

Midlands Chapter

Perspectives

Research · Care · Prevention

September 2009 Issue Serving Northeast Nebraska & Southwest Iowa

2009 MEMORY WALKS

Raise Awareness and Support

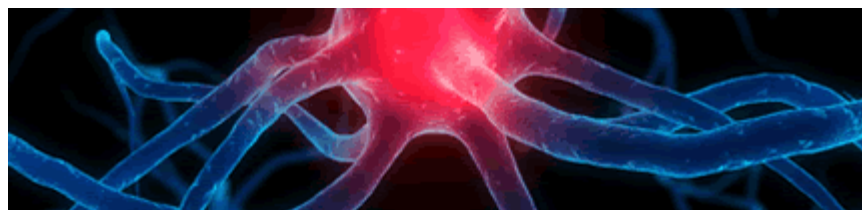
The Midlands Chapter just completed another successful Memory Walk season! More teams and individuals have registered for Chapter Memory Walks than ever! The generosity of our volunteers and contributors has been overwhelming as they support of persons with dementia and their caregivers.

Some very special notes of thanks go to everyone who made the first Walk in Council Bluffs Walk so much fun! Nearly 200 people walked at the Mid-America Center on September 5th. The second Walk at Pioneer Park in Harlan, IA on September 12th was equally successful. A wonderful crowd of nearly 100 walkers helped to raise funds and awareness about the disease which affects 106,000 Nebraskans and Iowans.

The First Annual Fremont Walk at Clemmons Park on Saturday, September 19th more than met expectations thanks to Nye Senior Services, Presenting Sponsor. Their work along with the Fremont Memory Walk Committee worked very hard to ensure an outstanding success for the Fremont Memory Walk.



The Omaha Memory Walk was held this past weekend, Sunday, September 27th! The Omaha Walk was one of our biggest Memory Walks on record with an estimated 1,800 people in attendance and over 550 people registering online. The Omaha Memory Walk is a fun-filled day featuring food, celebration, music, and a real reason to hope. Join us as we MOVE to end Alzheimer's disease. Please continue to support the cause by using this link [Omaha Memory Walk](#) to make your 2009 Memory Walk donation. Thank you for your outstanding care and support of the people we serve!



Alzheimer's disease and Genetics

Two new research studies about Alzheimer's disease genetics were recently published in the journal Nature Genetics. Scientists have discovered three new genes that may be associated with late onset Alzheimer's disease. While these are exciting new Alzheimer genetics findings, the new genes need to be confirmed and their role in Alzheimer's needs to be clarified.

Scientists know genes are involved in Alzheimer's. There are two categories of genes that can play a role in determining whether a person develops a disease. Alzheimer genes have been found in both categories. Risk genes increase the likelihood of developing a disease, but do not guarantee it will happen. Scientists have so far confirmed one Alzheimer risk gene called apolipoprotein E-e4 (APOE-e4) for the common form of late-onset Alzheimer's. Experts believe there may be as many as a dozen other Alzheimer's risk genes in addition to APOE-e4. Deterministic genes directly cause a disease, guaranteeing that anyone who inherits them will develop the disorder. Three mutated genes - amyloid precursor protein (APP) and the presenilins (PS1 and PS2) - have been shown to cause the rare, young onset, familial form of Alzheimer's. Although there is no way to change one's APOE-e4 status, lifestyle modifications may help reduce the potential effects of having APOE-e4. These modifications include eating a heart healthy diet, exercising and staying mentally active.

The Alzheimer's Association does not recommend routine genetic testing for people without dementia symptoms or who do not have a strong family history of young onset Alzheimer's. The Association understands that people will seek genetic testing and has developed five principles intended to prevent genetic discrimination. These apply to current tests for young onset genes and to reliable tests that may eventually be developed to predict late Alzheimer's disease.

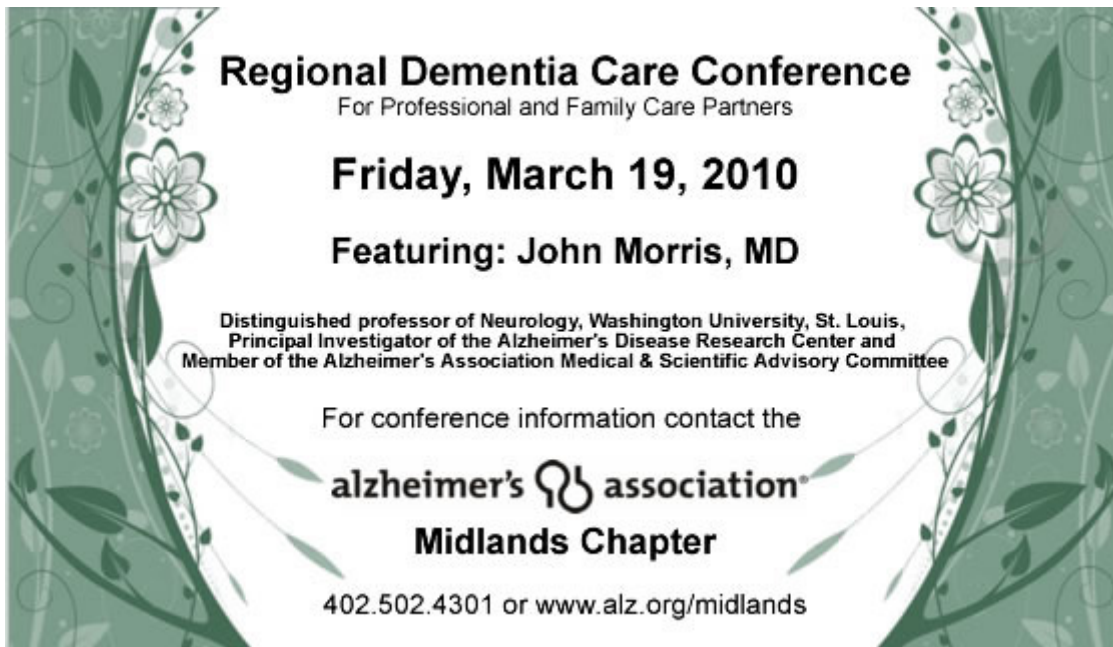
This is a very exciting time in Alzheimer's disease research. There are more than 50 potential therapies in Phase II and Phase III clinical trials. Scientists at the recent Alzheimer's Association International Conference reported on the latest findings in early detection, biomarkers, risk factors, and causes of Alzheimer's. The field is progressing so that we will soon see changes in the landscape of Alzheimer's diagnosis, care, treatment, and, eventually, prevention. How fast we get there depends completely on the investment in research. The identification of these new genes may provide potential drug targets as a means to treat/prevent Alzheimer's disease.

To learn more about Alzheimer's genetics check out these websites:

http://www.alz.org/national/documents/statements_geneticstesting.pdf

http://www.alz.org/alzheimers_disease_causes_risk_factors.asp

<http://www.nia.nih.gov/Alzheimers/Publications/geneticsfs.htm>



Regional Dementia Care Conference
For Professional and Family Care Partners

Friday, March 19, 2010

Featuring: John Morris, MD

Distinguished professor of Neurology, Washington University, St. Louis,
Principal Investigator of the Alzheimer's Disease Research Center and
Member of the Alzheimer's Association Medical & Scientific Advisory Committee

For conference information contact the

alzheimer's association
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402.502.4301 or www.alz.org/midlands

Featuring evidence-based, field-tested education for at-home or skilled care professionals, and medical professionals.

Call Clay Freeman at 402.502.4301 or [e-mail](mailto:clay.freeman@alz.org) him for more information.

Warren Ruesch's Son, Jack

Jack Ruesch learned in 1998 that he would lose his father, Warren. Unlike most people who receive this news, he knew that he would lose his father in stages and that his father would probably lose him first. "I soon became Lloyd, my dad's brother, and at times I had to play the role of his big brother."

Warren couldn't understand why his wife could still drive and he couldn't. The decision for Warren to enter the memory care unit was harder, but one had to be made. "Obviously, making decisions for my dad wasn't what I thought I'd have to do, but it is a privilege to be able to take care of my parents as they aged." Warren passed away in January, 2003.

Since that time, Jack has been active with the Alzheimer's Association Midlands Chapter, helping inform other caregivers how to help their loved ones get their affairs in order with advance directives, powers of attorney and other types of planning while the loved one can still participate. Also, Jack is an active member of the Midlands Chapter Board of Directors

"Supporting the Alzheimer's Association and Alzheimer's research is so important to me, because, who knows, I just might be the next one in the family."



Maintain Your Brain

By Rosalie Shepherd, Program Staff

If you're as smart as a fifth grader, you know that when Columbus set sail from Spain on his historic journey, it was not his intention to discover America. He was sent forth to find riches for the Monarchies of Spain. He was looking for the Spice Islands in the Indies, and a shorter route to the east when he bumped into the Americas. Back in the day, spices were as important as precious metals, and Europeans were clamoring for the goods of the East.

Spices have been a valuable commodity since before Biblical times when the 3 Wise men brought them to the Christ Child. They have been used for medicinal purposes, to preserve food, and to enhance the flavor of food through the ages.

It turns out that herbs and spices are not only delicious, but are good for the brain and overall health. Studies show that many fresh herbs and spices are beneficial to the memory. According to Neurosurgeon Dr. Larry McCleary's book, *Improving Your Health the Natural Way*, the following are some of the herbs & spices that you should incorporate into your diet for good brain health.

Turmeric, (Curcumin) called "the golden spice of life" is used in Indian curry, and has proven to fight senile plaque in mice. Researchers believe that the use of this spice is the reason for the low incidence of Alzheimer's disease in India. Ginger, a cousin of Turmeric, also reduces senile plaque and decreases inflammation.

Cinnamon has long been a popular flavor for food, and mountains of research have shown this spice to increase brain health by controlling blood sugar to reduce the risk of diabetes. Those with diabetes have a greater risk for Alzheimer's disease. Sprinkle cinnamon on toast, cereal, cocoa, chili or just about anywhere you want a delicious spice.

Sage boosts the chemical responsible for acetylcholine in the brain. Research also shows that Rosemary improves memory by helping the brain to grow and build new connections.

Green tea is a powerful antioxidant that has been repeatedly found to lower the incidence of Alzheimer's disease. According to the American Journal of Clinical Nutrition, those who drank 2 cups of green tea a day cut the incidence of Alzheimer's disease by 54%.

The more we look for the magic pill to cure our ills, the more we come back to the knowledge that good natural food is the best medicine. So, spice up your life-what an easy way to boost your intake of healthy nutrients without adding calories to your diet.



Brain Matters

Check out the new puzzles on our [Brain Gym page](#) at our web site.

Cleaning Confusion

A man wears a clean shirt every day. He brings the shirts he has worn to the laundry every Monday afternoon and picks up the cleaned shirts exactly one week later on the following Monday afternoon. How many shirts must the man own to ensure that he can wear a clean shirt every day?

Hint: Eight is not enough.



What's In a Name?

Tommy's mother has three children represented by the coins below. The first child is named Penny. The second child is named Nicole. What is the name of the third child?



Check back here next month for the answers!

Here are the answers to last month puzzles:

1. Campbells
2. Iceberg Lettuce
3. Jimmy Carter
4. Camptown Races
5. God Bless America

Alzheimer's Association Midlands Chapter

Vision

A world without Alzheimer's disease.

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.

Congratulations and THANK YOU

to the following community facilities who have completed modules within our **Foundations of Dementia Care** training program:

- **Elk Ridge Senior Living Community** in Elkhorn, NE
- **Good Shepherd Lutheran Home** in Blair, NE
- **Nye Legacy** in Fremont, NE
- **SilverRidge Assisted Living and Memory Support** in Gretna, NE

If you are interested in finding out more about our **Foundations of Dementia Care** training program for healthcare professionals and care workers, please contact **Clayton Freeman** by [e-mail](#) or **call 402.502.4301 for more information TODAY!**



A very special thank you to Gretna Community Living Center for inviting the Midlands Chapter to their Gretna Days celebration and for their generous donation of \$422.00 to support Chapter programs and services.

2009 Education Sponsors

The Midlands Chapter would like to recognize these companies whose generous support helps underwrite our programs throughout 2009.

Pharmaceutical Technologies, Inc. and Hillcrest Health Systems

For more information about supporting educational programming, please contact Micah at 402. 502.4301 or by e-mail at mevans@midlandsalz.org

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