

# alzheimer's association®

Minnesota-North Dakota Chapter Newsletter  
Spring 2008

www.alzmdak.org  
24/7 Information Helpline: (800) 272-3900

## MOVE

OUR CAUSE  
FORWARD

## OPEN MINDS

USE YOUR  
VOICE

## ACT NOW



BRYANT GUMBEL



## Taking Steps to End Alzheimer's

**W**ith the arrival of summer, Memory Walk season is on the way! Now is the time to start your "training" for Memory Walk 2008.

Each year in communities across the country, people come together and take steps to end Alzheimer's. Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer's education, support, advocacy, and research. Last year, Memory Walk raised more than \$700,000 in Minnesota and

North Dakota alone!

Ask family, friends, and colleagues to walk with you. Join us at one of the team captain kick-off parties (at right) to learn more! The events are free, and they give you a chance to ask questions and learn more about how easy it is to form a team.

Rochester and Dickinson host the first walks of the season on September 6 – start training now and you'll be in good shape for Memory Walk 2008. For dates of all Memory Walks, go to page 2.

Online registration is available now at  
[www.alzmdak.org/memorywalk](http://www.alzmdak.org/memorywalk).



### TEAM CAPTAIN KICK-OFFS

**TWIN CITIES** – June 12,18,19  
Info: (952) 830-0512

**ST. CLOUD** – June 25  
Info: (320) 650-3070

**MINOT** – August 4  
Info: (701) 258-4933

**BISMARCK** – August 5  
Info: (701) 258-4933

**DULUTH, BRAINERD** – TBD  
Info: (218) 733-2560

**FARGO & GRAND FORKS**  
– TBD. Info: (701) 277-9757

**MANKATO, ROCHESTER,  
RED WING, WINONA** – TBD  
Info: (507) 289-3950

alzheimer's association  
**memory walk 08**  
Nationally presented by  
Genworth Financial



## Save the Date! 2008 Memory Walks

**Bismarck, ND**  
Saturday, September 20

**\*Brainerd, MN**  
To be determined

**\*Dickinson, ND**  
Saturday, September 6

**Duluth, MN**  
Saturday, October 4

**Fargo, ND**  
Saturday, September 20

**Grand Forks, ND**  
Saturday, September 13

**Mankato, MN**  
Tuesday, September 9

**Minot, ND**  
Saturday, September 27

**Red Wing, MN**  
Saturday, October 4

**Rochester, MN**  
Saturday, September 6

**St. Cloud, MN**  
Saturday, October 4

**Twin Cities, MN**  
Saturday, September 27

**Winona, MN**  
Saturday, September 27

**\*New Walk This Year!**

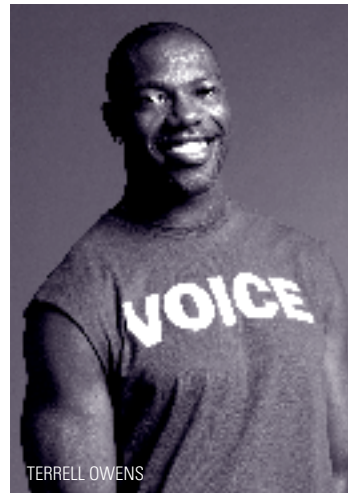


## Ten Million Baby Boomers Will Develop Alzheimer's *We Must Prepare for An Emerging Epidemic*

**A** new report released by the Alzheimer's Association, the 2008 *Alzheimer's Disease Facts and Figures* report, estimates that 10 million baby boomers will develop Alzheimer's disease.

Today, as many as 5.2 million Americans are now living with Alzheimer's, over 110,000 in Minnesota and North Dakota alone. By 2010, there will be almost 500,000 new cases of Alzheimer's disease each year, and by 2050, there will be almost a million new cases yearly – unless we do something about it now.

Many well-known entertainment and sports personalities, including Terrell Owens, Molly Sims, Elisabeth Hasselbeck, Bryant Gumbel and Wayne Brady, are helping sign up



five million people – one for every person with the disease – to learn about Alzheimer's and become an Alzheimer's Champion.

You can be a Champion by taking action in the fight against Alzheimer's in the following ways:

- **MOVE** the Alzheimer's Association's cause forward – join a Memory Walk or volunteer.

- **OPEN** your mind – learn the facts about Alzheimer's and attend an education class, join a support group or visit our Web site.

- **VOICE** your support – become an advocate, help spread the word about the disease and tell your story.

- **ACT** now to end Alzheimer's – share your story, donate to the Association and get involved in the fight.

The Minnesota-North Dakota Chapter has compiled its own list of local Champions and continues to recruit more. To find out how you can be an Alzheimer's Champion, as well as view the full text of the 2008 *Alzheimer's Disease Facts and Figures* report, visit [www.alzmdak.org](http://www.alzmdak.org).

**MOVE**  
OUR CAUSE  
FORWARD



GARRY & RONNY MARSHALL

## Many Voices, One Message

**N**early 600 advocates joined forces in Washington D.C. for the annual Alzheimer's Public Policy Forum, including 14 volunteers and Association staff from Minnesota and North Dakota.

The annual Public Policy Forum brings together advocates and public policy staff from across the country to raise their voices in one common message with congressional delegates who enact policies and provide funding. This message calls on Congress to address the grave threat Alzheimer's poses to the well-being and financial security of American families by accelerating the investment in medical research, ensuring health care reform to include better health and long-term coverage and improving the support for Alzheimer caregivers.

Featured at the Forum was Alzheimer's Champion



James Smith, who spoke at the very moving candlelight vigil held at the reflecting pool. James spoke from his own experience with the disease and urged Congress to recognize and address the Alzheimer's crisis facing our nation.

It was critical that we were well represented at the Forum to drive home the point that Alzheimer's is at epidemic levels and needs to be a national priority. The advocates and Association staff divided into teams and visited all offices of MN and ND U. S. Representatives and Senators.

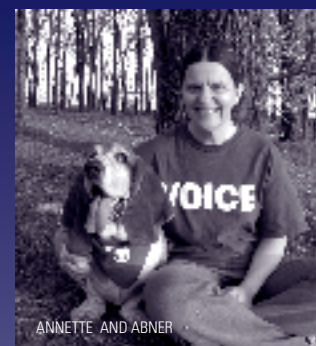
The 2008 Public Policy Forum was a great success and paved the way for united effort in a Call to Action.

## Event hosts SmartAlex, Cambridge Health Care Center Plan for 2008

Often, community volunteers will call the Alzheimer's Association with questions or ideas about hosting their own events to benefit the Alzheimer's Association. Two such events that have set the bar high are the SmartAlex 5 & 10K Run and Cambridge Health Care Center's "Walk for Memory."

The SmartAlex run originated as a mini-triathlon organized by a group of friends in 2000; there were eight participants and seven members of an excellent support crew. Since many in the group had a loved one affected by Alzheimer's disease, the Alzheimer's Association was chosen as the beneficiary of the \$2,207 raised. Since then, the event has raised more than \$35,000. The 2008 SmartAlex run will take place on Sunday, June 8, at Hidden Falls Park in St. Paul. For more information or to sign up, visit [www.smartalex.info](http://www.smartalex.info).

Cambridge Health Care Center's "Walk for Memory" was started in 2002 by several community volunteers who had family members with Alzheimer's disease living at Cambridge



purple  
pride

Where have you worn your Champion shirt?

To order your Champion T-shirt, go to [www.alzmdak.org](http://www.alzmdak.org) and e-mail photos to [carla.zbacnik@alz.org](mailto:carla.zbacnik@alz.org).



Alzheimer's Association staff rallied at the Minnesota Capitol to support long term care funding.



HECTOR ELIZONDO

## 16th Annual Gala Raises More Than \$305,000

**O**n May 3, approximately 780 Alzheimer's Association supporters came together for the *Remembering Our Stars: Blossoms of Hope* gala at the Minneapolis Marriott City Center. The evening included silent and live auctions, which raised funds for the Association's family, community and professional education programs, as well as a program which included remarks by Dr. Ron Petersen and Alzheimer's Champion James Smith. The event also featured the premiere presentation of "Carol's Song," a moving tribute to Carol Denny written by her daughter, Anne Denny Rodich. Paul Douglas returned for a second year as emcee of the event.

To date, the gala has raised more than \$305,000 to support the Alzheimer's Association Minnesota-North Dakota's programs and services. This includes more than \$4,800 raised in the Association's first online auction.

The Association thanks the event's co-chairs, Carol Shapiro and Richard



Gala Committee Member Brent Longtin and Co-Chairs Patricia Golden, Richard Golden and Carol Shapiro at the 2008 Gala. Photo: Alec Johnson, AC Johnson Photography

and Patricia Golden, as well as the volunteer gala committee, event volunteers and auction donors.

The Association also is grateful for the support of the following gala sponsors:

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Sharon & Joel Waller

### BENEFIT EVENTS ▶ FROM PAGE 3

Health Care Center. It continues to be a treasured community event that brings residents and families together for a fun-filled day of activities, and the event has collectively

raised over \$36,000. This year's "Walk for Memory" will take place on August 8 and includes a western theme. For more information, call (763) 689-6155.

If you're interested in hosting your own event, please contact Ashley Snell at the Alzheimer's Association at (952) 857-0532 or [ashley.snell@alz.org](mailto:ashley.snell@alz.org).

**OPEN  
MINDS**



NATALIE MORALES

## Multiply Your Impact by Engaging Others

**H**arness the power of numbers. When one individual moves another to ACT against Alzheimer's disease, the impact is doubled. When one person moves a community or company to ACT, the impact is exponential! Multiply your impact by taking one of these simple steps:



• **Find out if your workplace matches the charitable gifts of its employees.** Your company may double or triple your donation!

• **Participate in Memory Walk.** Invite your coworkers to join you and ask your company to give a contribution. E-mail [ashley.snell@alz.org](mailto:ashley.snell@alz.org) or call (952) 830-0512 for more information.

• **Ask your company, club, or faith group to feature an article** on Alzheimer's disease in its newsletter. E-mail [carla.zbacnik@alz.org](mailto:carla.zbacnik@alz.org) or call (952) 830-0512 for sample articles.

You can make a difference in your community by taking action against Alzheimer's today!

## Caller's Connection

Inside the Information Helpline

### QUESTION:

I've been trying to help my parents by doing some spring cleaning at their home. My dad has Alzheimer's and is constantly misplacing things, or he'll collect a lot of one item and so it seems my mom always has to reorganize. Is there anything I can do to make life easier for them?

**RESPONSE:** Adjusting the environment for a person with Alzheimer's disease can not only make life easier for the person, but also for their care partner. Rummaging, pillaging, hiding and hoarding are behaviors common to people with Alzheimer's. The reasons are unclear, but the need for security may be an underlying factor. There are gentle, loving, and practical ways that can be used to foster a feeling of security for the person with Alzheimer's.

Here are some tips to get started:

- Label drawers, cabinets and closets with the word or picture of items stored there.
- Attach small articles to large and more colorful things, like key rings. Consider purchasing a remote control locator (e.g., clapper) for important or frequently misplaced items.
- Check the contents of wastebaskets before throwing out the trash.
- Have duplicates made of important items or put important items out of sight and in a place only the care partner knows.
- Simplify the house by removing clutter and unnecessary items from view.
- Substitute expensive items (like jewelry) with less expensive substitutes that may be lost.
- Accept that things will be lost, relax and surrender to the search for the missing items. Try to make this time an activity for you and your loved one (e.g., I'll help you look. We'll find it together).

Encourage your mom to participate in an Alzheimer's Association support group. Some of the best suggestions for dealing with daily changes come from others in the same situation. **To receive an informational packet or to talk with an expert about your situation, contact our 24/7 Information Helpline: (800) 272-3900.**

**ACT  
NOW**



WAYNE BRADY

## Veteran's Administration Starts New Dementia Identification Project

By J. Riley McCarten, M.D.

**D**ementia is a huge and growing problem in the United States. An estimated 550,000 veterans have Alzheimer's disease or a related dementia, though many have not received a diagnosis. Early diagnosis and intervention may not only improve dementia care and quality of life, but they may also lower healthcare costs through more effective disease management.

A new Dementia Demonstration Project in the Department of Veterans Affairs VISN 23 service area, which includes Minnesota and North Dakota, was launched in October 2007. Michelle Barclay, VP of Program Services, sits on the steering committee as a representative of the Alzheimer's Association. This two-year project aims to introduce a coordinated effort to manage dementia into primary care and connect families with information and education by connecting them with the Alzheimer's Association. Specially trained Advance Practice nurses, the Dementia Care Coordinators (DCCs), screen older veterans, work with interdisciplinary teams to evaluate positive screens; communicate findings and recommendations to patients, families, and other providers; and offer support, education, referrals and care

coordination. The purpose of the project is to determine whether early diagnosis and intervention can help patients with dementia and their families plan for the predictable problems caused by their disease, avert crises and improve overall quality of life.

The project adds a brief memory check-up to regularly scheduled physician visits for all patients ages 70 and older. Those who do not pass this brief memory screen are asked to return for a more comprehensive evaluation. Once completed, evaluation results are reviewed by an interdisciplinary team to determine a formal diagnosis or cause of the cognitive problems the patient is experiencing.

If the diagnosis is Alzheimer's disease or a related dementia, then a family meeting is held. Family meeting attendees include the patient, care partner, extended family, interested friends, and the members of the interdisciplinary team who participated in evaluation. The patient's history leading up to the evaluation is reviewed along with evaluation results, diagnosis, and treatment plan. The DCC and other team members support the patient and family and work closely with them to understand the diagnosis, follow the plan of care, and connect



DR. J. RILEY MCCARTEN

them to VA and community resources and services. Scheduled and as-needed follow-up care is provided by the team to assist the patient and family with new and ongoing issues or concerns.

Since the project began, a total of 3,000 patients have received the brief memory check-up. Approximately 26 percent of those patients did not pass this initial memory screen and were referred for further evaluation. Of those receiving the more comprehensive evaluation, 85 percent were found to have some level of cognitive impairment that was not previously recognized. They are now receiving follow-up and treatment.

Fewer than five percent of patients refuse the screen, most of those because of time constraints. Overall, patient and caregiver feedback has been positive, and many families have said that they are grateful that medical professionals are taking an active interest in their memory and cognitive health. The project will continue through September 2009.

USE YOUR  
**VOICE**



LEEZA GIBBONS

## Dementia Conference Empowers All Attendees

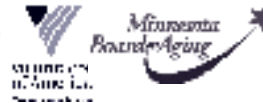
Nearly 1,000 people attended A Meeting of the Minds: The Dementia Conference held March 29 in St. Paul – 250 more people than last year! The dementia conference, co-presented by the Alzheimer's Association and Mayo Clinic, is renowned for bringing together experts on Alzheimer's disease and related dementias, and this year was no different. National researchers and healthcare professionals offering the latest in treatment, research, and care-giving techniques presented, including Lisa Genova, author of *Still Alice*, and Dr. Ron Petersen, director of the Mayo Alzheimer's Disease Research Center. Persons with early dementia, families, physicians, and allied professionals came together for this unique day of education, sharing, and support. **Next year's conference will be held March 28, 2009.**



### thank you

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## Alzheimer's Association Launches Early Detection Consumer TV Campaign

To build awareness of the importance of early detection, the Alzheimer's Association is piloting a consumer education media campaign this summer. Between June and July, commercials will be aired in the Twin Cities media market urging those who might be experiencing memory loss to seek more information and, if they have any of the ten warning signs of the disease, make contact with their doctors.

Early detection can help prolong quality of life for those living with dementia, yet many who experience warning signs of the disease don't seek information or a diagnosis soon enough. The Alzheimer's Association is the leading source of

support for individuals and families coping with dementia diagnoses and the progression of the disease. The media campaign aims to help people understand the value in early detection and encourage them to seek support from the Alzheimer's Association in the following ways:

- 24/7 Information Helpline (800) 272-3900
- Web site [www.alzmondak.org](http://www.alzmondak.org)
- Support Groups and education sessions
- Memory Loss Kits
- Educational publications on Alzheimer's and dementia

## New Web Site Helps Locate Services

The North Dakota Department of Human Services has launched a new Web site, [www.carechoice.nd.gov](http://www.carechoice.nd.gov), to help people locate services for older adults and adults with disabilities. The Aging and Disability Resource-LINK replaces the state's Senior Info-Line Web site and includes additional information such as food pantries, community services and transportation resources. The database is updated regularly, and individuals can search by service type or provider name and for services within a county or a specified driving distance of a zip code. Individuals can also access the Resource-LINK by calling toll-free (800) 451-8693.

USE YOUR  
**VOICE**



LAINIE KAZAN

## Play Your Part in Providing Much-Needed Programs and Services

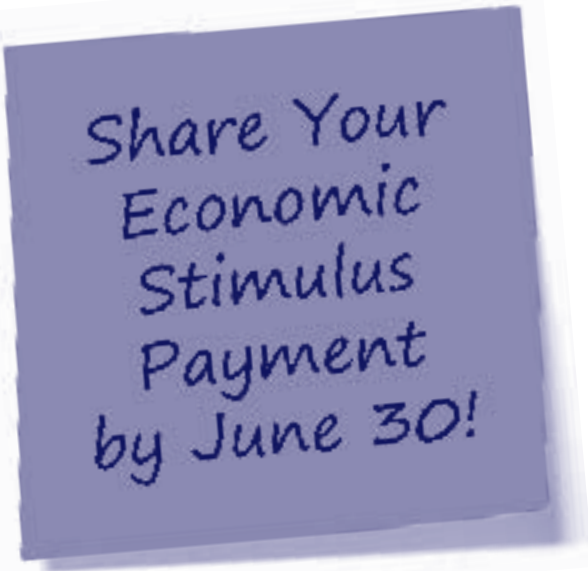
In March, new figures were released – one in six women and one in 10 men who live to age 55 will develop Alzheimer's in their lifetime. Someone already develops the disease every 71 seconds. That's a lot of new families who will be affected by dementia and who will turn to the Alzheimer's Association for help and hope.

Today, consider playing your part in the solution by sharing your federal economic stimulus payment with the Alzheimer's Association. If everyone who

received this newsletter gave just \$25 of what they receive, more than \$400,000 would be raised to provide ongoing services like our 24/7 helpline, support groups and education programs – services which together serve more than 22,000 individuals, families and care professionals each year.

You have the opportunity to make a difference in the lives of the large and growing number of families in our area who have been affected by Alzheimer's and related diseases.

**Please make your gift today!**



Your newsletter comments and ideas are always welcome.



Western Minnesota Office  
Liz Doyle, Director  
Whitney Senior Center  
1527 Norway Drive  
St. Cloud, MN 56303  
(320) 650-3070

Southern Minnesota Office  
Gene Thompson, Director  
1000 14th Street NW, Suite 800  
Rochester, MN 55901  
(507) 289-3950

Northern Minnesota Office  
Esther Gieschen, Director  
2002 West Superior Street  
Suite 10  
Duluth, MN 55806  
(218) 733-2560

### REGIONAL OFFICES

Alzheimer's Disease and Related Disorders Association, Inc.  
Minnesota - North Dakota Chapter  
4550 West 77th Street, Suite 200  
Minneapolis, MN 55435  
www.alzmidak.org • (800) 272-3900 • (952) 830-0512

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Western North Dakota Office  
Kristi Ffliger-Keller, Director  
1223 S 12th Street, Suite 7  
Bismarck, ND 58504  
(701) 258-4933

Eastern North Dakota Office  
Grethen Everson, Director  
4357 13th Avenue SW, Suite 203  
Fargo, ND 58103  
(701) 277-9757

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