



Memory Matters

August • September • October 2004

Heart of America Chapter
and the
**Mollie Tivol Alzheimer's
 Family Resource Center**

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Walk With Us Until Alzheimer's is Just a Memory



Memory Walk is the Alzheimer's Association's national signature event to help those battling Alzheimer's disease. Since 1989, Memory Walk has raised more than \$149 million and is the largest national fundraising event for the Association.

Memory Walk takes place in more than 600 communities nationwide. Millions of men, women and children will participate as walkers, volunteers and sponsors this year. Join us in one of our Chapter's 14 Memory Walks (see page 3 for complete list).

Participants walk as individuals or as part of a team. Walkers ask friends, family, business associates and others to sponsor them by making a donation to the Alzheimer's Association. All money raised is used to provide needed programs and services throughout our 66-county service area.

What you Can Do To Help

By participating in Memory Walk you...

- Honor or remember someone you know who has experienced Alzheimer's disease.
- Show your support for the families in your community who are affected by Alzheimer's.
- Help achieve a world free of Alzheimer's.

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A New Era of Progress and Hope

by Debra R. Leib, Executive Director



There are no such things as limits to growth, because there are no limits on the human capacity for intelligence, imagination and wonder.

Ronald Reagan

Ronald Reagan had a profound impact on our nation in his public life.

Through their courage and commitment, the former President and his wife, Nancy, changed the face of Alzheimer's disease by increasing public awareness of the disease and the need for research into its causes and prevention.

There is now a greater promise for a future without Alzheimer's disease. Better understanding of the disease, improved care and treatment, and unprecedented scientific opportunities for delaying onset and preventing the disease mark a new era of progress and hope.

July 1 marked the beginning of our new, equally promising, fiscal year. In addition to continued growth in services and outreach to all communities, four new Board members have been elected whose experience, expertise and commitment will further enhance our goals.

John Aisenbrey is a partner in the law firm of Stinson Morrison Hecker LLP. He has been a long-time supporter of the Alzheimer's Association and brings considerable leadership to the Chapter having served on the boards of several Kansas City not-for-profit organizations.

Andrew Atterbury returns to his hometown of Kansas City as vice president of corporate development for Inergy. His passion for our cause was heightened through his experience with his grandfather's battle with Alzheimer's.

Alicia Ann Clair serves as professor and director of music therapy at The University of Kansas. Because of her grandfather's dementia she has had a life-long interest in Alzheimer's disease and

its processes. Alicia resides in Topeka and is nationally recognized for her work in music therapy with persons in late stage dementia.

Dr. Lynn Lyon currently serves as medical director of the Memory Clinic at the Rehabilitation Institute of Kansas City. A neurologist, he has more than 20 years experience assisting Alzheimer's patients and their families and brings an important perspective to our board leadership.

All four share our mission of enhancing the lives of those dealing with Alzheimer's. As we celebrate the legacy of Ronald Reagan, we are inspired by his legendary optimism and hope, and we move forward to confront this expanding public health crisis with renewed vigor, passion, and compassion. Walk with us...until Alzheimer's disease is just a memory.

Memory Matters

is a quarterly publication of the
**Alzheimer's Association –
Heart of America Chapter**

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www.alz-heartofamerica.org

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FAX 620.421.6550 ext. 1702

14 Memory Walks Will Be Held in Local Communities

continued from page 1

Sign Up Today!

Fax or mail the form below. We will mail you a registration form for the walk site you are interested in.

Set a Goal! Aim high to help us reach our goal of \$200 per walker.

Raise Money! Ask everyone you know to sponsor your fundraising effort. Log donations on the contribution form included in your registration brochure or design your own fundraising web page at the Chapter's special website — www.heartofamerica.kintera.org. Call Trisha McClanahan at 913-831-3888 if you need assistance setting up your web page.



Walk with us until Alzheimer's is just a memory

Walk & Celebrate!

On the designated day, walk and remember!

We are counting on you! Please fill out this form and mail or fax it back to us. We will then send you the appropriate Memory Walk brochure so you can get started raising money!

Name _____

Address _____

City _____ State _____ ZIP _____

e-mail Address _____

I will be walking at (choose site from list in next column):

I will be walking as (check one)

a team captain team member an individual

I am unable to walk, but enclosed is my donation of \$_____.

Enclosed is my check payable to the Alzheimer's Association.

Charge the following: Visa MasterCard

Credit Card Number _____

Expiration Date _____

Signature _____

Mail to: 3846 W. 75th St., Prairie Village, KS 66208
FAX to: 913-831-1916

WALKS IN KANSAS AND MISSOURI

Kansas City Metropolitan Area

Saturday, October 2nd, 9:00 a.m. to 1:00 p.m.
NEW LOCATION — *Corporate Woods in Overland Park, Kansas.* Choose a 1-mile or 3-mile Challenge Course. Food, entertainment and Kid's Corner for post walk activities. To request a walker brochure or form a team, please call 913-831-3888 and ask for Trisha McClanahan.

OTHER KANSAS MEMORY WALKS

Atchison – Saturday, October 16, 10:00 a.m. – Noon.
Contact Roxann Scheid at 913-367-6066.

Council Grove – Saturday, October 2, Neosho River Walk, 10:00 – Noon. Contact Elisha Smith at 620-767-5172.

Emporia – Sunday, October 10, Communications Plaza, 1:30 – 3:00 p.m. Contact Paula Sauder at 620-342-9100.

Lawrence – Saturday, September 18, The Smith Center at Brandon Woods. Contact Peg Wessel at 785-594-3731 or pewesselrn@yahoo.com.

Manhattan – Saturday, September 25, 9:00 a.m. – Noon.
Contact Melanie Horton at mhorton@ksu.edu.

Southeast Kansas – Saturday, October 9, 706 North Broadway, Pittsburg, Kansas, 8:30 a.m. Contact Janice Allison at 620-231-9897 or momsage94@hotmail.com.

Salina – Saturday, October 9, Jerry Ivey Park, 1:30 – 3:30 p.m.
Contact Carole Wood at 785-452-9803.

Topeka – Saturday, October 2 at Reynolds Lodge at Lake Shawnee, 8:00 a.m. – Noon. Contact Jennifer Haller at 785-234-2523 or jennifer.haller@alz.org.

OTHER MISSOURI MEMORY WALKS

Bethany, Chillicothe, Maryville and St. Joseph
Contact Brenda Gregg at 816-364-4467 or brenda.gregg@alz.org.

Clinton – Katy Trail, Saturday, October 9th, contact Rita Granden at 660-885-8196 or rita_granden@beverlycares.com.



For more information about Memory Walk, logon to www.heartofamerica.kintera.org

Fiscal Year 2004 Education/Patient and Family Services Report

Growth in programs and services and expanded outreach continue to be the cornerstones of our education and patient and family service goals. The following reflects notable success during the past year toward accomplishing these goals.

Family Connections and Care Consultation

The Connections program frequently is the entry point for additional services from both the Association and other community resources. It serves to respond to the many individualized needs manifested through the disease process.

Total number of home visits:	FY 2002-2003...165
	FY 2003-2004...339
Total number of office visits:	FY 2002-2003...207
	FY 2003-2004...242

Support Groups

Currently 60 support groups are meeting with a monthly attendance of approximately 500. Seven Breakfast Clubs have been established with an average monthly attendance of 110. Three of these Breakfast Clubs are new this past fiscal year.

24-Hour Information and Referral

2,571 individuals new to the Chapter have called to request information, support and services this past fiscal year.

Family Service Fund

Through this program, the Chapter awards small grants to families for services related to the care of a loved one with Alzheimer's.

Amount Awarded:	FY 2002-2003\$74,800
	FY 2003-2004\$144,691

Education

Educational programs are where the Chapter reaches the most people. Regularly offered programs include Building Effective Skills Training, Alzheimer's Basic Care, The Family Series, Caregiver Forums and Workshops and Train the Trainer as well as others offered periodically throughout the year. The total number of educational offerings increased from 304 in fiscal year 03 to 357 this past year reaching more than 14,000 individuals.

Safe Return

Total number of registrants:	FY 2002-2003...215
	FY 2003-2004...280

Mollie Tivol Family Resource Center

Total number of library materials checked out or sold:	FY 2002-2003...302
	FY 2003-2004...646

Memories in the Making[®]

Monthly attendance in the 22

Memories in the Making[®]

Groups:	FY 2002-2003...Approx. 150
	FY 2003-2004...Approx. 300

Other Successes Include:

- The completion of the First Alzheimer's Association Spirit Garden
- The opening of the Wayne and Mary Lou Johnson Arts and Inspiration Center in Salina
- All 66 counties in the Chapter territory reflecting increased use of services

Important Dates on the Horizon

AUGUST 6
Family Ice Cream Social

OCTOBER 2
Memory Walk

NOVEMBER 5
Defining Hope Workshop

Seeking Information? Visit The Mollie Tivol Family Resource Center

Whether you have recently been diagnosed with Alzheimer's disease, or you are the caregiver, friend or family member of someone who has, you are probably in constant search for up-to-date and easy to understand information about the disease and how to cope.

The Mollie Tivol Alzheimer's Family Resource Center, located in the main Chapter office in Prairie Village, is a wealth of information in books, videos, brochures, periodicals and resource lists.

Available to the general public, these resources are offered for loan or purchase. You do not need to make an appointment to visit the Resource Center. Just stop by at your convenience during regular office hours, 8:30 a.m. to 5:00 p.m. Monday through Friday. There are comfortable chairs and a library table should you want to review material while you are there.

The goal of the Center is to provide current material in a comfortable environment while addressing an array of issues — everything from how to talk to children about Alzheimer's to coping techniques to caregiving challenges.

Two recent additions to the Resource Center include the books, *Chicken Soup for the Caregiver's Soul* by #1 New York Times bestselling authors Jack Canfield, Mark Victor Hansen and LeAnn Thieman, L.P.N. and *What's Happening to Grandpa?* by Maria Shriver.

Chicken Soup for the Caregiver's Soul offers stories to inspire caregivers in the home, the community and the world. According to Rosalynn Carter, who wrote the forward for this book, "There are only four kinds of people in the world, those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who will need caregivers. These stories soothe and nourish family members and professionals devoting themselves to the care of those who are ill or disabled."



Maria Shriver's book, *What's Happening to Grandpa?*, is written in honor of her father, Sargent Shriver, who is currently in the early stages of Alzheimer's disease. Shriver presents a truly touching story that inspires, guides, educates, and encourages readers to open their eyes to the beauty and love that our elderly loved ones have to offer.



Other resources new to the Center are:

1. *Subscription to Health and Gardens: A quarterly Information Source in Horticulture Therapy* (newspaper)
2. *The Best Friends Book of Alzheimer's Activities* (book) by Virginia Bell, David Troxel, Robin Hamon and Tonya Cox.
3. *Horticulture Therapy and the Older Adult Population* (book) by Suzanne Wells
4. *Grief Education for Caregivers of the Elderly* by Junietta Baker McCall (book)
5. *There's Still a Person in There* by Micheal Castleman, Dolores Gallagher-Thompson and Matthew Naython (book)
6. *Alive with Alzheimer's* by Cathy Stein Greenblat (book)
7. *The Forgetting* (video)
8. *Institutional Abuse: Everyone's Responsibility* (video)
9. *Breaking Point* (video)
10. *He's Doing This to Spite Me* (video)
11. *Freedom of Sexual Expression: Dementia and Resident Rights in Long Term Care Facilities* (video)
12. *Alzheimer's: A multicultural perspective* (video)
13. *Gentle Connections* (video)

All materials at the Mollie Tivol Family Resource Center are purchased through grant funding or donated by individuals or corporations. If you are interested in donating library materials, please call Michelle Niedens at 913-831-3888.

Glad You Asked

This column features a question or concern from a caregiver, family member or patient who is searching for ideas or suggestions. You can submit a question to Jeanne Reeder, LMSW, Patient and Family Services Specialist, at the Heart of America Chapter office, 913-831-3888, or email jeanne.reeder@alz.org.

How do we help persons with Alzheimer's give up driving and yet maintain their dignity and ensure their safety and the safety of others?

In most visits with families and individuals who have Alzheimer's disease, driving is sure to become part of the conversation. For many families, asking a loved one to give up the car keys is one of the most difficult times in dealing with losses associated with Alzheimer's disease.

To understand how difficult this moment is for the family and the individual, try walking in your loved one's shoes. How would you feel if someone told you that you could no longer drive a car? If you lose your right to drive, you lose your independence, freedom, security, and self-esteem. So how do we help persons with Alzheimer's give up driving and yet maintain their dignity and ensure their safety and the safety of others?

Begin with knowledge

Many people falsely believe that once the diagnosis of Alzheimer's is made, the person's driving privileges should be denied. The truth is that we can't point to a single time in the disease and say, "Okay, now Dad is a bad driver," or "Now we have to take Mom's car away from her." Not everyone becomes unsafe to drive at a specific point. The following observations can help us know when and how to make not driving an issue.

Think safety first

If the person's driving is impaired or if he or she is a risk to self or others, then it is clearly time to stop driving. Here are some signs of unsafe driving:

1. Driving too slow or too fast.
2. Failing to observe traffic signals.

3. Being unable to find familiar places.
4. Making poor decisions in traffic or about driving in general.
5. Getting angry or confused about driving.
6. Having difficulty staying in a lane.
7. Recent fender benders or traffic violations.
8. Comments/concerns from family members or passengers about safety.

Observing these signs can be our best ally for dealing with the issue before the situation becomes dangerous. But even so, how do we help someone maintain their dignity in dealing with this stressful situation? Here are some guidelines:



1. The cardinal rule must always be to include the person, when competent, in the decision about driving.
2. Listen to his or her feelings and validate them.
3. Try to avoid all or nothing situations. Perhaps Mom or Dad can still drive in the daytime or to the coffee shop that is only a few blocks from home.
4. Talk to the person about transportation alternatives and create a transportation plan. Some things may be delivered; perhaps they can shop from home or perhaps you can provide other family or volunteers to drive.
5. Try to normalize life as much as possible by maintaining social activities and events that don't involve driving but do contribute to your loved one's feelings of community involvement.

Be kind, but firm

1. Be kind and firm, but don't argue about why your loved one should not drive.
2. Encourage the individual to talk to their doctor about the problem.
3. Have the individual take a driving test.
4. Control access to the car keys.
5. Disable the car.
6. Remove visual cues of the car.

Above all, have patience with yourself and your loved one. For further information please contact Jeanne Reeder at 913-831-3888.

Getting to Know the Direct Care Team of the Heart of America Chapter

A large part of the Chapter staff is the program staff – those responsible for providing direct service to individuals with Alzheimer’s disease and their care partners – family, professional and community.

The program staff can be found in route to various destinations throughout the 66-county territory, talking with individuals, giving presentations, training professionals and, most importantly, advocating for all those struggling with Alzheimer’s disease. The following individuals comprise the program staff:

Michelle Niedens, L.S.C.S.W. – Michelle serves as Education Director, with primary responsibilities of directing the education calendar, coordinating efforts of the program department, assisting with individuals and families, and serving as the driving force in the “Spirit Projects.” She has 20-plus years in the field, a majority of that time working with people experiencing geriatric psychiatric hospitalizations.

Jeanne Reeder, L.M.S.W. – Jeanne serves as the Patient and Family Services Specialist, making family visits and coordinating and training support groups. She will direct the Bob and Jeanette McDaniel Arts and Inspiration Center in Garnett, anticipated to open this fall. She has worked in the social service field many years and also brings to the Association her perspective as a member of the clergy.

Clemme Rambo – Clemme serves as Outreach Coordinator in the Midtown Satellite office and directs education and services for the Midtown area. She is the force and heart behind the annual Caring for the Caregiver Conference. Her experience as a family member of someone with Alzheimer’s has gifted her with a special empathy and understanding that is readily seen in her efforts and commitment to the families she sees.

Kelly Loeb – Kelly serves as the Hispanic Outreach Coordinator. Her primary responsibility is programming and direct service to those individuals with Spanish as their primary language. She also meets with families, makes home visits, assists with general education, and directs the “Let Me Call You Sweetheart” male caregiver education program.

John Von Wedell – John directs education and services in the Southeast Kansas territory. From his Parsons, KS office, he oversees the Victor Trower Arts and Inspiration Center and facilitates the 4 southeast Kansas Breakfast Clubs. He, too, came to the Chapter after having a family member with the disease.

Brenda Gregg – Brenda’s primary responsibilities include talking with families and assisting with education programs. She is lead staff in talks regarding Down Syndrome and Dementia and will be the facilitator for the first early stage “Empowerment Group” in Missouri. She also brings the personal commitment found through her connection with a family member with the disease.

Jennifer Haller – Jennifer divides her time between program responsibilities and the Northeast Kansas Memory Walks. She directs the Wayne and Mary Lou Johnson Arts and Inspiration Center in Salina and serves as lead staff in that area. She talks with individuals and families and assists with education programs. She, like the majority of the staff, came to the Association with experience as a caregiver to a loved one with the disease.

Cindy Miller, L.P.N. – Cindy is based in the Northeast Kansas office in Topeka and brings to the Association a rich experience in long term care and previously as the Alzheimer’s Specialist for the State of Kansas. Her responsibilities include assisting individuals and families and providing education and trainings.

This is a small but very mighty force. Please call on any of them should you feel the need.

Please welcome Adam Keener as the new Heart of America Chapter Development Director. Adam is responsible for Chapter-wide development activities, including corporate sponsorships, major donors and planned gifts.

Adam brings a rich history of fundraising experience from his tenure at the Sigma Theta Tau International Foundation for Nursing. He holds a special understanding and empathy for those with Alzheimer’s after having a family member with the disease.

Tivol Classic Supporters are Champions for Alzheimer's

The excitement of auctioneer lingo and the anticipation of interested bidders filled the Grand Hall of Union Station as the 13th Annual Tivol Classic got underway on June 13th.

The evening, including a train-car style dinner, silent and live auction, was hosted by the tournament's Double Eagle Sponsor, Burlington Northern Santa Fe.

Back by popular demand, auctioneers George Nigro and Toby Tyler used their charm as they encouraged the more than 250 guests to bid generously.

The golf tournament was held the following day at the Nicklaus Club at Lionsgate. In addition to championship golf, the 150 golfers were treated to a terrific tee package and enjoyed a savory breakfast and lunch as well as a variety of tasting holes throughout the course catered by area eateries. All eighteen holes on the course boasted sponsorship of select local companies (see list of sponsors on page 11).

The Alzheimer's Association wishes to thank all supporters of the Tivol Classic. A record \$110,000 was raised to support the extensive services and programs offered by the Heart of America Chapter to those with Alzheimer's, their families and caregivers.

For information about the 14th Annual Tivol Classic in 2005, please call Adam Keener at 913-831-3888.



Ruthie, Tom and Harold Tivol enjoyed the festivities at Union Station.



This foursome from Lockton Companies enjoyed an unforgettable day on the Nicklaus course at Lionsgate.



More than 30 volunteers helped make the Tivol Classic a success.



John Jeffries of Panzon's Mexican Food treated the golfers to frozen margaritas.



This autographed KU basketball was just one of many items that George Nigro and Toby Tyler (pictured) helped auction off.



Thank you to these generous sponsors of, and contributors to, the Tivol Classic!

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- Muriel McBrien Kauffman Foundation
- North Kansas City Hospital
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- Tag Heuer
- The Mutual Fund Store
- The Sweet Life
- Village Shalom

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- Stinson Morrison Hecker LLP

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- Atlanta Bread Company

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- Carrabba's Italian Grill

Northwest Missouri Regional Office Educates Community about Alzheimer's and Disabilities

The Northwest Missouri Regional Office will continue its participation in the annual *No More Stares* conference, which educates and advocates on behalf of people with disabilities and debilitating illnesses.

The conference will take place Thursday, Sept. 23, at the Holiday Inn in St. Joseph, 102 South 3rd Street. Registration for the 1-day conference begins at 8 a.m.

This year's theme is "Celebrating the Winning Spirit." Program topics include safety, advance care planning, legal and financial issues, and new innovations in medical treatment.

The Alzheimer's Association will present "Maintain Your Brain," which focuses on the importance of keeping your brain and body healthy. Participants will learn tips about maintaining a healthy mind for as long as possible.

Cost of the conference is \$40 for professionals and \$25 for family members.

For more information contact the Northwest Missouri Regional Office at 816-364-4467.

Memories in the Making® Extends Into the Community



For more than 2 years, the Alzheimer's Association – Heart of America Chapter has sponsored Memories in the Making®, a creative art program for people with dementia, in area facilities. We are proud to announce the first "community" program hosted at Church of the Resurrection, 13720 Roe in Overland Park, Kansas.

A group of 5 to 10 individuals are led by a trained volunteer artist in this one-hour weekly art program. There is no cost to the participant and no prior art experience needed. This program is open to all individuals experiencing memory loss. For more information please call Karla Woodard, Program Director for Senior Adult Ministries at 913-745-2205.

Caring for the Caregiver



If there is one day of the year that a caregiver should mark on his or her calendar, it is the Caregiver Conference presented by the Alzheimer's Association – Heart of America Chapter.

This is the one day that belongs to the caregiver. A day where respite care is offered for free for their loved one. A day of pampering, relaxation and sharing. A day when a caregiver can see that they are not alone in this journey.

This year the conference was held April 24th. More than 75 caregivers listened as Karen Rowinsky shared her caregiving perspective as she spoke of *The Balancing Act: How to Stay Healthy, Happy and Hopeful While Caring for a Loved One*. Guests were also able to ask questions of a professional and caregiver panel.

Plans are underway for the Caring for the Caregiver conference in 2005. Please watch for details in future editions of *Memory Matters*.

Northwest Missouri Regional Office Presents Creating Caring Communities

Due to the lack of home health agencies, adult day centers and assisted living facilities, caregivers in rural areas often turn to community members for support, guidance and assistance. In order to provide education and information to rural communities, a Creating Caring Communities rural caregiver workshop will be presented from 9 a.m. – 2 p.m., Wednesday, Nov. 10, 2004, at the Daviess County Library, 306 West Grand Street, in Gallatin, MO.

Topics presented will include: caregiving in rural America, medication management, safety and wandering, reminiscence therapy and caregiver stress. Family members, caregivers, professionals, and members of the community are welcome to attend.

The cost is \$10 per person, which includes materials and lunch. Call 816-364-4467 for more information .

Your Next Grocery Purchase Could Benefit the Alzheimer's Association

The Price Chopper Xtra Helping Community Rewards Program aids worthwhile community groups. Through this program, Price Chopper will donate cash equal to 1% of the total qualified purchases during the period of September 1, 2004 through May 31, 2005.



Call Mary Shehan at the Chapter office to request a special Xtra Helping registration form and present it, along with your Price Chopper Shopper Card, to a checker at any participating Price Chopper location. They will then code your card so that every time you use it, the Alzheimer's Association is credited 1% of your purchase (excluding tobacco, alcohol, money order purchases).

If you do not yet have a Price Chopper Shopper card, you can get one at any Price Chopper Customer Service counter. Call today to request a form, 913-831-3888.

Thank You to These Hope Sponsors of Caring for the Caregiver



The Greens at Creekside
A Kindred Healthcare Community



Thank You to These Dream Sponsors of Caring for the Caregiver



Seasons of Remembrance

MOTHER'S DAY • FATHER'S DAY • MEMORIAL DAY

The following individuals were honored in the Seasons of Remembrance Contribution Program:

Ruby Ellen Allen	Harold Ford	Warren Rhodes
Alma Bahr	Carl Goodhue	Vernon D. Smith
Jessie M. Bedell	Eugene E. Goodwin	Rose M. Sullivan
Jessie H. Cackler	Geneva Patterson Hopper	Virginia B. "Ginny" Talmage
Mr. and Mrs. Joseph E. Chasnoff	Uldine Jackson	Harriette Tivin
Fred E. Cook	Maggie M. Lewis	Pauline Williamson
Gladys Cornish	Velma Long	
Joseph F. Delich	Grace Pickarell	

Alzheimer's and the Arts Workshop

Alzheimer's disease can be a long illness; however, it does not take away total capacity all at once. People can continue to contribute to the world around them. One way is through the application of music and drama therapy. It focuses on the capacity of an individual with a dementia diagnosis and not on his or her disabilities.

Riverside Plaza in Salina, KS will be the site of the Alzheimer's and the Arts workshop on October 27 from 9:00 a.m. – 3:00 p.m. Sally Bailey, assistant professor at Kansas State University in the Theatre Department and director of the Drama Therapy Program, will be a featured presenter. She has written two books: *Wings To Fly: Bringing Theatre Arts to Students with Special Needs* and *Dreams to Sign*. Sally will teach participants creative arts techniques and also how to lead and motivate people with dementia.

Janalea Hoffman, founder of *Rhythmic Medicine*, will also present at this workshop. She is a pioneer in the field of Music Therapy. A primary aspect of Hoffman's work lies in how music affects our bodies physiologically. In addition to using music therapeutically, the participant will learn how to evaluate and improve the sound environment for a person with Alzheimer's disease. Her book, *Rhythmic Medicine: Music with a Purpose*, explains the idea of entrainment. Her work has also been featured in such publications as *Prevention* and *Arthritis Today*.

Application for continuing education credits for nurses and social workers has been made. Certificates of attendance will be provided to all other attendees. Cost to attend is \$40.00 which includes lunch. Pre-registration is requested. For more information call 785-234-2523 or email cindy.miller@alz.org.

Safe Return Blitz Enrolls 192

The Heart of America Chapter's Mayday Safe Return Blitz enrolled 192 from its 66-county service territory.

Registrations were sponsored in part by the Administration on Aging grant and the Alzheimer's Association – Heart of America Chapter Robert C. Guthrie Family Caregiver Fund.

The Chapter is proud of the success of the Safe Return Blitz and salutes individuals and caregivers for taking additional precautions to ensure the safety of their loved ones.

Workplace Giving Through United Way and Donor Choice

When you donate to the United Way, where does your money go? YOU can decide how your contribution is spent by donating to the Alzheimer's Association through the DONOR CHOICE program.

Request a DONOR CHOICE FORM from your United Way campaign coordinator and locate the list of Community Health Charities. The Alzheimer's Association is a member agency of CHC, a coalition of 30 local and 64 national voluntary health agencies.

On your Donor Choice form, fill in the number for the Alzheimer's Association. **Without this form, your gift will not reach the Alzheimer's Association.** Make sure to fill out the form in its entirety and KEEP A COPY for your records.

The Alzheimer's Association appreciates your support. Your contributions are vital to our ability to provide needed programs and services to the more than 50,000 individuals and 200,000 family members and caregivers in our service area suffering the emotional, physical and financial challenges of Alzheimer's disease.

Please remember that the only way the Alzheimer's Association receives money through the United Way campaign is through DONOR CHOICE.



Salina Arts and Inspiration Anniversary and Caregiving Forum

The Wayne and Mary Lou Johnson Arts & Inspiration Center in Salina will celebrate its first anniversary on September 23 with a luncheon and program at the St. Mary's Parish Hall. Family members, volunteers and community leaders instrumental in establishing the Arts & Inspiration Center will be honored.

Following the anniversary celebration, the Alzheimer's Association will host a Caring for the Caregiver forum from 1:00 – 4:00 p.m., with activities designed to pamper family caregivers. It is well known that caregivers often do not have the time to care for themselves and the three-hour forum will focus on their needs and comfort. Planned activities include chair massages, mini-manicures, and facials among other soothing and enlightened entertainment offered. On-site respite care will be provided for family caregivers who are not able to leave their loved one alone or arrange for in-home care. Caregivers requiring respite should call to discuss their needs by contacting Jennifer Haller at the Alzheimer's Association – Heart of America Chapter Northeast Kansas Regional Office at 800-733-1981.

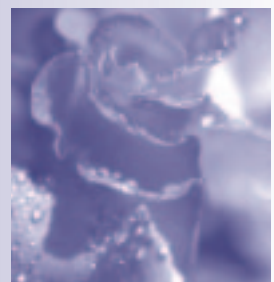
Defining Hope

A 6-hour TimeSlips workshop

The fourth annual Defining Hope workshop will be November 5 at Atonement Lutheran Church in Overland Park, KS.

The concept of TimeSlips will be featured. TimeSlips is an innovative and effective story creation method that helps people with dementia reaffirm their humanity and connect with staff, family and friends.

Anne Bastings will be the keynote speaker and lunch will be served. For more information, please call Michelle Niedens at 913-831-3888.



Gift of Music is Also Special Honorarium for Father

He was having the time of his life: traversing the world, jamming with the hippest musicians from Germany to Tokyo, performing for enthusiastic crowds and enjoying the lifestyle of the rich and famous. John Hopkins, Jr. was on top of the world until one night in 1999 at a Tokyo hotel, everything fell apart. While performing on stage, John had a serious stroke, and everything changed. He woke up in a Japanese hospital penniless and alone, not knowing who or where he was, 6,771 miles from his Philadelphia home.

Three months later, after having battled depression and adjusted to using his left arm instead of his right, John returned to the United States to live in Leavenworth, Kansas with his military-enlisted son. He knew he wouldn't be able to handle the band circuit any longer, but his love for music still lived on. John began to understand how his father, diagnosed with Alzheimer's disease in the late 1980s, must have felt. John and his father had not been particularly close when the diagnosis came, but through the disease process, father and son bonded. At times John Sr. asked his son to help him come back when his mind would "go places." Not knowing much about Alzheimer's disease or his father's experience with it, John Jr. worked hard to become closer to his dad, and closer they became. After their last visit, John Sr. returned to his home in Philadelphia and passed away. Despite the pain of losing his father, John Jr. said, "I feel this was God's way of giving us one more time together," John says. "We were able to heal and reconcile."

Hero of the illness John Hopkins, Jr.

Music is the ultimate form of communication according to John Hopkins, Jr. He knows that those with dementia who may have lost the ability to communicate verbally can still communicate through music. Twice a week he shares his love of the piano with a very fortunate group in Leavenworth, Kansas. It is difficult to know who is actually enjoying it more...John, who now plays in honor of his father, or the residents who delight in hearing familiar tunes of their early days.



Restless and ready to be purposeful again after recovering from his stroke, John began looking for new ways to share his talent with the world. Before the stroke, John says he would have described himself as someone with a worldly attitude, living one day to the next and only for himself. Having received help from his life partner, friends, and spiritual community, John emerged from his stroke a man ready to enjoy life again by giving something back to the world around him. In honor of his father and others with Alzheimer's disease, John designed a program called *Age and Play*, whose mission is to open the world of piano music to those who would normally be eliminated because of

mental or physical handicaps. John's dream and challenge for *Age and Play* are to stimulate the minds, bodies, and spirits of those with Alzheimer's disease. In July 2004, John partnered with the Leavenworth County Council on Aging and Medicalodge of Leavenworth to offer free twice-weekly piano lessons to residents of Medicalodge's Alzheimer's unit. He tells the story of the Alzheimer's unit resident who, having taken piano lessons in her youth and being encouraged by John, sat at the piano wholeheartedly. It is this kind of response John hopes to foster in his students at Medicalodge. "Music is in all of us to be nurtured and cultivated like a flower," he reflects. With his heroic commitment to supporting those with Alzheimer's disease and determination to not let his own stroke stop him, John has begun to plant the flower's seeds.

Heart of America Chapter
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Prairie Village, KS 66208

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Mission Statement:

To provide education and leadership to enhance care and support services for those affected by Alzheimer's disease while supporting efforts to eliminate the disease.

GENERAL CONTRIBUTION FORM

YES! I want to help the thousands of area families affected by Alzheimer's Disease!

Enclosed is my **tax deductible** contribution of \$ _____.

Check Enclosed (payable to Alzheimer's Association) Visa MasterCard Card # _____ Exp Date _____

Card Holder's Name _____ Signature _____

Please print, and include salutation (Mr. & Mrs., Dr., Mr., Mrs., Ms.) Donor Name _____

Address _____ City _____ State _____ ZIP _____

Home Phone _____ Work Phone _____

My gift is given: In Memory of _____ In Honor of _____

Special Occasion _____ (birthday, anniversary, congratulations, etc.)

Please notify: Name _____

Address _____ City _____ State _____ ZIP _____

Please send me information about: Volunteering Providing for the Alzheimer's Association in my will

I have made a gift to the Alzheimer's Association in my will My employer has a matching gift program, form enclosed

Please return to: Heart of America Chapter • 3846 W. 75th Street • Prairie Village, KS 66208
For more information call the Chapter office: 913-831-3888 or 888-293-8636