's necessary to stop participating in meaningful activities such as travel; it just requires careful planning to ensure safety, comfort and enjoyment for everyone.

- Changes to environment can trigger wandering behavior. Be sure to enroll in MedicAlert® + Alzheimer's Association Safe Return®, our 24-hour nationwide emergency response service for individuals with Alzheimer's or related dementia that wander or who have a medical emergency.

- Stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible. Try to visit places that were familiar before the onset of dementia.

- Evaluate options for the best mode of travel. Based on needs, abilities, safety and preferences, decide what would provide the most comfort and the least anxiety.

- Avoid elaborate sightseeing trips or complicated tours, which may cause anxiety and confusion.

- If you will be staying in a hotel, inform the staff ahead of time of your specific needs so they can be prepared to assist you.

[For more Summer Tips click here . . .](#)

[Back to the top](#)

2008 Alzheimer's Association International Conference



As a part of the Alzheimer's Association research program, The International Conference on Alzheimer's Disease (ICAD) was held in Chicago July 26-31. The ICAD serves as a catalyst for generating new knowledge about dementia and fostering a vital, collegial research community. This conference brought together more than 5,000 researchers, physicians and care providers from 60 countries - the largest group of international leaders in Alzheimer research and care ever convened. The

Midlands Chapter is proud to announce that Dr. Prasad Padala, Assistant Professor of Psychiatry at the University of Nebraska Medical Center and member of the Chapters Medical and Science Committee was a conference presenter.

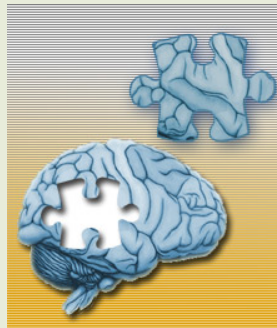
To learn more about the ICAD and groundbreaking research visit: www.alz.org/icad

[Back to the top](#)

Impact of High Cholesterol Levels on Alzheimer's Risk

By Kristen Drescher, PhD

Creighton University Department of Microbiology Immunology and member of the Midlands Chapter Medical Scientific Panel



For decades, medical professionals have stressed the importance of maintaining our total serum cholesterol levels to below 220 milligrams. Low to moderate levels of cholesterol have been associated with decreased risk of developing diabetes, high blood pressure, stroke and heart disease. A recent study that has garnered a high amount of attention in the popular press has suggested that there is perhaps an additional reason to keep tabs on our cholesterol - an association with an increased risk of developing Alzheimer's disease.

A study was recently presented at the American Academy of Neurology Meeting that examined the association between the level of serum total cholesterol at midlife and the risk of developing Alzheimer's disease later in life. Researchers examined the medical records of 9,752 men and women aged 40 and 45 in Northern California who had total serum cholesterol levels measured between 1964 and 1973. The medical records of individuals who remained in the healthcare group in 1994 were then identified. Between 1994 and 2007, a total of 504 individuals were diagnosed with Alzheimer's disease. The investigators then correlated the total serum cholesterol levels of those diagnosed with Alzheimer's disease and found that individuals with high total serum cholesterol levels (between 249 and 500 milligrams) at midlife were one and a half times more likely to develop Alzheimer's disease than men and women with low levels (less than 198 milligrams) of total serum cholesterol.

So, what does this mean to the average person? First, it does not mean that if you have a high level of serum cholesterol when you are in your early 40's that you will develop Alzheimer's disease. Second, it is important to remember that this is one study, and there are a variety of factors that are involved in studying human beings. The nature of the study - reviewing past medical records - while

valid, does not take into account all of the potential variables that may impact a person's risk of disease development. The analysis did control the study for a variety of factors (age, sex, race, and education among others), but it is difficult to capture all of the potential differences in a population via examination of medical records. Third, there have been a number of studies that have investigated the link between serum cholesterol levels and Alzheimer's disease development and the results obtained have not been consistent. A unique aspect to this current study was that it looked at mid-life cholesterol levels. Because Alzheimer's disease develops over time, this present study is interesting, as it examines health parameters decades prior to the development of the disease.

What should you do? It will likely be years and many more studies to determine if high cholesterol levels can be firmly determined to be a risk factor in the development of Alzheimer's disease. Obviously, the link between high cholesterol levels and other chronic diseases is clearly established and controlling your cholesterol levels is advised for multiple other health reasons.

[Back to the top](#)

Alzheimer's Disease Supersedes Diabetes As Sixth Leading Cause of Death in U.S.



Alzheimer's disease is now the sixth leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics. The CDC estimates that 72,914 Americans died of Alzheimer's disease in 2006. With an unprecedented historic population shift of 78 million aging baby boomers in the country and this disease poised to strike 10 million boomers - it is clear this escalating epidemic must be addressed now.

"The CDC's announcement that Alzheimer's disease jumped from the seventh to the sixth leading cause of death should serve as a wake-up call to the nation," said William Thies, Ph.D., vice president of Medical and Scientific Relations at the Alzheimer's Association. "The fact that there are no effective treatments for Alzheimer's has allowed the disease to pass diabetes. It is vitally important that we increase Alzheimer's research funding to slow or stop the progression of this devastating disease."

The Midlands Chapter needs advocates now more than ever to call on Congress to increase funding for Alzheimer's disease research at the national Institutes of health by \$125 million this year and toward the overall goal of \$ 1 billion annually for Alzheimer research. Sign up TODAY on the Advocate page at www.alz.org/midlands.

[Back to the top](#)

Our vision

A world without Alzheimer's disease.

Our mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

[Back to the top](#)

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to mevens@midlandsalz.org by mevens@midlandsalz.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Alzheimer's Association Midlands Chapter | 1941 South 42nd Street | Suite 205 | Omaha | NE | 68105