

Midlands Chapter Perspectives

October 2008 Issue Serving Northeast Nebraska & Southwest Iowa

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH
Join Us November 5th At Our Annual Meeting



To recognize Alzheimer's Awareness Month, the Midlands Chapter is hosting its [Annual Meeting](#) on **November 5, 2008 from 11:00 a.m. to 1:00 p.m.** at the **TipTop Ballroom, 1502 Cuming Street, Omaha, NE**. The [Annual Meeting](#) is an opportunity for friends and supporters of the Midlands Chapter to reflect on the year's progress and achievements, recognize those whose support through the year has made a difference, and look toward the future: a world without Alzheimer's.

This year, we will recognize **Mr. Lee Sapp** as a friend of the Midlands Chapter, **Deborah Marks Conley, APRN** as our outstanding volunteer of the year, and the **Memory Walk award recipients**. The United States Postal Service will also be joining us to unveil and present the new Alzheimer's stamp, which raises awareness about this dreadful disease and recognizes the importance of the caregiver.

[Tickets](#) are \$20.00 for a seat or \$160.00 for a table of eight. Please contact Micah Evans at 402.502.4301 or [e-mail](#) him for your [tickets](#).

We Want To Hear From You

As part of Alzheimer's Awareness Month, we want to hear your stories. Alzheimer's disease is a horrible disease, but we are not alone. As we enter the holiday season, recalling our loved ones is how we keep their spirit alive and remember them in better days. Please [share](#) your stories about a loved one who has been affected by Alzheimer's disease or other dementia, or caregiving for a loved one. You can also [share](#) with us your thoughts about the e-newsletter Perspectives, including things you would like to see each month in this e-mail.

Please [e-mail](#) Micah Evans with your thoughts and stories. You can even send a picture of a loved one to include with your story.





OSCAR NIGHT[®] A M E R I C A

F E B R U A R Y 2 2 , 2 0 0 9

**Harrah's Hotel and Casino
Council Bluffs, IA**

\$75.00 per Ticket

The countdown is on for Hollywood's most glamorous affair and one of the most highly anticipated occasions for local movie-lovers. The Alzheimer's Association Midlands Chapter is hosting the hottest party of the year - the Oscar Night soiree at Harrah's Hotel and Casino. Movie lovers from near and far will head to the only officially sanctioned Oscar party for an evening of food, drink, prizes, and film. After being greeted by our celebrities along the red carpet, guests will enjoy a fabulous dinner before watching a high definition telecast.

Call Jana Paczkowski at 402.502.4301 or [e-mail](#) her to reserve your tickets or table TODAY!



Five Good Reasons to Join a Support Group

1. You cannot continually care for another person if you are not first caring for yourself.
2. It's easier to discuss challenges of caring for a person with Alzheimer's with someone who is going through the same ordeal.
3. Every person with Alzheimer's is unique and what you share will not doubt assist someone else.
4. Sometimes it is easier to discuss personal care strategies like bathing or hygiene with a group member of the same gender as your loved one.
5. Because it's a safe place to unburden frustration and fears while gaining support and practical information or resources.

Go to [Support Groups](#) on our web page to find a support group nearest to you or call the Chapter office at 402.502.4301 today.

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

Support the Midlands Chapter Today



Even in these tough times, the Midlands Chapter is 100% committed to providing people affected by Alzheimer's disease and their loved ones free services, including support groups, one-on-one consultations, and caregiver training and education. We are committed to providing quality education for families, but the need is greater than ever.

Please support the Midlands Chapter. You can make a cash donation, or you can support us through the gift of stocks, annuities, insurance policies, or even personal property. You can even include the Midlands Chapter as a beneficiary in your estate planning. Your generous support helps us continue to offer help and hope to families affected by Alzheimer's disease.

Medicare Disability Act Waiting Period Stalls

Alzheimer advocates made great strides in getting cosponsors for the Ending the Medicare Disability Waiting Period Act (S. 2102, H.R. 154). The bill lists 103 US House cosponsors and 23 US Senate cosponsors!

This bill would phase out the two-year waiting period for Medicare coverage for persons under age 65 diagnosed with early onset Alzheimer's disease who may have lost a job and employer-based health insurance.

Unfortunately, the bill will not pass this year. We will ramp up our efforts again in early 2009 to ensure the bill is reintroduced and our race for cosponsors will resume.



Alzheimer Funding Decisions Held Up

Just days before the start of the new fiscal year on October 1, Congress and President Bush agreed to postpone any new spending for medical research and public health programs for another five months. Lawmakers passed a "continuing resolution" (CR), that keeps most federal programs running at 2008 spending levels through March 2009.

The current delay means that the decisions to boost Alzheimer research and to continue program funding will be left to a new Congress and the new president.

Prior to the CR decision, our advocacy efforts resulted in proposed increases in research and program funding (see chart below). We will push the new Congress to vote favorably on these proposals.

Federal Funding Chart

Alzheimer Funding	2008 Budget (current)	2009 Budget (Proposed Increase)
Research (NIH)	~\$644 million	~\$662 million
State Matching Grants	\$11.4 million	\$11.4 million
24/7 Helpline	\$1 million	\$1 million
CDC Brain Health Initiative	\$1.6 million	\$1.8 million

What Can I Do NOW?

1. Vote!

On November 4, get to the polls and vote.

The presidential race is not the only important election this fall. 435 US House seats and 33 US Senate seats are on the docket. There are also legislative elections in 44 states. 79% of the total legislative seats in the United States up for grabs!

Get out and Vote!

Can't make it to the polls? Check your state's absentee voting rules.

2. Remind others to Vote! Send an email, text or make a call to at least 5 friends on November 3 and follow up on November 4.

Thank you for your continued efforts to push Alzheimer's as a national priority. We'll report back to you in November when Congress returns to Washington, DC.

Become an advocate TODAY!

Two New Programs for Caregivers

As part of National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association is introducing two new programs especially for caregivers.

The two new programs especially for caregivers include:

- Caregiver Stress Check, a first-of-its-kind, interactive quiz that helps caregivers identify their symptoms of stress and provides them with a tailored list of helpful referrals and resources. Check out the quiz starting Nov. 1 at www.alz.org.
- Two new, best-in-class, topical videos for caregivers and people with dementia:
 - 1) "Understanding Alzheimer's: An introductory guide for people with dementia and their caregivers" and
 - 2) "Alzheimer's and Safety: A guide to planning and preparation". Aimed at increasing understanding, building skills and empowering people with dementia and those in their circle of care, these leading videos feature essential information on dementia basics, care, home and transportation safety delivered by individuals with dementia, family caregivers, physicians and care experts.

Videos will be offered in DVD format at www.alz.org beginning Nov. 1 and will be available through the Alzheimer's Association Midlands Chapter lending library.

Learn more about caregiver stress and all of the helpful resources available to you by calling our helpline at 402.502.4300 or visiting www.alz.org/midlands.



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.