

Perspectives

September 2008 Issue Serving Northeast Nebraska & Southwest Iowa

Omaha Memory Walk 2008



Thank you to all of the sponsors, walkers, doggies, volunteers, and honored guests who joined us Sunday, September 28th at Chalco Hills Recreation Area in Omaha, NE for our Memory Walk. Your participation at our Walks enable us to provide programs and services throughout the year. We hope to see you again next year!

(Picture: Midlands Chapter staff member Diane Hendricks and her daughter Caroline)

It's not too early to be thinking about 2009 Memory Walks. Call Jana Paczkowski at 402.502.4301 or e-mail her at jana.paczowski@alz.org to volunteer or to get ideas on how to grow your team for next year.

Memories in the Making® October 17th



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.

Midlands Chapter Visits Congressman Terry



(Left to right: Anna Fisler, Liz Johnson, Terry Johnson, Kathy Tewhill, Congressman Lee Terry, Clayton Freeman, Pam Jones and Duane Gross.)

The Midlands Chapter is committed to a strong Public Policy and Advocacy program. During the month of August members of the public policy committee, support group members and chapter staff met with Senator Chuck Hagel's Staff and Congressman Lee Terry asking them to be champions for increased research funding and improved access to health care for all those with Alzheimer's and other dementias especially those with the young onset of the disease under the age of 65. *(Article continued on Page 2.)*

(Midlands Chapter Visits Congressman Terry—Continued from Page 1)

In January, the Nebraska Unicameral and Iowa Legislature begin their sessions. Our public policy committees will be monitoring legislation and framing our 2009 platforms. We would like to thank members of the public policy committee who assisted in signing up new Advocates at our three Chapter Memory Walks. We are on track to meet our goal of recruiting 200 new advocates this year.

We invite you to visit our [Advocacy](#) page on the Midlands Chapter Web page at www.alz.org/midlands and join our Advocacy Team. Chapter Advocates give voice to those who need our state and federal legislators to be their champions. Each month advocates receive a federal update from the Chapter highlighting issues of importance at the national level that need our attention and an invitation to contact your representatives.

Annual Meeting November 5th

Join the Midlands Chapter on November 5th for our Annual Meeting. This is an opportunity to celebrate the past year while we look ahead to making strides toward our vision: A world without Alzheimer's.

Call 402.502.4301 or e-mail [Micah Evans](mailto:micah.evans@alz.org) for information about the Annual Meeting, including tables or sponsorship opportunities.

Planned Giving Yields Lasting Support



One of the most lasting ways to support the Alzheimer's Association Midlands Chapter is through Planned Giving. A Planned Gift is a charitable distribution in your assets-wills, trusts, life insurance, or retirement plans. Planned Giving ensures that your charitable intentions are carried out according to your wishes. Planned gifts offer many outstanding benefits. Benefits include an immediate charitable income tax deduction-even though the beneficiary will not receive any property until some future date, avoidance or deferral of capital gains taxes on appreciated property used to fund the gift, and last but not least, financial support for the Midlands Chapter.

Please consider the Midlands Chapter in your estate plan. Whether you choose to set aside a specific dollar amount or to include a percentage for the Midlands Chapter, you know your gift will help us achieve our vision: A world without Alzheimer's.

For more information about planned gift options, please call Micah Evans at 402.502.4301 to set an appointment.

Staying Social: A Key to Healthy Aging



An active social life may be the key to a healthy mind in old age, a recent study of women suggests.

The study found that women with larger social networks reduced their risk of getting dementia by 26 percent.

Researchers tested more than 2,200 women aged 78 or older by phone and also reviewed their medical records. The women were asked about social interactions with a spouse and/or other family members and friends, including how many people they interacted with and how often.

Dr. William Thies, Alzheimer's Association vice president of medical and scientific relations, said the findings "fit with a large body of evidence that being isolated is bad for you."

He added, however, "You don't know whether the bigger network prevents Alzheimer's or [whether] people who don't get Alzheimer's maintain bigger networks."

For more information on how your brain can benefit by remaining socially active, visit www.alz.org/we_can_help_brain_health_maintain_your_brain.asp.

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Early Stage Alzheimer's disease & Other Dementias Strategy Group

Tuesday Evenings Beginning October 7th
at 5:00 p.m. at the Midlands Chapter office,
1941 South 42nd Street, Suite 205, Omaha, NE

This unique strategy group is designed for the individual in the early stages of the diagnosis and their care partner or family member to discuss their feelings, needs and problems with others who have had a similar experience.

Midlands Chapter and Law Enforcement Working Together



It is common for a person with dementia to wander and become lost, many do repeatedly. In fact, over 60 percent for those with dementia will wander at some point during the course the disease. Wandering can be dangerous, even life-threatening. The stress can weigh heavily on caregivers and family. When an individual wanders and is not located within 24 hours up to 50 percent risk serious injury or death.

The Midlands Chapter has launched an initiative to provide education to law enforcement personnel in northeast Nebraska and southwest Iowa. We are pleased to announce that we have provided safe return education to the Papillion and Omaha Police Departments and the Cass County Sheriffs department. Our training program, educates officers about the basics of Alzheimer's disease with particular emphasis on the symptoms, behaviors and communication challenges they may encounter. Encountering a person with dementia, especially one who has wandered and is frightened requires special skills and tactics. When a person is reported missing, it is critical the search begin immediately. Our education program provides officers with the unique search criteria needed when searching for an individual with dementia.

Preventing wandering begins with the family and caregiver. Enrolling your loved one in the Medic Alert® + Alzheimer's Association Safe Return® program is vital. The program is a 24 hour nationwide emergency response service for individuals who wander or have a medical emergency. Once activated the service notifies the Chapter, law enforcement agencies and emergency responders with critical medical information.

We encourage caregivers to enroll your loved one immediately. Please contact us at 402.502.4300 and we will send you a registration brochure or stop by the Chapter office at 1941 South 42nd Street, Suite 205, Omaha, NE.

The Medic Alert® +Alzheimer's Association Safe Return® is a gift to your loved one and peace of mind for you. Please sign up today.

Five Good Reasons for Caregivers 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 no 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 http://www.alz.org/midlands/in_my_community_support.asp to find a support group nearest to you or call the chapter office at 402.502.4301 today.

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Memory Walk 2008



Thank You To Our Generous 2008 Memory Walk Sponsors:

National Team: Home Instead Senior Care

Presenting: Harrah's Council Bluffs Casino & Hotel

Gold: Immanuel Senior Living and Parsons House on Eagle Run

Silver: Methodist Hospital

Bronze: UNMC Dept. of Psychiatry, Northern Natural Gas, St. Joe Villa, Bickford Cottages, and Missouri Valley Drug

Copper: Via Christie Assisted Living Community, Sapp Brothers Petroleum and Keiser Wealth Management

VIP Room: Nurse Providers

Lead Water Station: Brookstone Village

Vendor Tables: Secure Horizons Evercare and Senior Helpers

In-Kind: Hy-Vee, Papio-Missouri River Natural Resources District, *KPTM Fox 42, *CD 105.9 FM, Harrah's Foundation, No Frills Supermarket, Pamida, Chastain Otis, Jimmy John's, Stove Creek Music, *KMTV-Action 3 News, PENS Advertising, Mid-America Center and *KNOD 105.3 FM

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If you are interested in becoming a 2009 Memory Walk sponsor e-mail micah.evans@midlandsalz.org or contact him at the Chapter office at 402.502.4301.

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