



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

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Memory Matters

November • December 2004

**National Observance Provides Opportunity
for Rededication of Support**

Despite the progress on the medical front in the last twenty years, there is no treatment available to cure or stop the progression of Alzheimer's disease. However, 95% of what we know today about Alzheimer's has been discovered in the last 15 years. The pace of discovery is accelerating. Researchers are getting closer to conquering Alzheimer's, with breakthrough studies published almost weekly.

November is Alzheimer's Disease Awareness Month. This is the time to increase public awareness, proclaim new ways to ease the challenges of dementia in our communities, improve life for those living with the disease, and support research efforts to find a cure for future generations.

It is interesting that this observance was initiated by President Ronald Reagan, who was later diagnosed with Alzheimer's himself. When President Reagan launched the national campaign 20 years ago, fewer than two million Americans were diagnosed as having the disease. Today, that number has more than doubled to 4.5 million Americans.

The Heart of America Chapter is proud to offer three unique opportunities in celebration of National Alzheimer's Disease Awareness Month. Each reflects a renewed inspiration of our Chapter-wide support to the communities we serve.

Memories in the Making® is a weekly art program that allows for self-expression, encourages creativity and provides a means of communication and builds self-esteem for people with

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Giving Thanks, Giving Hope

by Debra R. Leib, Executive Director



Each year I look forward to November, a month which includes my two favorite celebrations: my daughter's birthday and Thanksgiving. Both give me ample opportunity to savor my thankfulness and rejoice in the hope and promise that the future holds.

The opportunities to give thanks and give hope are particularly abundant this time of year. Two weeks ago our staff and I cheered a record number of walkers across the finish line in the Kansas City Memory Walk, and received reports of similar experiences with some of our satellite Walks in Clinton, Missouri and Emporia and Pittsburg, Kansas. The comments shared by our Memory Walk Ambassadors, and the stories related to me by numerous walkers about why they were participating, reinforced the spirit that motivates people to embrace our cause with their time, their financial support and their hearts.

Giving takes many forms and has many faces. The six-year-old who emptied the contents of his piggy bank to contribute to our Walk. The high school students who paint our Memory Rooms. The businesses who annually sponsor our events. The hundreds of volunteers who help to make Memory Walk and all of our special events possible, who lead our support groups, our Memories in the Making[®] classes, who help with our many programs. Every dollar that is donated, word that is spoken, or gesture that is made offers hope and makes a significant difference in someone's life.

A family member sent the following e-mail earlier this month to one of our staff: "Thank you for your dedication. Your efforts have touched our family and I'm sure so many others. The materials I

received from you over the years have been a lifesaver. For that we are grateful."

I am reminded of similar correspondence from one of our volunteers who wrote, "I am given a gift each day and choose to see past what Alzheimer's has done to the person and their family. I see their inner souls and the beauty that will always be there. Each day I see something so vivid and am blessed to interact with the families the Chapter serves. I am thankful for the opportunity to offer hope."

To my daughter, for whom I am so thankful, I offer the promise of a world without Alzheimer's for her generation.

To all of our families, volunteers and supporters in the Heart of America Chapter, I offer you gratitude, hope and the opportunity to continue making a difference in the lives of all those with Alzheimer's.

Memory Matters

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**Alzheimer's Association –
Heart of America Chapter**

24-hour Information & Support Line
800.733.1981
www.alz-heartofamerica.org

Main Office
3846 W. 75th Street
Prairie Village, KS 66208
913.831.3888 FAX 913.831.1916

Midtown Satellite Office
2525 East Meyer Boulevard
Kansas City, MO 64132
816.361.6604 FAX 816.361.6627

Northeast Kansas Regional Office
515 South Kansas Avenue
Suite B-2
Topeka, KS 66603
785.234.2523 FAX 785.234.0919

Northwest Missouri Regional Office
PO Box 1241
St. Joseph, MO 64502
816.364.4467 FAX 816.271.7068

Southeast Kansas Office
UCDD Building, 2601 Gabriel
Parsons, KS 67357
620.421.6550 ext. 1794
FAX 620.421.6550 ext. 1702

National Alzheimer's Disease Awareness Month

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dementia. Artwork will be on display and a reception with refreshments will be held at The Bruce Watkins Cultural Center on November 17 from 6:00 to 7:30 p.m. The Bruce Watkins Cultural Center is located at 3700 Blue Parkway, Kansas City, Missouri. The artwork on display will be from various artists who participate in the local Memories in the Making[®] program.

The Culture House and the Störling Dance Theater are partnering with the Alzheimer's Association – Heart of America Chapter in their presentation of “butterfly,” a story of one woman's venture through Alzheimer's and all the people who lavishly love and support her. The production suggests that as we look for medical answers to cure the disease, we are also looking for answers to cope with the pain and the questions it raises.

This special, one-time production of “butterfly” will be performed at The Folly Theater, 300 W. 12th Street in Kansas City, Missouri on November 19 at 7:00 p.m.

Tickets are \$25 for lower level and \$20 for upper balcony seats. Groups of 10 or more will receive a 10% discount. To purchase tickets call the Folly ticket office at 816-474-4444. A portion of the profits and donations at the event will be given to the Alzheimer's Association – Heart of America Chapter.

Defining Hope is a conference highlighting innovation in reaffirming humanity in those with dementia. The conference is for professionals and caregivers as well as family members.

The fourth annual Defining Hope conference is November 5, 8:30 a.m. – 4:00 p.m, at Atonement Lutheran Church in Overland Park, Kansas. The keynote speaker is Anne Bastings, Ph.D., a national speaker on creativity and aging and a trainer in the *TimeSlips* story creation method she developed as a Brookdale fellow. *TimeSlips* has generated hundreds of stories, produced plays and art exhibits, and rekindled the hope for human connection among people living with Alzheimer's disease and related dementia.

Registration is \$50. For more information, please contact the Chapter office at 913-831-3888.

The three opportunities mentioned above provide a variety of venues for celebrating Alzheimer's Disease Awareness Month. There is so much to learn, so much to appreciate and so much to hope for. The Heart of America Chapter extends an invitation to you for all of these events.

We hope you enjoy the Memories in the Making[®] reception, the Culture House presentation of “butterfly” and the Defining Hope Conference. We thank you in advance for your interest and your support of these and all programs and services the Heart of America Chapter offers.



“butterfly”
One-time
performance
November 19
Folly Theater

*when music fades
when colors grow dim
when friends become strangers
a new hope is born*

Heart of America Chapter Battles Alzheimer's Disease Every Step of The Way and Raises \$250,000



Above: Five Memory Walk Ambassadors, all members of a local early stage support group, proudly led the Kansas City Memory Walk through Corporate Woods. Ambassadors are (from left to right) Marty Goodman, Shari Zimmerman, Alicia Hunt, Marcellas Ruder, Louis Busjaeger.



Right: Walkers took a moment to sign the Memory Wall. Others joined the Conga line!

Memory Walk, the national signature event for the Alzheimer's Association, was celebrated over the last two months in more than 13 communities in the Heart of America Chapter's bi-state service area to help those battling Alzheimer's disease.

Memory Walk takes place in over 600 communities nationwide. In addition to the Kansas City Walk, the Heart of America Chapter held walks in Atchison, Council Grove, Lawrence, Pittsburg, Salina, Emporia, Manhattan and Topeka, Kansas, and in Clinton, Bethany, Maryville, and St. Joseph, Missouri. Support in these communities continues to increase as more than 2,000 participants walked in honor of, or in memory of, their loved ones.

Walkers asked family, friends and co-workers to donate to the Alzheimer's Association on behalf of their fundraising efforts. Participants either walked as individuals or as part of a team. Within the 13 community walks held throughout the Chapter, more than 120 teams supported Memory Walk 2004.

It takes every walker, volunteer, sponsor, and contributor to produce a successful walk. The Heart of America Chapter was fortunate to have all of the necessary components of a successful Memory Walk raising \$225,000. Every dollar raised will go toward programs and services within the communities the Chapter serves.



Warren's Warriors walked as a group at Memory Walk.



Whether on foot, in a stroller, or on piggy back, everyone who crossed the KC finish line received a Memory Walk lapel pin.



At the Kid's Corner, children colored a card for an Alzheimer's facility in exchange for a Memory Walk t-shirt.

Heart of America Chapter Salutes Top Fundraisers

The actual Memory Walk lasts just a few hours. But participants dedicate their time for months prior to the actual Walk by sending emails, letters, calling friends, family and co-workers asking them to support their fundraising efforts.

It is with great pride that the Alzheimer's Association Heart of America Chapter recognizes these individuals and these teams who went above and beyond to raise money to fight this disease.

Individuals Who Raised \$1,000 to \$2,000

Louis and Carolee Bussjaeger
Lucille Donnell
Sheila Dougherty
Randy Horn
Teresa Metz
Ross Miller
Sharyn Minnick
Jeanne Reeder
Donna Riddle
Gloria O'Malley
Peggy Willman

Individuals Who Raised \$2,000 to \$3,000

Bob Kennedy

Individuals Who Raised \$3,000 to \$4,000

Diane Kramer

Individuals Who Raised \$6,000 and Above

Paul Shireman

Teams That Raised \$1,000 to \$2,000

Allen Rakes' Girls
ALZ KIDZ
Barb Dichiser
Carmel Hills Cares
CMA
Frank Myers Family
Grandma Terry
Gran's Family
Groves Fighting Squirrels
Herd Team
Holy Trinity Lutheran Church/Thrivent
Lucy Friends
Miles for Memory
Raymore Memory Walkers
Season's Care Center
Sigma Theta Tau Delta Chapter
The A-Team
TLC's Memory Walkers
Village Walkers
Warren Warriors

Teams That Raised \$2,000 to \$3,000

Creative Memories Wild Bunch
Lewis Family
Shirkey Country Lane
Tau Kappa Epsilon
Team Mae

Teams That Raised \$3,000 to \$4,000

Hair Images
Team KCC
United Methodist Home and Aldersgate Village
Village Shalom

Teams That Raised \$4,000 and Above

Carl Hunt's 75th Street Gang

Thank you to all participants of Memory Walk 2004 — we look forward to walking with you next year, and every year after, until Alzheimer's is just a memory!



Corporate Woods provided a beautiful route for those walking 1 mile or those walking the 3 mile Bank of America Challenge Course of the KC Memory Walk.



These young walkers enjoyed dancing at Memory Walk.



Members of the Sigma Kappa sorority from Kansas University sold lollipops at Memory Walk to benefit the Alzheimer's Association.

Thank You to All Sponsors of Memory Walk 2004

KANSAS CITY MEMORY WALK

UNFORGETTABLE SPONSOR

Burlington Northern Santa Fe

CHALLENGE COURSE SPONSOR

Bank of America

NATIONAL SPONSORS

Genworth Financial
Creative Memories

FRONT RUNNER SPONSORS

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DST Systems

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The Tintera Health Care Group

KFKF 94FM

The Kansas City Star
J2 Printing Company

IN KIND DONORS

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Alterra Clare Bridge of Leawood	Fun Services of KC
Alzheimer's Center of Kansas City	Generation Gap
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Anderson Erickson Dairy	Grandma's Office Catering
Argosy Casino	On the Border Mexican Grill & Cantina
Atlanta Bread Company	Papa Murphy's
Bishop Spencer	Spy Agency Salon
Brighton Gardens	Stanford and Son's Comedy Club
Café Trocadero	Tanners Catering
Classic Catering	The Empire Room
Comfort Keepers	The Roasterie
Costco	The Velvet Dog
DeFeo Produce	Tomfooleries
Executive Marketing	Tresko Ice
Fazoli's	

UNDERWRITERS

Blackwell Sanders Peper Martin LLP	Brighton Gardens
Claridge Court	Ceres – Senior Division
Omnicare Pharmacy of the Midwest	Forest Pharmaceuticals
Saint Luke's Health System	Gill Studios
Stinson Morrison Hecker LLP	INTRUST Bank, N.A.
	Shawnee Gardens

ADDITIONAL KANSAS MEMORY WALKS

ATCHISON

Medicalodge

COUNCIL GROVE

Council Grove HealthCare Center
Morris County Hospital
Hays House

EMPORIA

Birch Telecom
Candlewood Suites
Presbyterian Manors of Mid-America
Emporia Rehabilitation Center
Steve Sauder Real Estate
The Emporia Alzheimer's Support Group
Emporia's Radio Stations:
– KVOE
– Country 101.7 FM
– Fox 105

LAWRENCE

Brandon Woods
Knights of Columbus of Baldwin City
Lawrence Therapy Services
Professional Diagnostic Services

MANHATTAN

Commerce Bank
Travelong by Liberty, Inc.
The McCall Pattern Company
The Pilot Club of Manhattan
Little Apple Pilot Club
Sunflower Pilot Club
Homestead Assisted Living

MANHATTAN *continued*

Meadowlark Hills Retirement Community
Riley County Senior Service Center
St. Joseph's Village Senior Community
Stoneybrook Retirement Community
Galachia Center on Aging – Kansas State University
PITTSBURG
Sunset Manor
Medicalodge North
Pittsburg Health & Rehabilitation

SALINA

Pfizer

TOPEKA

Burlington Northern Santa Fe Railway
Alterra Clare Bridge Cottage
Pilot Club of Topeka
Topeka Presbyterian Manor
United Methodist Homes, Inc. Assisted Healthcare
BlueCross BlueShield of Kansas Capital City Bank
Shawnee County Parks & Rec
Harrah's Prairie Band Casino
Stormont-Vail HealthCare Hill's
Forest Pharmaceuticals, Inc.
GTrust
Pfizer

ADDITIONAL MISSOURI MEMORY WALKS

CLINTON

Westwood Nursing Center & Alzheimer's Care	Church of Christ, Clinton Kreiser Drug Stores
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NORTHWEST MO

Heartland Health	Braddyville Christian Church
K.N.I.M. Maryville	Citizens Bank & Trust – Maryville
The Hillyard Companies	Crestview Home, Inc.
Wal-Mart – Bethany	Dishon Tire Services
Wal-Mart North – St. Joseph	Hy-Vee of St. Joseph
Altec Industries, Inc.	Laclede Chain Manufacturing
Kawasaki Maryville Plant	Living Community of St. Joseph
Maryville Daily Forum	Nodaway Valley Bank
Nodaway News Leader	Parkdale Manor Care Center
St. Francis Hospital & Health Services	Pizza Hut of Maryville
Anderson Ford	Village Care Center
Bank Midwest	Wal-Mart – Maryville
Bender's Prescription Shop	Wal-Mart South – St. Joseph
Beverly Healthcare of Maryville	Weyerhaeuser Company
	White Chrysler-Dodge-Jeep
	Your Maryville Hy-Vee

The Heart of America Chapter would like to thank the women who organized Memory Walk 2004 in their respective communities:

Roxann Scheid – Atchison
Elisha Smith – Council Grove

Paula Sauder – Emporia
Peg Wessel – Lawrence

Melanie Horton – Manhattan
Janice Allison – Pittsburg

Leigh Paul – Clinton
Rita Granden – Clinton

Planning Ahead is the Key to Alzheimer's and the Holidays

If you are caring for someone with Alzheimer's disease, the holiday season may bring anxiety to everyone involved in your festivities, yourself included. Thoughtful planning is one way to ensure that you've looked out for the best interests of both your loved one and yourself this holiday season.

When, where and how to celebrate.

Familiar surroundings are important to someone with Alzheimer's. If your loved one resides in an Alzheimer's facility and you want to bring them to your home for a holiday gathering, test the waters a few weeks in advance just to see if they are comfortable leaving their surroundings.

If you will be making holiday visits to your loved one in a facility, stagger your visits with other family members to avoid having the entire family visit all at the same time. This may minimize any confusion.

When loved ones are being cared for at home, it may be possible to involve them in holiday traditions. The tradition may need to be altered slightly, such as reading a beloved scripture or story at home instead of actually attending a special service outside the home.

Consider your needs as well as those of your loved one. Your joy is just as important as your loved one's joy. Any family tradition or social activity that brings you joy is part of staying well and maintaining the inner strength to care for your loved one. Focus on what you enjoy rather than what you think others might expect of you.

Simplify your life. Bake fewer cookies, host smaller family gatherings and don't hesitate to delegate. When a family member or friend offers to assist you with your loved one, or offers to care for them while you step away for a short while, accept their offer. This is your holiday season too.

When you decorate, or if you decorate, simplicity is the rule. People with Alzheimer's can become disoriented by blinking lights or by decorations that substantially change a familiar environment.

If there are family members or friends who have not recently seen your loved one, you may want to send them a brief note outlining the situation. While assuring them that their visit is welcome and important, you can also offer some guidelines to your holiday visitors. Use the following example to help you write your note. Fill in the blanks with your loved one's name or appropriate conditions.

I'm writing this note to let you know how things are going at our home. While we're looking forward to your visit, we thought it might be helpful if you understood our current situation before you arrive. You may notice that _____ has changed since you last saw him/her. Among the changes you may notice are _____. I've enclosed a picture so you know how _____ looks now.

Because _____ sometimes has problems remembering and thinking clearly, his/her behavior is a little unpredictable. Please understand that _____ may not remember who you are and may confuse you with someone else. Please don't feel offended by this. He/she appreciates you being with us and so do I. Please treat _____ as you would have in the past. A warm smile and a gentle touch on _____'s shoulder or hand will be appreciated more than you know.

Gift-giving is an important part of the holidays — here are a few suggestions for the person with Alzheimer's disease:

- Books with lots of photographs and minimal text
- Recordings of the person's favorite music
- A small plant or floral arrangement
- A photo album that includes names, dates and places next to each picture
- Poems and handcrafts from the children in the family

And for the caregiver:

- Time off is always the most prized gift
- A gift certificate to a favorite restaurant
- A gift certificate for a spa service, like a massage, facial, or a manicure

Remember, no one ever said the gift had to be in a box. Sometimes the best gift is just enjoying being with your loved one, your family and your friends. Singing holiday songs, reading cards you receive or reminiscing about people on your holiday card list can be the best gift you can share. Enjoy the holiday season.

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.

“Will my relationship with my spouse (or my parent) change?”

Whether I’m visiting people dealing with the early stages of the disease or those who have been on this journey for awhile, this topic is often the underlying concern. Sometimes the question expresses fear and trepidation; sometimes sadness gives rise to the lament: “We don’t seem to have a relationship anymore,” or “I am afraid that I am losing my relationship with my children.”

However put, the question is an acknowledgment that life does change with the diagnosis of Alzheimer’s. As the disease progresses, to say that some of the special qualities cherished in our loved ones will not be lost would be less than honest. But to foster the belief that a person with the disease is no longer capable of engaging in a loving relationship is just as dishonest. From diagnosis to late stage, our loved ones are capable of living and loving. They continue to need our loving attention and to be responsive to us. The relationship is not over. It is simply changing as surely as the seasons change and as the cocoon becomes the butterfly.

Too often when we hear an Alzheimer’s diagnosis or live with memory losses, we begin to visualize our losses, forgetting to focus on the present and new expressions of our love. We forget that it is memory that is waning, not the person. Recently a visitor shared her family’s concern with me. “My children do not understand how it can be, but my relationship to him, our relationship, is even more since we heard his diagnosis.” And as a daughter, I know well that my relationship with Mother grew

in ways it would not have been able to, had I not had the opportunity to be a caregiver.

How do we stay in, and nurture, this relationship? What will help us weather the changes and keep our relationship vibrant? Certainly, a sense of humor and patience will brighten any relationship, but understanding that even when our loved ones cannot tell us who we are, the persons they are, are still here, in the body. We have the power to bring that person out, to help them express themselves more fully. When we are willing to let our loved ones lead us back in memory, everyone wins. Too often, we live in the future, thinking about what we will do later today, tomorrow, or even next year. People with Alzheimer’s help us realize that the places we’ve been, and the here and now are worth savoring, that where we are right now is not just okay, but also to be cherished.

Think of it — our spouses or family or friends with Alzheimer’s aren’t asking us for anything. They only want our love and acceptance. They don’t want our money or talents or other “stuff.” They don’t want to change our minds, influence our vote, or tell us what we are thinking. They accept us simply for being there without regard for what we bring to them. They may not be able to tell us who we are, but they know us as loving and kind. They see us as beautiful.

To love and be loved, to touch and be needed, are basic universal needs that keep us in a relationship and always available to each other as we continue on the journey. And these moments of being together, moments of silently holding on, or seeing our loved ones’ eyes sparkling with the old recognition, give us strength and courage to lean on when the fear and confusion that comes with memory losses lead to frustration and difficult times.

There’s something basic and wonderful, unique and truly human, in each one’s love or family relationship, and the bond between the caregiver and the one being cared for is likewise an enduring and loving relationship.

It's in the Cards – A Holiday Greeting Serves as Fundraiser for Alzheimer's

Once again the Alzheimer's Association is partnering with Cards With a Heart to offer a holiday card campaign designed to help raise funds for Chapters nationwide.

This year these unique holiday cards can be ordered conveniently online where you can see an assortment of 9 professional quality holiday cards (featuring the Alzheimer's Association mission statement) to choose from. For every card order placed, the Heart of America Chapter will receive 40% of the proceeds. The cards are priced from \$1.20 to \$1.50 per card and envelope and packaged 25 cards/envelopes per box.

To assure prompt and timely delivery, place your order now. Most orders placed over the internet will ship within 3 business days of receipt of order.

To order online, logon to the Heart of America Chapter website, www.alz-heartofamerica.org and click on the Holiday Card link. Or, call 913-831-3888 to request an order form.

These are just three of the 9 holiday card designs available this season through Cards with a Heart. When you purchase these cards, you are supporting the Heart of America Chapter. Thank you for your support.



Oswego Spirit Garden Receives Gift from Boy Scout

The Spirit Garden project is an effort to join the hands and resources of the Alzheimer's Association, area landscape and garden professionals and community entities to allow individuals with Alzheimer's disease to experience the sensations of the outdoors.



Mark Herwig with 2 of the 6 planter boxes he designed and built as part of his Eagle Scout project.

Michelle Niedens,
Heart of America
Chapter Education

Director says, "The Spirit Garden honors the priceless value of simplicity, the peacefulness of the good earth and the sounds and sights that bring comfort."

Plans for a Spirit Garden at Infinia of Oswego (Kansas) are underway. To complete this project, community resources including cash donations will be sought. However, one donation came without asking from a dedicated young man, Mark Herwig.

Mark is a member of Boy Scout Troop #324 of Overland Park, Kansas, and is on the road to earning the Eagle Scout rank, the highest advancement rank in Scouting. To do so, Mark must fulfill requirements in the areas of leadership, service, and outdoor skills, including planning, developing and giving leadership to others in a service project for a community organization.

Mark chose the Alzheimer's Association to be the beneficiary of his service project because he wanted to honor the memory of his late grandmother who suffered from Alzheimer's. With the guidance of three adult Scout leaders, Mark supervised a small group of fellow Scouts and friends and together they designed and built 6 chair-high wooden planter boxes to be used in the Oswego Spirit Garden.

The Chapter thanks Mark Herwig for his commitment to his community and to Ace Hardware in Overland Park, Kansas, Sadies Sideboard Restaurant in Branson, Missouri and Hoss and Brown Engineers in Lawrence, Kansas who helped fund the materials used for Mark's Eagle Scout project.

If you or someone you know is interested in helping to fund the completion of this Spirit Garden, please call Michelle Niedens at 913-831-3888.

Creating a Legacy through Planned Giving: Wills and Bequests

Many times, individuals wish to remember a favorite charity with a contribution that will leave a legacy, but they are unsure how to do accomplish this. A **planned gift** may be the solution. A planned gift is a non-cash contribution that can benefit the Alzheimer's Association Heart of America Chapter, either during or after the donor's lifetime.

There are three basic types of planned gifts: wills and bequests, life income plans and other planned gift arrangements. And while the numerous terms associated with planned giving can be confusing, making a planned gift is usually fairly straightforward. This issue focuses on **wills and bequests**.

By far, the most common means of making a charitable gift is through a **personal will**. It's no wonder: such a gift allows you to contribute to the Chapter at a level you might never have thought possible during your lifetime.

Here are a few generally accepted ways to include a charitable contribution in your will. You might discuss these with your attorney as you prepare to update your will. Tell him or her exactly what you want to do. Be as clear as possible in describing what you want given to whom.

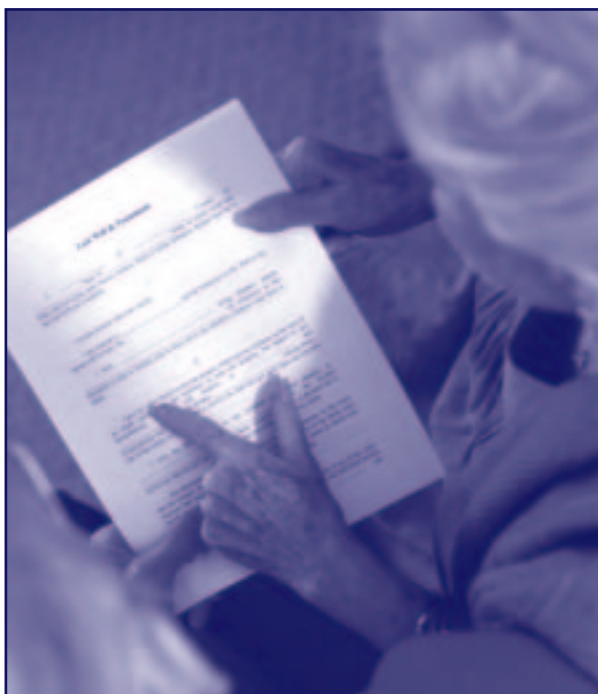
Types of Bequests

General bequest. A general bequest provides that the Chapter receives a specified sum of money or percentage of your estate. You might also use a general bequest to leave the Chapter non-monetary gifts, such as real estate, securities or tangible personal property.

Residuary bequest. This is a gift of all the "rest, residue and remainder" of your estate after all other bequests have been distributed and all debts, taxes, and expenses have been paid. You may prefer to divide your

estate according to percentages of the residue (rather than specifying dollar amounts) to ensure that your beneficiaries receive the proportions you desire.

Contingent bequest. A contingent bequest can ensure that if circumstances make it impossible to carry out your primary provisions (as when your spouse or other heirs do not survive you), your assets will then pass to the Alzheimer's Association – Heart of America Chapter rather than to unintended beneficiaries.



Restricted bequest. This type of gift allows you to specify how the funds are to be used. Perhaps you've championed one of the Chapter's current programs and would like to see it continue. If so, it's best to consult Chapter staff when you make out your will to be certain your intent can be carried out.

Bequest language. Whether you are creating a new will or modifying an existing will with a codicil (amendment), you need to use specific language to ensure that your intentions are honored. Your attorney can

help you craft the necessary language, or you are welcome to call the Heart of America Chapter office for guidance.

Let us know. If you decide to include a gift to the Alzheimer's Association – Heart of America Chapter in your will, we invite and encourage you to advise us of your decision. If you prefer to remain anonymous, your gift will be kept completely confidential. But at the same time, recognition of your gift can encourage others to do the same. Whatever the case, we will always honor your wishes. We appreciate your support.

For more information, please contact Adam Keener, Development Director, 913.831.3888 or adam.keener@alz.org.

The information in this article is not intended as legal, tax or investment advice. For such advice, please consult an attorney, tax professional or investment professional.

Research Grants to Explore Causes, Treatment and Prevention of Alzheimer's Disease

Those who are touched by Alzheimer's — caregivers, health care professionals, relatives of loved ones with the disease and individuals with dementia who face the daily challenge of living with it — have a long wish list. At the top, of course, is a cure. But the list also includes research into what causes Alzheimer's, treatments to slow the progression, technologies to improve caregiving quality and information on how one's lifestyle affects the risk of Alzheimer's.

To support significant, ongoing research in these critical areas, the national Alzheimer's Association recently announced grants totaling almost \$16 million for 2004 to support 71 important research projects. A record 694 proposals were submitted to the Association for consideration.

"The scope and quality of the 2004 applications demonstrate the impressive momentum in the field," notes William H. Thies, Ph.D., Alzheimer's Association vice president, medical and scientific affairs. "In the last 15 years, the pace of progress has increased steadily. Our science advisors believe we are now zeroing in on important new strategies for treatment and prevention."

The Association will underwrite important projects by researchers from Australia, Canada, China, Finland, France, Israel, Italy, Spain, the United Kingdom and the United States. Grants include exploration of best practices in care and support, use of household electronics to meet the day-to-day needs of individuals with dementia and their families and virtually every significant approach to causes, treatment and prevention.

Over the past 22 years, the Alzheimer's Association has funded more than \$165 million in research to explore the causes and find a cure for Alzheimer's disease and to develop strategies to improve care. Substantial progress continues to be made in this effort to create hope where only despair previously existed.

To keep your brain healthy, keep it active through a steady diet of mental gymnastics. These exercises below are just right for a quick pick-me-up of your brain. Work on them on your own or make it a challenge for you and a friend.



- These letters make a series. Work out the logic and fill in the two missing letters.
M T ? T F S ?
- What do these three have in common:
needle hurricane potato
- Fill in the missing words (it's okay to use a dictionary or any other source you want to fill this in – it all helps Maintain Your Brain™):
 - A _____ of geese.
 - A _____ of hens.
 - A _____ of lions.
 - A _____ of fish.
 - A _____ of cows.
 - A _____ of seals.
- It's a quick tour of familiar and not-so-familiar languages from around the world. Unscramble the letters to identify the language.
For example: snarsui = Russian.
 - carbia
 - nferhc
 - naliati
 - fnlehsi
 - senchie
 - namreg
 - kranstis
 - gnahiunra

ANSWERS:

- These are the days of the week starting with Monday, so the missing letters are W (Wednesday) and S (Sunday).
- They all have an eye.
- gaggle
 - clutch
 - pride
 - school
 - herd
 - pod
- | | |
|------------|--------------|
| a. Arabic | e. Chinese |
| b. French | f. German |
| c. Italian | g. Sanskrit |
| d. Flemish | h. Hungarian |

Consider Making a Year-end Contribution

As the season of sharing fills our community with holiday sights and sounds, the Alzheimer's Association is filled with gratitude for those who have given so generously throughout the year. The compassion and support demonstrated by donors make a tremendous difference in the lives of people served by our Chapter. Your support has allowed us to provide:

- 24-hour Information and Support Line
- More than 60 support groups meeting monthly
- Private home visits
- Family classes
- Financial assistance to hundreds of families
- Community conferences
- Professional caregiver training
- Advocacy efforts
- Safe return program
- Speakers Bureau
- Information, assistance and referrals
- *Memories in the Making*® program
- Mollie Tivol Alzheimer's Family Resource Center
- Contribution to research efforts
- *Memory Matters* newsletter
- Updated bi-lingual web site (English and Spanish)

On behalf of the 50,000 individuals with Alzheimer's disease and their 200,000 family members and caregivers in our community, please consider making a year-end charitable contribution so that we can continue providing these and more services to the increasing numbers of people we serve.

Here are 10 easy ways to support the Alzheimer's Association – Heart of America Chapter:

1. Make an end-of-year tax-deductible contribution to the Alzheimer's Association (see back cover or logon to our website).
2. Honor a loved one during the Holiday Season with a charitable donation to the Chapter (we will gladly send an acknowledgement for each contribution received).
3. Establish a permanent tribute to a loved one by making a contribution of \$1,000 or more. Your loved one's name will be engraved on the Memory Tree in the Chapter's main office (see article on page 13).
4. Host or sponsor an event in your home or through your business that raises funds to benefit the Chapter's on-going programs and services.
5. Create a *Giving Circle* – ask friends and family to pool contributions in order to make a larger impact.
6. Ask your employer to match your gift – many companies offer a matching program.
7. Designate the Alzheimer's Association as your Donor Choice in your workplace giving campaign.
8. Make a gift of appreciated stock or property to take advantage of federal and state tax laws.
9. Name the Chapter as a beneficiary of your life insurance or retirement plan accounts.
10. Make a bequest. You do not need to rewrite your will; a simple amendment (codicil) will do (see article on page 10).

Important Dates on the Horizon

NOVEMBER 18
CC's City Broiler Fundraiser

NOVEMBER 19
"butterfly" Theater Presentation

DECEMBER 2
Thanksgiving Celebration

Memorialize a Loved One with a Memory Tree Gift

Many times, the most meaningful gift given during the holiday season is a contribution in a friend's or loved one's name to a worthy cause or organization. During this season of thankfulness and giving, the Alzheimer's Association – Heart of America Chapter is pleased to offer you an opportunity to commemorate a special person in your life while at the same time providing financial support for vital Chapter programs and services.

For each gift of \$1,000 or more, your friend's or loved one's name will be permanently inscribed on the Memory Tree at the Heart of America Chapter main office. The Memory Tree is a lovely sculpture of a wooden tree trunk, sporting hundreds of copper and bronze leaves, adorned with doves and surrounded by bold rocks. Since its dedication in 2002, more than 40

families have chosen to honor friends or loved ones with Memory Tree contributions.

Memory Tree gifts are inscribed at the following levels: copper leaf, \$1,000; bronze leaf, \$2,500; bronze dove, \$5,000; small boulder, \$7,500; large

boulder, \$10,000. As each successive contribution is made and each inscribed memorial is added, the Memory Tree will continue to symbolize the Chapter's growth as we strive to meet our mission – providing education and leadership to enhance care and support services for those affected by Alzheimer's disease while supporting efforts to eliminate the disease.



Alzheimer's Association Treasurer, Ace Rowley, and President, Cathy Tivol Maslan, stand by the Memory Tree with Richard and Rae Rubins, who donated the Tree in honor of their parents.

To learn more about the Memory Tree and other Chapter giving opportunities, please contact Adam Keener, Development Director, at 913-831-3888 or adam.keener@alz.org.

CC's City Broiler Presents
"A Walk Down Memory Lane"

A very special evening benefiting the Alzheimer's Association – Heart of America chapter on

Thursday, November 18th from 6 – 9 p.m.

Dine at CC's City Broiler and enjoy USDA prime steaks, jet-fresh seafood and exceptional wines while relaxing in a supper-club atmosphere from days gone by. CC's City Broiler's famous steaks and legendary service will delight and pamper you while Frank Sinatra, Dean Martin and others croon for you in our elegant dining rooms.



8550 W. 151st St.
Overland Park, KS
913-897-0033

A portion of the evening's proceeds will be donated to the Alzheimer's Association – Heart of America Chapter

Heart of America Chapter Calendar of Events

November • December 2004

THE FAMILY SERIES

This six part series addresses many of the common concerns caregivers have regarding Alzheimer's disease. Parts one through four were held in October. The fifth and sixth part will both be held November 3 at the Midtown Satellite Office, 2525 E. Meyer Blvd, K.C., MO, 10:30 a.m. – Noon. The series begins again in January, 2005.

November 3

Part Five: "I Can't Do This Anymore"

The dilemma around the placement decision. Covers options, resources and the decision making process.

Part Six: "I Should, I Ought, I Have To"

A discussion of the guilt that typically goes along with the role of the caregiver.

BREAKFAST CLUBS

A hometown support experience where people gather in a safe environment and where support is provided in a round table way.

Chanute, Kansas

The first Wednesday of every month;
November 3, December 1
Holiday Park Restaurant, 9:00 a.m. – 10:30 a.m.

Fort Scott, Kansas

The third Wednesday of every month;
November 17, December 15
Mercy Hospital, The Xavier room
9:00 a.m. – 10:30 a.m.

Parsons, Kansas

The first Thursday of every month;
November 4, December 2
Cronies Hotel Parsonian, 9:00 a.m. – 10:30 a.m.

Pittsburg, Kansas

The third Thursday of every month;
November 18, December 16
Mount Carmel Hospital — The Sheridan Room
9:00 a.m. – 10:30 a.m.

Kansas City, Missouri

The second Saturday of every month;
November 13, December 11
St. Louis Center, 5930 Swope Parkway
9:30 a.m. – 11:30 a.m.

St. Joseph, Missouri

The third Wednesday of every month;
November 17, December 15
36th Street Restaurant, 501 North Belt
9:00 a.m. – 10:30 a.m. \$5 Fee

Trenton, Missouri

The first Wednesday of every month;
November 3, December 1
Lakeview restaurant
9:00 a.m. – 10:30 a.m.

SUPPORT GROUPS

More than 60 support groups meet monthly in November and December in the Chapter's bi-state area. To find a support group that fits your needs, please call 913-831-3888.

NOVEMBER

November 5 – Defining Hope Conference

Atonement Lutheran Church, Overland Park, Kansas
8:30 a.m. – 4:00 p.m.
\$50 registration fee. Call 913-831-3888 for more information.

November 9 – Building Effective Skills Training (B.E.S.T.)

Designed specifically for nursing assistants, recreational and activity aides in extended care and community settings. Participants will receive certificates of attendance.
Research Belton Hospital Community Room
8:15 a.m. – 3:00 p.m., Cost: \$25.00

November 10 – Creating Caring Communities Caregiver Conference

Daviess County Library, 306 West Grand, Gallatin, MO
9:00 a.m. – 2:00 p.m. \$10 per person, includes lunch
Call to register, 913-831-3888

November 10 – Legal Issues and Alzheimer's

An area attorney will speak on legal issues facing people with Alzheimer's disease and other dementia.
Midtown Satellite Office, 2525 E. Meyer Blvd, K.C., MO
10:30 a.m. – Noon, Cost: Free

November 17 – Memories in the Making® Reception

Bruce Watkins Cultural Center, 3700 Blue Parkway, K.C., MO
6:00 – 7:30 p.m.

November 18 – Fundraiser at CC's City Broiler

6:00 – 9:00 p.m.
8550 W. 151st Street, Overland Park, KS, 897-0033

November 19 – Störling Dance Theater's presentation of "butterfly," a benefit for the Alzheimer's Association

Folly Theater, 300 W. 12th St., K.C., MO
7:00 p.m. For tickets call Folly ticket office: 816-474-4444

DECEMBER

December 2 – Thanksgiving Celebration

The Colonial Church of Prairie Village
7039 Mission Rd., Prairie village, KS
12:00 noon to 1:30 p.m. — R.S.V.P. by calling 913-831-3888

PLEASE NOTE – All meetings/classes are free of charge unless otherwise noted. All regional offices of the Heart of America Chapter host meetings and classes. Please note if the meeting/class you are interested in is held in Kansas City, Topeka, or St. Joe. The Alzheimer's Association Heart of America Chapter main office is located at: 3846 W. 75th Street, Prairie Village, KS

The office sits behind the Reece & Nichols real estate building on the Northeast corner of 75th Street and Mission Road. Registration for all meetings/classes is highly recommended and sometimes required if noted. Unless otherwise noted, call 913-831-3888 to register. Meeting times and locations are subject to change.

Circles and Ripples — Teamwork Kovaciny Style

It was back in 1943 as a soldier that George, a handsome Connecticut Yankee on his first trip out west, met Jackie, a beautiful Kansas Sunflower. All too soon the U.S. Army deployed him to the European Theater and letters became their mainstay. In 1946, after returning to American soil, George married Jackie and he whisked her off to New England, where he and his twin brother went into partnership running a sawmill.

The G.I. Bill allowed George to attend college and after graduating from the School of Architecture at the University of Oklahoma, they lived and worked in Oklahoma, Colorado and Missouri, where the professional opportunities for practicing architecture were best for George. But Kansas always held a special attraction, and upon retirement in 1987 they moved to the Presbyterian Manor in Parsons, KS. There they plunged into their new life, enjoying everything from volunteer activities to aerobics to writing. Both had stories published in the “Best of Presbyterian Manors” and received special recognition for various art works.

Four years ago, things began to change. Jackie suffered several strokes and two broken hips. Their roles altered and George took over more of the household tasks. There were other changes creeping into their lives, too, subtle changes that at first were only noticed individually. But after a couple of years they could no longer pretend that nothing was wrong. It was more and more difficult to cope with unfamiliar things. What happened 50 years ago was still there, but what happened recently was fuzzy. More and more time was spent searching for “lost” things around the house. Jackie had trouble writing a check and could no longer thread her sewing machine. George found himself increasingly confused about his surroundings. Late in 2003 George could no longer balance the checkbook or keep score when they played Scrabble. In January he received the

Heroes of the illness

George Kovaciny & Jacquelyn Bliss Kovaciny



The perfect match for 58 years, George and Jackie Kovaciny are true inspirations to their family and friends. Despite both being diagnosed with Alzheimer's, George and Jackie continue to do the things they love including playing Scrabble, painting, visiting with family and friends and simply enjoying one another.

diagnosis: Alzheimer's. Not just for George, but for Jackie, too.

The fight against Alzheimer's, George and Jackie's most daunting challenge to date, is one which they are meeting as they do best — as a team. Creativity has always characterized their lives, and they continue to rely on it as they look for alternate ways in which they can, even now, make life better — better for themselves as well as others.

George participates regularly in the Victor Trower Arts and Inspiration Center program for dementia patients. On a good day Jackie can trounce a Scrabble opponent 20 years her junior. She and George often face each other over the Scrabble board, and the long-term tally shows that here, too, they are amazingly well matched.

Much of George's time is spent helping Jackie since she is so physically limited. Even dressing requires George's assistance. Jackie still manages to practice her own kind of personal outreach, staying in telephone contact with family and friends. Although the styles are getting simpler these days, she continues to make most of the birthday cards and monthly greeting cards for the other residents in the Manor's Assisted Living.

The November theme for these cards is, naturally enough, Thanksgiving. Despite their many health problems, George and Jackie find blessings to count. The first one of course is that they have been a team for over 58 years and are still counting. Sometimes they feel overwhelmed by what they are facing. However, they know that the wrong frame of mind can destroy what they do still have left. So, despite their shrinking horizons and increasing loss of freedom, they cope as best they can. They face life one day at a time, as they seek new meaning and purpose on their way.

Heart of America Chapter
3846 W. 75th Street
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