Record high temperatures did not stop the nearly 4,000 participants passionate about ending Alzheimer’s from gathering at Huntington Park on September 24 for the 2017 Columbus Walk to End Alzheimer’s.

The Alliance Chorus, a men’s barbershop chorus, performed on the field for the pre-ceremony, and #Hashtag Comedy Group joined in on the fun and tossed out t-shirts, water bottles, and more to participants seated in the stadium.

Greg Murray, announcer for the Columbus Blue Jackets, emceed the opening ceremony sharing his personal connection to Alzheimer’s, his mother-in-law Nancy. Fifty-seven year old Jerome Mescher moved the crowd with his touching story about his journey living with the disease. Colleen Marshall from NBC4, a long-time Alzheimer’s advocate, led the Promise Garden ceremony where one by one, participants raised flowers into the air each color representing their connection to Alzheimer’s.

Purple for those who have lost someone to Alzheimer’s, yellow for those who support or care for somebody with the disease, orange for supporting the fight against Alzheimer’s, and blue was for those who currently have the disease.

The white flower was introduced this year symbolizing hope for finding Alzheimer’s first survivor. The white flower was held by sixth grader, Reese Moeser, whose grandpa passed from Alzheimer’s disease. “I’m just really excited to be the one,” said Reese of the experience.

Lola, Reese’s mother, was encouraged by the number of participants at the Walk. “I always tell people you don’t realize how horrific and devastating Alzheimer’s is until you actually live it. It’s so inspiring to see all these people come together for the cause,” noted Lola.

To date, the Columbus Walk has raised more than $715,000 with a goal of $800,000. Funds raised by Walk participants benefit those affected by Alzheimer’s disease in Central Ohio. Donations for the Columbus Walk will be accepted through December 31, 2017. To learn more or make a donation, visit act.alz.org/columbusohio
The Columbus Walk was one of five Walks for the Central Ohio Chapter. Thanks to the thousands of participants who joined us for our Walks and contributed to raising an astonishing $900,612 to date! Your efforts will drive research and provide programs and services for the more than 30,000 individuals living with the disease in Central Ohio.

Congratulations to Julie Dierker (far left) for being the top individual fundraiser and for leading her team, Bill’s Buddies and the Ganzhorn Gang, to raise more than $115,000 and take the spot as the top fundraising team for the third year in a row.

The Walk season kicked off on August 5 at the New Lexington Football Stadium. The Walk has raised $23,827. Nearly 400 participants on August 12 gathered at the Ohio Wesleyan University to raise $65,242 to date.

Nearly 550 participants met at the Mary Virginia Crites Hannan Park on August 26 for the third Walk of the season and raised $69,404 to date. Participants of the Marion Walk helped raise $29,961 on September 16 at Dayspring Wesleyan Church towards our mission of ending Alzheimer’s.

Special thank you to our White Flower holders!

View more Walk photos online at alz.org/centralohio
PAINT THE NIGHT PURPLE
Friday, November 10 at the Hollywood Casino

You are invited to don your purple and join us for our annual Paint the Night Purple, a lively fundraising event benefiting the care, support and research efforts of the Alzheimer’s Association.

The evening is an opportunity to network and connect with others fighting to end this disease. This can’t-be-missed event will kickoff with an open bar reception starting at 6:30 p.m. After networking over drinks, guests will then move into the ballroom where they will enjoy their choice of dinner at various dinner stations, bid on their favorite auction item and enjoy dancing to live music by the Conspiracy Band. After a brief program filled with hope and inspiration, guests will have plenty of time to place their final bids, make a gift of hope donation and enjoy more dancing and music. This is one event you won’t want to miss! Ticket prices start at $150* and special discounts are available for couples and large groups.

*Early-bird ticket price. Individual tickets start at $175 after Friday, October 13.

Ticketing and sponsorship information can be found online at www.alz.org/centralohio

COFFEE CHATS WITH CONGRESS

This summer, the Alzheimer’s Association Central Ohio Chapter hosted Coffee with Congress events with U.S. Representatives Joyce Beatty and Pat Tiberi.

Advocates met with Representative Beatty at the Roosevelt Coffee House to share their perspective on Alzheimer’s disease and discuss what next steps we can take to end the disease. Representative Beatty opened about her personal experience with dementia and called on the advocates to continue to share their story with decision makers. The advocates thanked Representative Beatty for being a champion for our cause. She is a strong voice in D.C. for increased Alzheimer’s research funding and is a co-sponsor of the Palliative Care and Hospice Education and Training Act (H.R. 1676). Attendees included State Representative Kristin Boggs, caregivers, individuals living with Alzheimer’s, and members of the Chapter’s young professionals group.

Advocates also gathered at Panera Bread in Westerville to speak with Representative Tiberi, and much like at Representative Beatty’s meeting, the group shared their experiences with Alzheimer’s disease, and thanked Representative Tiberi for his continued support.

Representative Tiberi, a member of the Congressional Task Force on Alzheimer’s, discussed how there has been noticeable growth in the number of Alzheimer’s advocates nationally and applauded the Association for their efforts. The Central Ohio Chapter is excited to continue to work closely with Representatives Beatty and Tiberi in the coming year. A coffee chat with Representative Stivers is also in the works for this fall.

Interested in joining the fight against Alzheimer’s as an advocate? Contact Caitlin Purk at cpurk@alz.org
PEOPLE

VOLUNTEER OF THE QUARTER: JERI DIEHL-CUSACK

Jeri Diehl-Cusack is a steadfast advocate for both Alzheimer’s and the Association. For more than 25 years, she has been connected to Central Ohio Chapter.

Jeri’s Alzheimer’s journey started in 1981 when her mother began to show signs of the disease. “I specifically remember setting up a meeting with Alzheimer’s Association staff to help convince my dad that we needed to take the car keys away from mom,” recalls Jeri. Years later her dad was also diagnosed with Alzheimer’s and now Jeri’s mother-in-law is living with the disease.

Jeri’s participation with the Association is like reading Alzheimer’s Association history book. She has been involved in just about everything through the years including support groups as a participant, the Walk to End Alzheimer’s, Speakers Bureau, Ohio Memory Day, Day Out Club in Delaware, and walking 10 miles in the first ever “Memory Walk” that started at Schiller Park in German Village.

Just this summer, Jeri spent countless hours helping in the Chapter Office and out in the community with the Columbus Walk to End Alzheimer’s. She was a member of the team retention committee and also served as the purple flower holder during the Walk’s promise garden ceremony.

“Jeri dedicates so much energy and time to our cause - all with a smile on her face. She knows too well how difficult the Alzheimer’s journey can be and genuinely wants to help others navigate it. Volunteers like Jen make me love my job,” says Caitlin Purk, advocacy and volunteer coordinator.

A big thank you to Jeri for everything she does to advance our mission, we are lucky to have you!

SPEAKERS TASK FORCE ON ALZHEIMER’S AND DEMENTIA

Speaker of the Ohio House of Representatives, Cliff Rosenberger (R-Clarksville), has established a bipartisan Speaker’s Task Force on Alzheimer’s and Dementia, led by Representative Dorothy Pelanda (R-Marysville), with the goal of spreading awareness of dementia, instilling collaboration between counties and the state through outreach efforts, and increasing availability of respite care and resources. Members of the task force include state and local legislators, healthcare professionals, and a staff member from the Alzheimer’s Association Northwest Chapter.

The task force began meeting in August, and will meet twice a month through October to discuss possible legislation and creation of a statewide care plan. These steps show the impact Alzheimer’s Association advocates are having on the shaping of policy in Ohio and the development of a State Alzheimer’s Plan.

OHIO MOVES TO OFFICIALLY DESIGNATE JUNE ALZHEIMER’S AND BRAIN AWARENESS MONTH

This past September, Central Ohio Chapter board member and advocate, Brian Bainbridge, provided testimony at the Ohio Statehouse for House Bill 244, which calls for the designation of June as “Alzheimer’s and Brain Awareness Month”.

Bainbridge shared his personal Alzheimer’s story in front of the Ohio House Health Committee and thanked the legislators for their action to make Alzheimer’s a state priority. The Ohio Council also provided written testimony for consideration. The bill comes just a month after Representative Cliff Rosenberger, Speaker of the House, convened the Alzheimer’s and Dementia Task Force. To learn more about Alzheimer’s and Brain Awareness Month visit us online at alz.org.

BECOME A VOLUNTEER OR ADVOCATE | ALZ.ORG/CENTRALOHIO
SEASONAL CHANGES OR MORE?

As the days become shorter and busy with holiday festivities, you may notice changes in your loved one. You may also question if these changes are an indication of your loved one’s progression in the disease. Read on to learn about the symptoms and behaviors of each stage of the disease. If you have questions about noticeable behavioral changes, please call our 24/7 helpline 800.272.3900 to speak with our clinical experts.

EARLY-STAGE
In this stage people living with the disease retain the ability to participate in daily activities and in a give-and-take dialogue.

Symptoms include
- Short term memory loss
- Resists change
- Withdrawal from activities, apathy
- Loses or misplaces things
- Anger and irritability
- Repetitive actions and statements
- Difficulties with organization, planning
- Disorientation of time, increased confusion

EARLY-STAGE TIP
As the days get shorter and we lose sunlight earlier in the evening, those living with Alzheimer’s may show symptoms of sundowning - generally a middle-stage symptom - even in the early-stages. Consider developing a routine to help your love one ease into the new season.

MIDDLE-STAGE
Typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer’s will require a greater level of care.

Symptoms include
- Unable to follow directions
- Mixes up identities of close friends/family
- Disrupted sleep cycle and late day restlessness (‘sundowning’)
- Suspiciousness, possible hallucinations
- Inappropriate behaviors, loss of impulse control
- Needs assistance with daily tasks
- Difficulty with reading and writing
- Wandering

MIDDLE-STAGE TIP
Alzheimer’s can cause individuals to see and experience things that may not be real. They may see their reflection in a window as a stranger looking at them. Consider closing the blinds earlier as the evenings get darker sooner.

LATE-STAGE
The final stage of this disease and when individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement.

Symptoms include
- Total care is required for bathing, dressing, eating, toileting
- Inability to recognize self or family members
- Diminished communication
- Impaired swallowing
- Difficulties with mobility
- Increased infections
- Weight loss

LATE-STAGE TIP
At this point in the disease, the world is primarily experienced through the senses. You can express your caring through touch, sound, sight, taste and smell. Consider baking his/her favorite holiday cookies for a special experience.
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

- Wednesday, October 25 - 2 to 3:30 p.m.
- Wednesday, November 29 - 10 to 11:30 a.m.
- Tuesday, December 12 - 2 to 3:30 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

- November 3 - Let Nothing You Dismay*
- December 1 - Physical Activity and Dementia

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

- This seven-week class will take place on Thursdays from 1-3 p.m. starting October 26. No class on Thanksgiving.

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.

WESTERVILLE PUBLIC LIBRARY: 126 S State Street, Westerville, Ohio
- Thursday, November 9 - 7 p.m.

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.

BENNINGTON GLEN NURSING AND REHABILITATION: 825 State Route 61, Marengo, Ohio
- Tuesday, October 10 - Noon

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
- Monday, December 18 - 1 p.m.

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH
At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas - cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

SOUTHEASTERN OHIO CENTER FOR INDEPENDENT LIVING: 418 S Broad St., Lancaster, Ohio
- Wednesday, November 8 - 12:30 p.m.

DODGE SENIOR CENTER: 667 Sullivant Ave., Columbus, Ohio
- Thursday, November 9 - 10:30 a.m.
PRACTICAL TIPS FOR SAFETY AND COMMUNICATION

Join us to explore how communication takes place when someone has Alzheimer's disease, 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. Safety tips will also be shared and reviewed.

LONDON HEALTH AND REHABILITATION: 218 Elm St., London, Ohio
• Wednesday, October 11 - 7 p.m.

MARION SENIOR CENTER: 2375 Harding Hwy E. Marion, Ohio
• Tuesday, October 17 - 2 p.m.

CHAPTER OFFICE: 1379 Dublin Rd., Columbus, Ohio
• Wednesday, November 1 - 1 p.m.

LEGAL AND FINANCIAL PLANNING FOR CAREGIVERS

The diagnosis of Alzheimer’s disease makes planning for the future more important than ever. Concerns about care provision and programs that can help offset costs mean that families need accurate information about legal and financial planning specific to the disease. Legal and Financial Planning for Caregivers is a program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

MARION SENIOR CENTER: 2375 Harding Hwy E. Marion, Ohio
• Tuesday, November 21 - 2-3 p.m.

SPECIAL HOLIDAY PROGRAMS

HOLIDAY TIPS FOR THE CAREGIVER

Preparation for the holidays can be stressful and tiring even under the best of circumstances. This session will walk you through considerations and provide helpful tips on preparing guests, holiday gift tips, involving the individual with Alzheimer’s disease and more.

PEACE LUTHERAN CHURCH: 455 Clark State Rd. Gahanna, Ohio
• Wednesday, November 15 - 10:30 a.m.

LONDON HEALTH AND REHABILITATION: 218 Elm St., London, Ohio
• Saturday, November 18 - 7 p.m.

PICKAWAY SENIOR CENTER: 2105 Chicksaw Dr., Circleville, Ohio
• Thursday, December 7 - 10:30 a.m.

GENESIS HEALTH CARE: 920 S. Main St., New Lexington, Ohio
• Tuesday, December 14 - 5 p.m.

LET NOTHING YOU DISMAY: HOW CAN CAREGIVERS COPE DURING THE YULETIDE SEASON

Presented by: Rabbi Cary Kozberg

Holidays can be a time filled with stress and sadness for the caregiver of someone with dementia. This non-denominational class is intended for people of all faiths and for caregivers of people with Alzheimer’s at all stages. Rabbi Kozberg will offer perspectives to help caregivers deal with grief and self-forgiveness during this holiday season.

ASBURY UMC: 55 W Lincoln Ave., Delaware, Ohio
• Wednesday, November 8 - 2-3 p.m.

Registration required for all classes

24/7 HELPLINE: 800.272.3900

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, SourcePoint.
The 2018 Forum will take place
April 29–May 1, 2018

Planning is underway for the 2018 Advocacy Forum. The Alzheimer’s Association Advocacy Forum is the nation’s premier Alzheimer’s disease advocacy event where thousands of advocates gather in Washington, D.C. to advocate for research, and care and support services. The Forum is a unique opportunity for Alzheimer’s advocates from across the country to directly appeal to their members of Congress about Alzheimer’s disease.

To learn how you can register to participate, email Caitlin Purk at cpurk@alz.org.

A bequest is a gift made through your will or trust. There are several ways to make a bequest:

- Specific dollar amount
- Percentage of your estate
- Specific asset
- Residue of your estate

For more information on how to create a lasting legacy through a bequest, please contact Matt Levering at 614.442.2011 or mlevering@alz.org.

We look forward to helping you!