When Stephanie P., a local Pilates instructor, learned her mom, Bonnie, had Alzheimer’s disease she knew she had to find a way to join her mom on her journey even when they were miles apart. “At first, I felt like I was failing my mom because I couldn’t be there with her, but I realized that I can do things locally to build awareness around the disease and the aging population,” says Stephanie. She is committed to not only building awareness about Alzheimer’s, but also reminding others that life goes on even when people are living with the disease. “It breaks my heart when families start to drive their elders away, I want to be the driving force to remind them the value our aging populations brings. We need to keep them close because they have so much love and wisdom left to give. Even if they can’t have a conversation with you, they can still bring value to your life in their own special way,” Stephanie explains.

One way Stephanie is committed to achieving her goal of raising awareness is through her participation in the Alzheimer’s Association’s The Longest Day signature fundraising event.

Stephanie shared that her mom was very active before her diagnosis. “She was a workout queen,” she says. To honor this piece of her mom, Stephanie hosted a “Megaformer for Memory” exercise benefit event at the Butcher Shop Fitness in German Village. The Pilates focused event included music by local D.J. Alhoa, prizes, food, and three exercise classes throughout the event. Megaformer Pilates is a no impact full body workout that allows everyone to participate regardless of their fitness level. Stephanie’s mom and dad traveled in for the event and Stephanie made sure to incorporate moderations into the exercises that would allow even those like her mom and dad. “Megaformer for Memory at The Butcher Shop Fitness was sweaty good fun! Megaformer workout with a DJ and doorprizes made the cold snowy day much warmer and fun for a great cause,” Stephanie says of the experience.

Stephanie also pitched her idea of supporting the Alzheimer’s Association to her local community group, Next Level Training, and was accepted as the group’s community project. The group has set a goal to raise $120,000 for the Alzheimer’s Association The Longest Day event in just four weeks.

If you, like Stephanie, are searching for a way to give back or honor a loved one, consider hosting a The Longest Day event. To learn more about The Longest Day, contact Meredith Harrison at mharrison@alz.org.
The annual Paint the Night Purple fundraising event was held on Nov. 10 at the Hollywood Casino and hosted 400 guests. The event raised more than $170,000 to move the mission of the Alzheimer’s Association forward. Donations from this event help fund local programs and services and advance research.

Attendees joined the Conspiracy Band on stage.

Guest came together on the dance floor to light up the night in honor of those impacted by the disease.

VIEW MORE GALA PHOTOS ONLINE AT ALZ.ORG/CENTRALOHIO
Gifts of Hope – Thank you to those who made a gift of hope!


A MINI MAKEOVER FOR BLONDES VS. BRUNETTES

Blondes vs. Brunettes is now RivALZ Columbus, and while it may have a new name, it is still the one place where women united in the fight against Alzheimer’s disease will divide into teams to compete in a flag football game to inspire fundraising, awareness and action. The Young Professional group affiliated with the Alzheimer’s Association Central Ohio Chapter, plans RivALZ as their annual signature fundraising initiative. With the 2018 Scarlet vs. Gray game quickly approaching, the group is looking for talented, driven individuals to help make this the biggest year yet! Please join us for our monthly meetings, the third Wednesday at 7PM at the Alzheimer’s Association to learn more about each committee and join one yourself! View our committee at-a-glance, flow chart and role descriptions online at rivalzcolumbus.com. The next meeting Junior Committee meeting is Wednesday, January 17 at 6 p.m. The RivALZ planning meeting follows at 7 p.m. Learn more about the Junior Committee at http://alzcbusjc.org and RivALZ at rivalzcolumbus.com.
MARKET YOUR BUSINESS AND MAKE AN IMPACT

One of the easiest ways to get in front of a captive audience and build your community reputation is through nonprofit event sponsorships. The Alzheimer’s Association Central Ohio Chapter has many fantastic events throughout our 14 counties that companies can support by signing up to be an event sponsor. We offer a variety of sponsorship levels to suit all budgets through our five Walk to End Alzheimer’s in Delaware, Marion, Perry County, Circleville and Columbus, our annual Paint the Night Purple event and our RivALZ flag football game. When you sign up to be a sponsor, you are helping the Alzheimer’s Association continue to serve more individuals through support and education programs and also fund critical research needed to find future treatments and breakthroughs.

From as little as $100, your company can support the organization, while also enhancing your corporate image, driving sales, and differentiating your company from competitors. For more information regarding sponsorship opportunities, please contact Matt Levering at mlevering@alz.org or 614.442.2011.

YOU’RE INVITED!

VOLUNTEER INFORMATION SESSION

Columbus Walk to End Alzheimer’s
January 30, 2018 | 5:30 - 7p.m.
Central Ohio Chapter Office
1379 Dublin Rd, Columbus, OH 43215

Volunteers are the heart of the Alzheimer’s Association Walk to End Alzheimer’s®! If you are looking for a fun way to get involved with an important cause, then join us on January 30 at our main Chapter Office to learn about how you can become a Walk to End Alzheimer’s committee volunteer and help us drive towards our vision of a world without Alzheimer’s. We offer a variety of opportunities for individuals to step up and support the 2018 Columbus Walk to End Alzheimer’s suitable for all skill levels. If interested in attending, please RSVP to Jill Grosenheider-Rudd at jrudd@alz.org
LOCAL WALK TEAM EARS SPOT IN COUNTRY’S TOP TEN!

When Julie Dierker, along with her brother and sister, decided to start a Walk to End Alzheimer’s team three years ago as a gift of hope for their father who was living with Alzheimer’s, they never imagined the impact they would be able to make. For three consecutive years, Julie has led her team to be the top fundraising team for the Columbus Walk to End Alzheimer’s. However, it was this year that she really set the bar for others. Her team, Bill’s Buddies and the Ganzhorn Gang, broke their own record by more than $35K raising an astonishing $130,647.40 this year to secure their spot as the number nine top Walk team in the country out of 600 Walks! Quite the accomplishment for someone who hasn’t even yet graduated college.

Ready to join Julie in the fight? Start your own Walk team today. Visit alz.org/walk

THAT’S A WRAP: WINTER JOURNEYS PROGRAM

We recently completed our latest Journeys series, which is an educational program for care partners and those with early stage memory loss. While celebrating with cake, participants reflected on how far we have come over the past seven weeks. This program is designed to navigate questions like “What will this mean for me and my family?” and “How do I plan for the future?” or “Where can I get the help I need?” and many other concerns. During the seven weeks of this series, we covered topics including understanding Alzheimer’s disease and memory loss, partnering with your medical team, coping strategies and self care, legal and financial planning, and home safety among others. Each week we feature a topic followed by separate peer-to-peer discussion groups. The discussion groups allow for sharing with those in similar situations and provides valuable social support. The Journeys participants are not only leaving this series with a better understanding of Alzheimer’s disease, how to advocate for themselves, but also leave with new bonds of friendship with those who went along this seven-week journey with them. If you are interested in participating in our next Journeys series tentatively scheduled for March 2018, please contact our chapter at 614 457 6003 or email Katie Gabriel at kgabriel@alz.org.
VOLUNTEER

VOLUNTEER OF THE QUARTER
MARYBETH CARTMILLE

For Marybeth Cartmille, Director of Community Development at Our Family Home (left of photo), Alzheimer’s is a personal and professional endeavor. Like too many other families, Marybeth’s has navigated the journey of Alzheimer’s, most recently with her father-in-law. Marybeth’s involvement with the Central Ohio Chapter spans over seven years. She has been active in the Columbus Walk to End Alzheimer’s, has attended Ohio Memory Day at the State House and currently serves as a support group facilitator for the adult child support group. Additionally, Marybeth manages the respite portion of the Chapter’s monthly education program, First Friday, held at Worthington United Methodist Church. Thanks to Marybeth, caregivers are able to attend the lunch-and-learn program while their loved ones participate in engagement activities.

“When I think of Marybeth the first word that comes to mind is authentic. She is genuinely passionate about helping those living with Alzheimer’s disease and their loved ones,” says Michelle Crum, education coordinator.

A big thank you to Marybeth for everything she does to advance our mission, we are lucky to call her our volunteer!

SPEAK OUT

The Alzheimer’s Association Central Ohio Chapter is in search for individuals with good communication skills who are passionate about the Alzheimer’s Association and want to become part of our team by educating the public and promoting our services.

To learn more about becoming a Speaker’s Bureau member, please contact the Alzheimer’s Association at (614) 457-6003 or through the 24/7 Helpline at 1-800-272-3900.

COMMITTEE VOLUNTEERS

Do you share the Alzheimer’s Association’s vision of a world without Alzheimer’s? Do you want the chance to connect with others passionate about ending this disease? If so we would like to invite you to consider joining a planning committee this year.

- The Longest Day
- Manon Walk to End Alzheimer’s
- Delaware Walk to End Alzheimer’s
- Circleville Walk to End Alzheimer’s
- Perry County Walk to End Alzheimer’s
- Columbus Walk to End Alzheimer’s

We need volunteers who are eager to help build relationships with others and encourage fundraising to move the Association’s vision forward. For more information please call our main office directly at 614 457 6003.
The Alzheimer’s Association and the Alzheimer’s Impact Movement (AIM) are proud to support the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer’s Act (S. 2076/H.R. 4256), a bipartisan legislation prioritizing our nation’s approach to Alzheimer’s disease. The BOLD Infrastructure for Alzheimer’s Act would establish Alzheimer’s Centers of Excellence in communities around the country to expand and promote the evidence base for effective Alzheimer’s interventions, and issue funding to public health departments to increase early detection and diagnosis, reduce risk, prevent avoidable hospitalizations and support the needs of caregivers. Join us in urging action on this issue.

Please take a moment to write, call or tweet your member of congress and urge them to co-sponsor S. 2076 or H.R. 4256 today!

Alzheimer’s Impact Movement (AIM) works to develop and advance policies to overcome Alzheimer’s disease through increased investment in research, enhanced care and improved support. AIM is a membership organization and we ask you to join us!

Did you know Alzheimer’s research funding has nearly tripled in the last three years? Learn how the Alzheimer’s Impact Movement (AIM), the nonpartisan advocacy arm of the Alzheimer’s Association, and advocates like you made that happen at alzimpact.org.
I have been my mother’s caregiver for over two years. Lately, I have been having trouble sleeping, as well as being irritable, and depressed. I want to keep her at home, but I need some advice about how to improve my mood.

All of the symptoms that you described are signs of caregiver stress. If you find yourself not taking care of your own needs, you may be putting your own health at risk. Here are seven ways to manage your stress so you are able to be a healthier caregiver.

1. **FIND TIME TO REST** - Consider taking advantage of respite care so you can spend time doing something you enjoy. You benefit from a temporary rest from caregiving while your mother receives care in a safe environment.

2. **KNOW WHAT COMMUNITY RESOURCES ARE AVAILABLE** - Stop by our office, visit us online at alz.org/centralohio or call us anytime at 24/7 Helpline at 800-272-3900 - we are here to help!

3. **BECOME AN EDUCATED CAREGIVER** - As the disease progresses, you may need to learn new caregiving skills. For tips about communication and coping strategies, visit alz.org/care. You will be able to access care training resources including free online workshops.

4. **GET HELP AND FIND SUPPORT** - Visit alz.org/centralohio to find a support group near you.

5. **STAY HEALTHY** - Try to eat well, exercise, get plenty of rest and find relaxation techniques that work for you. Making sure that you remember to stay healthy can help you be a better caregiver.

6. **ACCEPT CHANGES AS THEY OCCUR** - People with Alzheimer’s change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of local resources - from home care to assisted living or nursing home - makes the transition easier.

7. **KNOW THAT YOU ARE DOING YOUR BEST** - We are often too hard on ourselves. Take a moment to breathe and give yourself a pat on the back, you are doing great.

Have a question you need answered? Call our 24/7 Helpline to speak with a specialist today.

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**KICK START YOUR NEURONS!**

Although scientists are still working to unlock the mysteries of the body’s most powerful organ, we do know there is a lot you can do to help keep your brain healthy as you age. One of those ways is to challenge yourself to complete mentally stimulating activities like those found in The Big Brain Puzzle Book. Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells. To get you started we will share some of the brain puzzles found in the book in each newsletter issue. For even more puzzles to do alone or with your loved one follow us on Facebook @ AlzCentralOhio.

Below is a scrambled 15 letter word known to all. It begins with “S” and ends with “S”. See how long it takes you to come up with this simple, straightforward word.

```
S
F
M
I
I
I
C
L
A
T
I
P
N
O
S
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NEW PILOT EXERCISE PROGRAM PROMOTES HEART HEALTH FOR BRAIN HEALTH

Movement for Memory is an exercise class for those who have memory loss and their care partners too. This class is modeled from the Delay the Disease program which is an evidenced-based wellness group exercise class for those diagnosed with Parkinson’s. Our chapter has partnered with Ohio Health’s, Jackie Russell, RN, Delay the Disease co-founder, to offer this class designed for individuals with mild cognitive impairment (MCI) and early stage Alzheimer’s disease (AD) or related dementia as well as for their care partners. The class is designed to stimulate and challenge the mind and body! The benefits of exercise for individuals with dementia in current research is well established including improving physical functioning and quality of life. Some evidence suggests physical activity may also influence memory and cognitive skills. As stated in the Journal of Sport and Health Science, “...the recent clinical trials of the effects of various exercise on prevention of AD suggested that long-term physical exercise with a multicomponent cognitive intervention might improve cognitive function in patients with AD” (Shen, Y. & Li, R. (2016). What do we know from clinical trials on exercise and Alzheimer’s disease? Journal of Sport and Health Science, 5(4), 397-399. doi:10.1016/j.jshs.2016.10.002).

Please join us for a fun and stimulating exercise class designed to improve overall health and increase socialization for those with early stage memory loss and their care partners too! Space is limited and based on functional criteria provided by our chapter and Certified Instructors. We offer two classes per week for 12 weeks at cost of five dollars per person per class.

To learn more about our next 12 week series please call our chapter at 614.457.6003 or email Katie at kgabriel@alz.org.

Some evidence suggests physical activity may also influence memory and cognitive skills.

GET THE EMOTIONAL SUPPORT YOU NEED

If someone you care about is living with Alzheimer’s disease or a related dementia, there is something you can do to help them and yourself. Plan to visit an Alzheimer’s Association Caregiver Support Group this month.

Support groups meet monthly to provide caregivers with an opportunity to share their experiences and receive support from others coping with Alzheimer’s disease. There is no cost or commitment to attend. If you have questions about support groups in general, please call the Helpline at 800.272.3900.

Find the support group right for your needs. Visit us online at alz.org/centralohio to see a full list of support groups in your area.
EDUCATION PROGRAMS

To ensure you find the right program for you, registration for all events is required. Call our 24/7 Helpline at 800.272.3900 or visit alz.org/centralohio

MONTHLY PROGRAMS

WHAT’S NEXT? WE CAN HELP
Increase your understanding of memory loss, dementia and Alzheimer’s, while learning about the Central Ohio Chapter programs and services.

Each session takes place at the Chapter office:
1379 Dublin Rd. Columbus, Ohio
• Tuesday, January 9 at 10 a.m.
• Tuesday, February 13 at 2 p.m.
• Tuesday, March 13 at 6 p.m.

FIRST FRIDAYS
Monthly community education lunch and learn lectures relating to individuals with Alzheimer’s disease and their caregivers. Socialization and activity program is available for individuals with dementia to attend while the care partner attends the lecture. Please visit alz.org/centralohio for list of session topics.

Each session takes place the First Friday of the month from 11:30 a.m. to 1 p.m. at the Worthington United Methodist Church: 600 High St. Worthington, Ohio
• February 2
• March 2

PROGRAM SERIES

JOURNEYS: CREATING CONFIDENT CARE PARTNERS, A LIVING WITH ALZHEIMER’S EARLY STAGE SERIES
This seven-week educational and supportive series will explain the whats, whys and hopes to individuals with early stage memory loss and their care partners.

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• A new seven-week class is forming.
For more information contact Katie Gabriel at kgabriel@alz.org

LIVING WITH ALZHEIMER’S EARLY STAGES FOR CARE PARTNERS
In the early stage of Alzheimer’s disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this three-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with a loved one’s diagnosis.

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Part 1: Wednesday, January 31 at 1 p.m.
• Part 2: Wednesday, February 7 at 1 p.m.
• Part 3: Wednesday, February 14 at 1 p.m.

LIVING WITH ALZHEIMER’S MIDDLE STAGES FOR CARE PARTNERS
In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Join us for this three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s.

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Part 1: Wednesday, February 28 at 1 p.m.
• Part 2: Wednesday, March 7 at 1 p.m.
• Part 3: Wednesday, March 14 at 1 p.m.

LIVING WITH ALZHEIMER’S LATE STAGES FOR CARE PARTNERS
In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this two-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer’s and their families.

SOUTHEASTERN OHIO CENTER FOR INDEPENDENT LIVING: 418 S Broad Street, Lancaster, Ohio
• Part 1 and 2: February 14 at 12:30 p.m.

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Part 1 and 2: Monday, March 26 at 10 a.m. (lunch included)

For questions about our education programs, contact Michelle Crum at mcrum@alz.org.

Registration is required for all programs. Call 800.272.3900 or visit alz.org/centralohio.
ADDITIONAL PROGRAMS

UNDERSTANDING DEMENTIA - THE BASICS
Alzheimer’s disease and related dementias are not a normal part of aging. Understanding Dementia - The Basics provides information about detection, causes and risk factors, stages of the disease, treatment, and much more.

LICKING COUNTY AGING PROGRAM
1058 E Main Street, Newark, Ohio
• Wednesday, March 21 at 10 a.m.

UNION COUNTY SENIOR SERVICES*
940 London Avenue, Marysville, Ohio
• Friday, March 16 at Noon

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Monday, February 19 at 1 p.m.

EFFECTIVE COMMUNICATION STRATEGIES
Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Monday, January 22 at 1 p.m.

HILLIARD ASSISTED LIVING: 4303 Trueman Blvd., Hilliard, Ohio
• Tuesday, March 27 at 3 p.m.

KNOW THE 10 SIGNS*
If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease.

UNION COUNTY SENIOR SERVICES
940 London Avenue, Marysville, Ohio
• Friday, February 9 at Noon

DEMENTIA CONVERSATIONS
Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning is an education workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer’s and connects you with helpful resources to enhance quality of life for everyone involved.

LICKING COUNTY AGING PROGRAM
1058 E Main Street, Newark, Ohio
• Tuesday, March 28 at 1 p.m.

NEURO RESEARCH IN OHIO
Learn about the Parkinson’s Alzheimer’s and MS research happening at OSU and what you should know about Clinical Trials before enrolling. Presented by Carson Reider, PhD, Director, Research Administration; Administrative Director, Neuroscience Research Institute, The Ohio State University

WILLlow BROOK DELAWARE RUN | SUMMIT ROOM
100 Delaware Crossing W. Delaware, Ohio
• Saturday, March 24 | Registration begins at 8:30

NEW FOR 2018
Union County “Lunch and Learn” education presentations funded through Union County Senior Services!

Join us for “Know the 10 Signs” and “The Basics” See starred listings.

Lunch will be provided at both sessions. Please come and learn with us.

Registration required for all classes

Please visit alz.org/centralohio for the most up-to-date program listings/topics and for complete listings of our support groups in the 14 counties we serve.

Program support provided by: Central Ohio Area Agency on Aging, Area Agency on Aging (Districts 5, 7, 8), Franklin County Office on Aging, Harry C. Moores Foundation, Healthcare Foundation of Delaware County, Union County Senior Services and SourcePoint.
The Kroger Community Rewards Program provides financial support to area non-profits including the Alzheimer’s Association based on the money spent at Kroger stores by members enrolled in the program. By linking your Kroger Plus card and shopping at Kroger, you raise funds for the Alzheimer’s Association, Central Ohio Chapter just by shopping. To register your Kroger Plus card online, visit www.krogercommunityrewards.com.