



## Make a New Year's Resolution for Your Brain



With the coming of a new year comes New Year's Resolutions! Here are some ideas for resolutions to carry us into 2018!

### Start a Longest Day or Walk to End Alzheimer's team

Lead the charge against Alzheimer's Disease by starting a team. Learn more at [www.alz.org/greatermissouri](http://www.alz.org/greatermissouri).

### Share the Volunteer Newsletter

Show people how much volunteers mean to the Alzheimer's Association and help them be more aware of the important work being done every day!

### Get more social

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you.

### Break a sweat with cardiovascular exercise

Several studies have found an association between physical activity and reduced risk of cognitive decline.



### Eat a diet that's lower in fat and higher in vegetables and fruit

Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a reduction in risk of cognitive decline.



### Join TrialMatch

Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies. By participating in clinical research, you can help to accelerate progress and provide valuable insight into potential treatments and methods of prevention. Without the participation of people like you, finding a cure is nearly impossible. [Sign up here!](#)



### Learn something new

Challenging your brain may have short and long-term benefits for your cognitive health.

### Get a full night's rest

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

### Sign up to attend Memory Day (Wednesday, March 7<sup>th</sup>)

Help us speak with one voice to enhance access to care, support and services for people with dementia and their families. Join hundreds of Alzheimer's Advocates as we travel to Jefferson City on March 7, 2018 to educate elected officials about Alzheimer's disease and the need for respite assistance. Training dates are available. [Register Here](#) or by calling 1-800-272-3900!

### Invite someone to volunteer

The best testimony to what it is like to volunteer with the Alzheimer's Association comes from people just like you!

## Volunteer Art Partners are needed At Opening Minds Through Art



Volunteer Art Partners are needed for a Friday morning session of Opening Minds through Art at the Carondelet Rec Complex YMCA. The session will begin February 9 and will be from 9:30am-noon. For more information or to offer support, call Ashlyn Cunningham of Maryville University at [314-398-4314](tel:314-398-4314).

## Diversity and Inclusion Update

To The Beloved Community, Our Volunteers

“Remembering The Beloved Community” is the theme of the Diversity and Inclusion work of the Alzheimer’s Association.

Dr. Martin Luther King popularized the notion of the “Beloved Community.” King envisioned the Beloved Community as a society based on justice, equal opportunity, and love of one’s fellow-man, easy and complete access to good healthcare.

We support the concept of the Beloved Community because of its inclusiveness and commitment to the Greater Good to all of our society. The notion that all can share in the earth’s bounty describes a society in which the social product is shared in a caring way. The Beloved Community also speaks to the necessity of volunteerism for making our community a better, more production place to live, work and raise our families.

With that backdrop, we ask you to continue your volunteer service, and encourage others to do the same. The Beloved Community also describes a society in which we all embrace the concept of a “Quilted Community”, in which our differences are welcomed, celebrated and encouraged.

We are grateful that this premise is deeply woven in the fabric of the Alzheimer’s Association and in the hearts of our wonderful volunteers. Thank you for your commitment to excellence and to others!

Beloved regards,  
Rev. Edmund Lowe  
Diversity and Inclusion Coordinator

People fail to get along  
because they fear each  
other; they fear each  
other because they  
don't know each other;  
they don't know each  
other because they  
have not communicated  
with each other.

~ Martin Luther King, Jr.

## Care Consultation Days

A Care Consultation is a service designed to provide you and your family support while coping with the impact of dementia. You will receive one-on-one assistance that will enable you to better understand the disease, manage care and make more informed decisions.

Care Consultations are available by phone or in person.

Register online [HERE](#) or call **314.801.0399** to schedule your time now.

### Thursday, February 1, 2018

St. John’s Care Community  
1015 Century Drive  
Edwardsville, IL 62025

### Tuesday, February 6, 2018

Alzheimer’s Association Greater Missouri—Columbia Office  
2400 Bluff Creek Drive  
Columbia, MO 65201

### Tuesday, February 13, 2018

Alzheimer’s Association Greater Missouri—Springfield Office  
3645 South Avenue  
Springfield, MO 65807

### Wednesday, February 14, 2018

Alzheimer’s Association Greater Missouri—Springfield Office  
3645 South Avenue  
Springfield, MO 65807

### Thursday, February 15, 2018

Alzheimer’s Association Greater Missouri—Columbia Office  
2400 Bluff Creek Drive  
Columbia, MO 65201

## Community Education

We believe that knowledge is power and offer free education workshops online and throughout the community. Learn about the signs, symptoms, causes, risk factors, diagnosis, treatment, care strategies, and resources for individuals impacted by Alzheimer's disease or dementia.

Effective Communication Strategies  
Main St. Community Center, 1003 N Main St, Edwardsville, IL  
Tuesday, February 6th, 2018, 6pm—7pm

The Basics of Memory Loss, Dementia and Alzheimer's  
St. Andrew's Catholic Church, 400 St Andrews Ln, Holts Summit, MO  
Thursday, February 8, 7pm – 8pm

Know the 10 Signs  
Daniel Boone Regional Library, 100 W Broadway, Columbia, MO  
Thursday, February 15, 2018, 2pm - 3pm

For other upcoming Community Education Programs, please visit our [Education Calendar](#).

## Memory Day 2018

**Wednesday, March 7th, 2018.**

Help us speak with one voice in Missouri to enhance access to care, support and services for people with dementia and their families. Join hundreds of Alzheimer's Advocates as we travel to Jefferson City to educate elected officials about Alzheimer's disease. Bus transportation will be available.

Both in person and online trainings are available in St. Louis, Columbia and Springfield. For more information and to register for Memory Day, visit our webpage [HERE](#).

## Incorporating Education and Social Support into Support Groups

As we move into the New Year, I want to encourage all support group facilitators to begin to include some form of education into the regular group meetings and to encourage members to connect with each other outside of the group to form stronger socially supportive bonds.

The easiest way to do include education into your group is to listen to needs that arise during conversation and then present information related to those needs at the next meeting. For instance, if the conversation predominantly revolved around wandering, at the next meeting, you as the facilitator would present information about wandering and allow for conversations and questions on that topic to flow naturally.

Make sure to check out the resources listed on this page to share with your group.

I saw a great example of education and social engagement in both the Central Crossing group in Shell Knob, MO—facilitated by Sheila House and The Keepers group in Branson, MO facilitated by Shelby Partridge. The groups did an excellent job of meeting the educational needs of the group while supporting the emotional and social needs as well. Members of these groups are comfortable with each other and communicate as friends both inside and outside the group. Keep up the good work!  
**Lisa Thompson—Rural & Support Group Specialist**



Did you know about these resources? Check them out!

- ◆ Visit [alz.org](http://alz.org) where you can find online courses and many different resources including hand-outs you could share with the group,
- ◆ The [Green-Field Library](#), a service of our home office in Chicago, IL, is the nation's oldest library and resource center devoted to increasing knowledge about Alzheimer's disease and related dementias. Download free videos, use the App or borrow books to share with your group.
- ◆ Invite a guest speaker to share information about a topic the group has discussed.
- ◆ Talk with other Support Group Facilitators for ideas to try.

## Faith Outreach Update

Faith Outreach Ambassadors are an intricate part of the Faith Outreach Program. Because of your hard work, dedication and commitment to upholding the Association's mission, we are able to reach more and do more for those in our community. One of the best ways to ensure that your congregation is being served effectively is by hosting one of our education classes. As a reminder, Ambassadors are required to host at least one class per year. And what better way to start the New Year?

[HERE](#) you will find the link for all of the education classes that we offer. Once you have selected your class, please use the [Education Request Form](#) to request a date.

Anyone can request a course—you do not have to be a Faith Outreach Ambassador to use these forms.

Thank you for all that you do, and it is my prayer that this year is the best one yet for us all!



## Team ALZ Stars Volunteer Opportunities

The Alzheimer's Association's Team ALZ Stars are looking for volunteers for the GO! St. Louis Marathon and Family Fitness Weekend; April 6-8. There are many jobs to choose from: handing out food to the runners at the finish line, distributing t-shirts to participants at the Health & Fitness Expo and being a course monitor and assisting runners mid-race! Sign Up [Here](#) today and be sure to mention Alzheimer's Association in the organization section of your registration.



## Top 5 Websites for People with Early Stage Dementia & Their Families

The websites below are great for our volunteers, but also to share with families impacted by the disease. Check them out so you can have this great info at your fingertips.

[AlzConnected](#) – This is the Alzheimer's Association online bulletin board for people with dementia and for caregivers. It's a great place to meet others from across the country, pose questions, get suggestions...even just vent. If there's a topic you'd like to read about (such as getting a diagnosis), you can use the search function to find the posts that mention your topic.

The Alzheimer's Association [I Have Alzheimer's](#) website provides a wealth of information for people who have Alzheimer's or other types of dementia. Some of the topics covered are: tips for daily life, planning for your future (including legal/financial planning) and changes in relationships.

[Ten Strategies](#) – This site offers straightforward and practical strategies for caregivers from the Family Caregiver Alliance.

Alzheimer's Association Caregiver Center, [Early Stage Caregiving](#) page– contains great information for early stage caregivers with links to more info about diagnosis, driving and dementia, and long-distance caregiving.

[Free online games](#) from AARP (some are for AARP members only, but many are free). They also have a section of [Staying Sharp brain games](#). (Some may be too difficult for a person with dementia).



## Help Us Celebrate The Longest Day 2018 - Attend a Launch Party in Your Area!

Learn more about The Longest Day and ways you can help in your community. Hear from past participants and learn some simple ways you can honor a loved one and join the fight to end Alzheimer's in 2018. Enjoy a complimentary drink and light refreshments as we celebrate our 2017 successes and toast to an even better 2018! RSVP to Betsy at [Bmbrown@alz.org](mailto:Bmbrown@alz.org) or [314-801-0445](tel:314-801-0445)

### Springfield Longest Day Launch Party February 15: 4:30 - 6:30 pm

The Roost Bar & Grill  
[2025 W Sunshine St #104,](#)  
[Springfield, MO 65807](#)  
*Sponsored by the Roost*

### Columbia Longest Day Launch Party

February 22: 4:30 - 6:30 pm  
Americare Mill Creek Village  
[1990 W Southhampton Drive](#)  
[Columbia, MO 65203](#)  
*Sponsored by Americare and Brightstar*

### St. Louis Longest Day Launch Party

March 22: 4:30 to 6:30 pm  
Chevy's Fresh Mex  
[9119 Olive Blvd](#)  
[Olivette, MO 63132](#)

### Stay up to date on local Longest Day activities by bookmarking these key sites:

Join The Longest Day Greater Missouri [Facebook group](#) and Visit The Longest Day Greater Missouri [webpage](#) .

## Diversity and Inclusion Presentation: Have you completed it yet?

To stay the course on our work around diversity and inclusion, we need each volunteer to watch a recording of the August presentation you'll find on our [YouTube](#) channel. Once you have participated, please return to [THIS SURVEY](#) to answer a few questions and to let us know you were successful in completing it.

## Mission Moment: Relative of staff member

My mom didn't know who I was today. I visit my parents at least 3 times a week. They live 45 minutes away and I have kids, work, and college - sometimes it's such a struggle and time challenge... and today she didn't know who I was.

But as I was sitting with her, she got so excited about telling me they were going to have a visitor today. When I asked her who it was - she said me. She didn't recognize that I was already there and that's when it hit me. How many times do we really get to see the impact we have on another person's life? I got to see what I truly meant to my mother, because even if her mind doesn't always see me, her heart always will. And that's all that matters. I love my mom and dad.



Thank you to the family member who shared this story with us. While the mind doesn't always remember, the heart never forgets.

And thank you to each of you who share your stories, your time, your talents and your resources with the Alzheimer's Association. We know it is a gift that comes from the heart and we are grateful!

## Reminders and Resources

If the office closes unexpectedly, an announcement will be made on Facebook and available at 800.272.3900.

The Chapter Offices will be closed on this date:

**February 19th—President's Day**

[Greater Missouri Staff Directory \(NEW\)](#)

[Report your volunteer hours](#)

[Update your contact information](#)

[Submit a Direct Connect Referral Online](#)

Visit [Chapter](#) & [National](#) YouTube Channels

[Support Group List](#)

[Community Education Programs](#)

[Community Resource Finder](#)