



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

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**NEW WEBSITE ADDRESS!**

[www.alz.org/kansascity](http://www.alz.org/kansascity)  
*Logon to see our new look!*

**ONLINE NEWSLETTER**

This newsletter is also available online. You can access this issue or past newsletter issues by logging on to [www.alz.org/kansascity](http://www.alz.org/kansascity). From the home page, click on **HELPING YOU**, then **FOR FAMILIES AND CARE PARTNERS**, then **NEWSLETTER**.

Or, if you prefer the newsletter in print and are not currently a subscriber, fill out the form online or call 913-831-3888.

alzheimer's  association™

*Memory Matters*

August • September • October 2007

**Pearls of Wisdom**

*The 2007 Kansas Governor's Conference on Aging*

With the theme of "Pearls of Wisdom," how fitting it was for a group of amazing individuals living with Alzheimer's disease to share their experiences and insight about their journey of understanding, accepting and coping well with this disease.

The panel of speakers included Lois Sladkey, Louis Bussjaeger, Ken Roberts, Dick Padula and Fred Marr. The speakers, as part of their larger advocacy efforts, shared with 2 audiences, each with approximately 100 attendees, their perspectives about the disease and the importance of early detection. Karen Knappenberger, Chapter outreach coordinator, served as moderator to the panel discussion.



*Michelle Niedens, Heart of America Chapter education director and 5 individuals with early stage Alzheimer's (L-R Lois Sladkey, Louis Bussjaeger, Ken Roberts, Dick Padula and Fred Marr), shared their stories with more than 200 people at the 2007 Governors Conference on Aging Services, May 2. They spoke of what prompted them to seek a diagnosis, how they have coped and, most importantly, their message of hope, which inspired us all.*

There are approximately 5 million people in the United States with Alzheimer's disease. Approximately 2.2 million of them are in the early stages. It is increasingly vital, as new disease

modifying medications get closer to market, that individuals — the person, family members and professionals — are able to recognize the disease in the early stage and move to treatment options. Many individuals in the early stages still do not recognize the symptoms as problems needing attention or dismiss the potential benefits that come with addressing the symptoms early. The panel of speakers was a visible reminder to all in the audience that there is life after diagnosis and that giving up is not an option.

In addition to the Governor's Conference, individuals from the speakers bureau who have early stage Alzheimer's disease have also presented to UMKC School of Pharmacy, Shawnee Mission South physiology class, KU School of Social Welfare practice classes and others. It is with much appreciation that we recognize these advocates who are forging the way for others to benefit from early diagnosis.

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## We're on the MOVE to End Alzheimer's

The Alzheimer's Association Memory Walk® is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Since 1989, Memory Walk has raised more than \$225 million.

The local Memory Walks are the perfect opportunities to walk in memory or in honor of a loved one with Alzheimer's.

Walk as an individual or form a team to enhance your experience and multiply your impact on the fight against Alzheimer's. Together you are a force much greater than what you can accomplish alone. It takes only five people to make a team.

To request registration materials, contact the point person in the Community Walk list on this page.

If you are unable to walk, but would like to volunteer, please contact Jan Horn at 913.831.3888 or [jan.horn@alz.org](mailto:jan.horn@alz.org).

Sponsorship opportunities are also available. Contact Debra Brook at 913.831.3888 or [debra.brook@alz.org](mailto:debra.brook@alz.org).



*New this year! Inscribe a Tribute Flag with your loved one's name. Flags will fly on the day of the Walk. Cost is \$10 per flag. Pre-pay is available by calling 913.831.3888.*

Community Walks in our service area include these locations:

### Southeast Kansas Walk

Pittsburg, KS

Saturday, September 8

Immigrant Park, 2nd and Broadway

10:00 a.m. - 2-mile Walk begins

11:00 a.m. - BBQ Lunch (\$5 per person)

Contact Lynette Emmerson at

620-235-0020 or

[lynette\\_emmerson@via-christi.org](mailto:lynette_emmerson@via-christi.org)

### Northwest Missouri Walk

St. Joseph, MO

Saturday, September 15

Hy-Vee on Belt Hwy, St. Joseph, MO.

10:30 a.m. - 1 and 3-mile Walks begin

11:30 a.m. - BBQ Lunch (\$5 per person)

Contact Brenda Gregg at 816-364-4467

or [brenda.gregg@alz.org](mailto:brenda.gregg@alz.org)

### Kansas City Metro Walk

Corporate Woods, Overland Park, KS

Saturday, October 6

9:45 a.m. - 1 and 3-mile Walks begin

Contact Trisha McClanahan at

913-831-3888 or

[trisha.mcclanahan@al.org](mailto:trisha.mcclanahan@al.org) or

register online at

[www.kansascitymw.kintera.org](http://www.kansascitymw.kintera.org)

### Iola, Kansas Walk

Saturday, October 13

Courthouse on the Square

9:30 a.m. - Registration

11:00 a.m. - BBQ Lunch (\$5 per person)

Contact Bill Michael at 620-852-3238

or [bill2dogs@ckt.net](mailto:bill2dogs@ckt.net)

### Emporia, Kansas Walk

Sunday, October 14

2:00 p.m. - 2-mile Walk begins

Contact Patti Lipson at 620-794-4148 or

[pattilipson@marykay.com](mailto:pattilipson@marykay.com)

*Memory Matters* is a quarterly publication of the  
Alzheimer's Association - Heart of America Chapter

**24-hour Information & Support Line**  
800.272.3900

[www.alz.org/kansascity](http://www.alz.org/kansascity)

#### Main Office

3846 W. 75th Street

Prairie Village, KS 66208

913.831.3888 FAX 913.831.1916

#### Midtown Satellite Office

6400 Prospect, West Building, Suite 640B

Kansas City, MO 64132

816.361.6604 FAX 816.361.6627

#### Northeast Kansas Regional Office

4125 SW Gage Center Drive, Suite LL-15  
Topeka, KS 66604

785.271.1844 FAX 785.271.1804

#### Northwest Missouri Regional Office

10th and Faraon, St. Joseph, MO 64501

816.364.4467 FAX 816.364.2553

#### Southeast Kansas Office

UCDD Building, 2601 Gabriel

Parsons, KS 67357

620.421.6550 ext. 1794 FAX 620.421.0671

## Thanks to These Memory Walk Sponsors

### Northeast Kansas Memory Walk

Held June 9, Topeka, KS

#### CHALLENGE COURSE SPONSOR

Alterra Clare Bridge Cottage

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KTKA 49 News  
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Pepsi-Cola Bottling Company  
Pilot Club of Topeka  
Price Chopper  
PT's Coffee Company  
Road ID  
Sam's Club  
Sonic on Gage  
Sports Center  
St. Francis Health Center/Aramark  
Sunflower Striders  
TARC  
Topeka Presbyterian Manor  
Wal-Mart on 37th



Heather Ballard and Dale McCandless were the two top fundraisers for the Northeast Kansas Memory Walk.

### West Central Missouri Memory Walk

Held May 5, Clinton, MO

Mills & Son Insurance  
Garden City Bank  
Beverly LivingCenter – Westwood  
Citizens Union State Bank  
Dr. Mark and Lisa Snell  
First National Bank

Golden Valley Memorial Hospital and  
Physician Clinics  
Jackie and Bill Crow  
Kenney Law Office  
Kreiser Drug  
Schreiber Foods

## Memories in the Making<sup>®</sup> Art Auction

The 2007 Memories in the Making<sup>®</sup> Art Auction was held on April 20th at Liberty Memorial. Designed as a celebration of the lives and voices of the people involved in the Memories in the Making<sup>®</sup> program and as a fundraiser for the Alzheimers Association – Heart of America Chapter, the annual Art Auction showcases the artwork produced throughout the year.

Through Memories in the Making<sup>®</sup>, individuals with Alzheimer's disease express with watercolor what they can no longer communicate with words. When someone with Alzheimer's disease is given the opportunity to paint a memory, amazing things happen.

The silent and live auction raised more than \$100,000 to help support the programs and services of the Heart of America Chapter.

For more information about the 2008 Memories in the Making<sup>®</sup> Art Auction, contact Debra Brook at 913.831.3888 or [debra.brook@alz.org](mailto:debra.brook@alz.org).

The artists smile, sometimes with surprise, to see their beautiful work displayed for all to see.



Debra Brook, Heart of America Chapter executive director, joined the Emcee of the evening, John Holt of Fox 4 News, and the Negro Brothers who entertained the crowd with their creative auctioneering talents.



## Breakfast Clubs Offer Peer Support



Peer support options are extremely important for family members and care partners of those with Alzheimer's.

Breakfast Clubs are hometown experiences where people gather in a safe environment and where support is provided in a round table way. Attending a breakfast club may be a good option for someone who is not comfortable in a large support group setting.

A full list of on-going Breakfast Clubs is on page 7 of this newsletter. Please review the list and let us know if you have any questions by calling 913-831-3888.

## Seasons of Remembrance

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

Roger Anstaett  
Shirley Boyce  
Ruth Anne Dukelow  
Dorothy Gennrich  
Bev William Jacob  
Uldine Jackson  
Ralph Kaump  
Louise Kenney  
Dan Konko  
Howard Ruffins  
Mary Rita Shriver  
Muriel Watson

## Third Party Fundraisers Increase Alzheimer's Disease Awareness While Raising Money

Third party events are an exciting and important way to increase awareness of the Alzheimer's Association and raise money to support our educational programs and support services. A third party event involves an individual, group or corporation hosting an event or activity to benefit the Chapter. This method of fundraising helps introduce new people to our mission, increases our outreach in the community and provides vital support through activities the Chapter may otherwise not be able to accomplish alone. The following fundraisers detailed below are just a few examples of recent, successful third party events.

In April, the 1212 Club, the young professionals group of the Kansas City Club, hosted a Trivia night. The event included a brief Alzheimer's overview followed by team trivia, drinks and appetizers. It was a fun evening that raised more than \$1,000. We thank the 1212 Club and we are looking forward to partnering on another Trivia Night in the future.

In May, Topeka, Junction City and Overland Park Bankers Life and Casualty Company agents and volunteers handed out packets of Forget-Me-Not seeds in return for a donation. The donations totaled \$3,180. Branch Sales Manager Lawrence Martin hopes these seeds will be planted in honor of the 5 million Americans with the disease. Martin attributes the office's success to the leadership demonstrated by the agents who worked diligently to collect for two days in front of a local Wal-Mart. "The greatest reward is that Alzheimer's awareness has been enhanced because of Forget-Me-Not Days," Martin said.

Upcoming third party events include:

### *Benny and Edith Lee Cocktails and Home Tour*

Friday, September 7

6:00 to 8:00 p.m. — Business casual attire

6300 Ward Parkway, Kansas City, MO

Join us for an evening of delicious food and drink, inspiring speakers and live music as you tour one of Kansas City's most elegant and innovative private homes — an award winner in the February 2007 Kansas City Homes and Gardens magazine.

This event is free of charge, however donations are appreciated and the Lees have generously offered to match all contributions received.

### *Great Getaways 15th Anniversary Bash*

Sunday, September 16

7:00 to 10:00 p.m.

ARTichokes, 10557 Mission Road — Casual attire

Great Getaways travel agency is hosting a 15th Anniversary Bash at Leawood's premiere art space in Mission Farms, ARTichokes. The evening will include light hors d'oeuvres and a silent auction of vacations, art and jewelry.

*(We hope you can join us at our upcoming third party fundraisers. Both events are free to attend. Please RSVP to Nicole Clifford, [nicole.clifford@alz.org](mailto:nicole.clifford@alz.org) or 913.831.3888)*

## Hero of the Illness

When Dr. Richard Padula was diagnosed with Alzheimer's last June, his wife Marta quickly took action to find out what community resources were available. Marta approached the diagnosis with the same positive energy that she and Dick have shared throughout their 47 years of marriage, and found the Alzheimer's Association in the phone book. Dick and Marta's friendship with the Heart of America Chapter began when Marta stopped by to collect some information from the Mollie Tivol Family Resource Center more than a year ago.

Dick and Marta began dating in 1953 in Upper Darby, a suburb of Philadelphia. When they married, Dick was a medical student at Jefferson Medical College in Philadelphia and Marta was a first grade teacher. They arrived in Kansas City 31 years ago when Dick was recruited by Research Hospital to lead the expansion of their cardiac surgery department. Dick was a premier cardiac surgeon who received his training from Dr. John H. Gibbon, Jr., the developer of the heart-lung machine.

While Dick worked in the operating room, Marta did bookkeeping for his office which afforded her more time to spend with their five children, volunteering at their schools and in the community. They enjoyed being involved in the children's activities and working on house projects as a family, utilizing Dick's knack for carpentry.

In addition to carpentry, Dick and Marta enjoy an array of hobbies. Marta is a talented painter who creates beautiful portraits from family photographs and Dick is an avid tennis player. They both enjoy golf and touring the United States in their Ford

Model T. Dick keeps their antique car collection including four Ford Model Ts and one Model N in top condition.

The Association is fortunate that Dick and Marta's zeal for life also extends to their Alzheimer's advocacy work. Dick recently joined four other advocates to speak at the 2007 Governor's Conference on Aging in Topeka. They also help raise awareness by telling friends about the Chapter's programs and services to ensure no one faces this disease alone.

The Padulas are not only generous with their time, but also are vital Chapter supporters. Dick and Marta make individual contributions, and they are leading this year's early stage Memory Walk team, The 75th Street Gang. "I give to the Heart of America Chapter because they have done so much for us," said Dick.

Dick and Marta highly value the importance of participating in Chapter programs and are members of the early stage support group. "By getting involved you learn you are not alone," Marta said. "I think people who try to go it alone limit themselves. It is important to learn as much as you can and to take the opportunity to meet caring people."

Dick and Marta's passion and dedication to life and each other have helped turned their Alzheimer's journey into a mission of hope. "There might not be a cure in my time, but I want to make sure there will be for my children and future generations," said Marta. The Padulas' spirit truly inspires the Chapter and the individuals, families and care partners the Association serves.

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*"I think people who try to go it alone limit themselves. It is important to learn as much as you can and to take the opportunity to meet caring people."*

Marta Padula

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## Grief — A Family Affair

by Jeanne Reeder, L.M.S.W., Individual and Family Services Specialist

*“Grandma was lots of fun and we played together. I called her ‘the play lady’. Now Grandma is cranky, she doesn’t like to play anymore. She is always mad at me and my Mom.”*

*“I am really sad that my nieces and nephews will never know the great woman their Granny was before Alzheimer’s disease.”*



Jeanne Reeder, L.M.S.W.

Children are not exempt from the grief of Alzheimer’s disease. Grandparents, aunts and uncles are often a child’s special friends. When things begin to change and Grandpa cannot take Eric fishing or Aunt Susie doesn’t want to play cards anymore, children may be hurt, confused, or frustrated. Children are super sensitive and will pick up on their parents’ and siblings’ grief as well. They often have a sixth sense, an ability to sense bad news and the sadness of others. So we need to help children, from preschoolers to teens, understand and cope with what is happening. We need to share information with them and allow them to grieve individually and as a family.

Children react to loss differently from adults, and their ability to communicate and understand depends on their age. Likewise, their coping skills develop slowly as they experience sudden change or loss and become aware of what is happening to those around them. Even babies and toddlers react to stress and the emotions of others.

We cannot protect our children from grief anymore than we can protect ourselves, but we can be aware of their grief, help them share their feelings, and provide them comfort and healthy ways to deal with their grief. Begin by giving them permission to grieve. Look for signs that your child is struggling with what is happening to Grandma, like anger, withdrawal, anxiety, regressive behaviors, or explosive emotions.

Listen to children and be sincere. Above all, give them honest information about the disease, and let them know you are also feeling sad. Remember that grief is a process, not an event. Coping is hard work

and a child’s grief will not be resolved tomorrow any more than your grief will end tomorrow. To encourage discussion, you might read one or two of the many children’s or teen books on Alzheimer’s disease available at the Chapter library.

Encourage children to continue their love relationship. Invite Grandma to tell them stories about when she was a little girl or urge the children to ask her about her school days or younger self. Help Grandma and child create a scrapbook of past and present activities or a memory box of special things about Grandma and her life. Or think of other ideas that will help children continue to know and be with this special person: cook or bake something together, go for a walk, toss a ball or a balloon back and forth, read or sing songs together, hold hands, do a craft together, paint or draw or make something out of clay, go on a picnic, laugh together, share smiles and hugs, play simple games, fold the laundry, tell each other stories.

There are also ways to deal with the grief we feel for our children who will never know their real Grandma due to changes from Alzheimer’s disease/dementia. Preserve your loved one’s story for the child by creating her life story/history. Have Grandma write, record, or dictate her life story, including her values and memories of her parents and siblings. Ask her to write a personal letter to your child that might include how she felt when she first saw her grandchild and encourage her to share her dreams and hopes for the child. You can incorporate old videos or home movies that depict Grandma in a variety of roles. Some people call this activity an “ethical will” or a “legacy will.” It is certainly one of the greatest gifts that can be given to a child or grandchild. If the person with the disease is not able to participate, you and your loved one’s spouse and siblings can still create the legacy using pictures, recordings, and old family movies.

Grief is a family affair, part of life, and part of loving. Actively participating in your own grief and your children’s grief can give your family comfort and strength, and encircle you and your loved ones with hope.

For more information, assistance, or questions about programs for children, including a support group, call Jeanne Reeder at 913 831-3888.

## Heart of America Chapter Calendar of Events

August • September • October

### PEER SUPPORT SERVICES

**Support Groups:** *More than 60 groups meet at least monthly throughout the area for family members to get together for peer support and to exchange information. Some groups meet specifically for those with early-stage dementia. For a complete list of support groups, logon to [http://www.alz.org/kansascity/in\\_my\\_community\\_support.asp](http://www.alz.org/kansascity/in_my_community_support.asp)*

**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**

First Wednesday of every month  
Memorial Building/Alliance Room, 9:00 – 10:30 a.m.

**Fort Scott, Kansas**

Third Wednesday of every month  
Mercy Hospital, The Xavier Room, 9:00 – 10:30 a.m.

**Parsons, Kansas**

First Thursday of every month,  
Country Mart Deli, 2020 Main, 9:00 – 10:30 a.m.

**Pittsburg, Kansas**

Third Thursday of every month  
Mount Carmel Hospital — The Sheridan Room, 9:00 – 10:30 a.m.

**Kansas City, Missouri**

Second Saturday of every month  
St. Louis Center, 5930 Swope Parkway, 9:30 – 11:30 a.m.

**St. Joseph, Missouri**

Third Wednesday of every month  
Francis Street United Methodist Church, 12th & Faraon  
9:00 – 10:30 a.m. \$5 Fee

**Trenton, Missouri**

First Wednesday of every month, Lakeview Restaurant, 9:00 – 10:30 a.m.

**Cappuccino Club:** *An upcoming support group for the 20 something and 30 something adult children of individuals with young (early) onset Alzheimer's disease. Please contact Michelle Niedens at 913-831-3888 for more information.*

### OTHER IMPORTANT DATES

**Taking Control Series –**

*This five-week educational series is for individuals in the early stage of Alzheimer's and their families. For the first half of the session, both individuals with the disease and their families will meet together for a structured presentation and the second half of the session, each group will separate for their own discussion.*

Session 1: Introduction and Overview  
Session 2: Coping with Memory Problems  
Session 3: Friends, Families, and Work  
Session 4: Planning for the Future  
Session 5: Making the Most of It

September 11, 18 and 25 (Sessions 1, 2 and 3)  
October 2 and 9 (Sessions 4 and 5)  
Main office — Prairie Village, KS, 4:00 – 5:30 p.m.

**Family Series –**

*This six-week series focuses on some of the most common topics around caring for someone with Alzheimer's disease or other dementias. Individuals are welcome to come for whichever topics are of concern.*

Session 1: What can I expect?  
Session 2: I don't need any help  
Session 3: He just sits around all day  
Session 4: Is she on too many medications?  
Session 5: I can't do this anymore  
Session 6: I should, I ought, I have to

Every Wednesday, July 25 through August 29  
6:30 – 8:00 p.m., Church of the Resurrection, Room 220  
13720 Roe Avenue, Leawood, KS

Every Thursday  
August 16 through September 20  
4:00 – 5:30 p.m.  
First Christian Church, 1045 South Hickory, Ottawa, KS  
(Dinner following – provided by the East Central Area on Aging)

Every Thursday  
October 11 through November 15  
12:30 – 2:00 p.m.  
Bickford House, Raytown, MO

**A Friendship Gathering**

*For all individuals interested in memory loss, caregiving, support issues.*  
September 5  
Jamesport, MO, Call for details, 816-364-4467

**Legal Issues**

*This session explores the various legal concerns and needs that arise throughout the course of the disease. Issues include durable power of attorney, guardianship, conservatorship, patient rights, division of assets and living wills.*  
August 6  
5:30 – 8:00 p.m.  
Topeka and Shawnee County Public Library  
1515 SW 10th Avenue, Topeka, KS

**Let's Talk About Dementia – A Community Discussion**

*An overview of the disease process including stages, current treatments, behaviors, and communication.*  
August 30  
10:30 – 11:30 a.m.  
Bethany Community Center, Bethany, MO

September 13  
6:00 – 7:30 p.m.  
Saline County Commission on Aging, 245 N. 9th Street, Salina, KS

September 27  
6:00 – 7:30 p.m.  
Newman Hospital School of Nursing, Room 108  
12th and Chestnut, Emporia, KS

**Building Effective Skills Training**

*A six-hour course designed specifically for nursing assistants in long term care and community settings. Participants will receive certificates of attendance.*  
August 28  
8:30 a.m. – 4:30 p.m.  
Research Medical Center, Meeting Room G, 2613 E. Meyer Blvd, KCMO

October 10  
8:30 a.m. – 4:30 p.m.  
Medicalodge of Clay Center, 715 Liberty, Clay Center, KS

**Train the Trainer**

*For individuals who are charged with educating others about the illness. Discussion of designing and implementing dementia training programs.*  
October 4  
9:00 a.m. – 3:00 p.m.  
Main Chapter Office, Prairie Village, KS  
\$65 per person, \$50 for each additional person from same organization

**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.

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 800-272-3900**