



Alzheimer INSIGHT

Alzheimer's...
Remember To Care

What Health Care Reform Means for the Alzheimer's Community

by Barack Obama

Right now, more than five million Americans have Alzheimer's disease, a number that is only expected to increase in the years ahead. I know the pain that Alzheimer's disease can cause – for those diagnosed with it, and for their families and caregivers – which is why my Administration is committed to finding a cure.

Already, we have invested billions of dollars in research; this year alone, the National Institutes of Health (NIH) invested nearly \$530 million into researching Alzheimer's disease – funding that supports some of the finest researchers and scientists in the world. And under the new health care legislation – the Affordable Care Act – we're supporting a "Cures Acceleration Network" within NIH that will award grants and contracts to develop treatments and cures for a number of diseases, including Alzheimer's.

The Affordable Care Act also provides critical support for individuals with Alzheimer's disease and the men and women who care for them. It starts by requiring new health insurance plans, as well as Medicare and Medicaid, to cover preventive services without charging copayments, coinsurance or deductibles. Medicare will also provide seniors with a free annual wellness visit. Both of these steps will help ensure that doctors catch signs of Alzheimer's disease early.

We're also reducing out-of-pocket costs for Medicare beneficiaries, particularly those who struggle with high prescription drug costs. Among seniors on Medicare who don't get extra help with their prescription drug costs for treating Alzheimer's disease, 64 percent hit the drug coverage gap known as the "donut-hole" – and many find themselves changing or altogether foregoing the prescriptions they need when they reach this gap.

This year, seniors who hit the donut hole are receiving a \$250 tax free rebate under the Affordable Care Act, and next year they'll receive a 50 percent discount on brand name drugs. We'll continue to provide additional financial relief until 2020 when the donut hole will be closed once and for all.

In addition, the Affordable Care Act creates a new long-term care insurance program – the Community Living Assistance Services and Supports (CLASS) program – which will cover a range of long-term health services, including care received in nursing homes and home health care. The CLASS program will help individuals with Alzheimer's disease remain independent, to the extent possible, and receive treatment in environments where they feel comfortable, while giving caregivers and families the support they need.

But the new law does more than just make care more accessible. It also improves the quality of that care by ensuring that Americans who care for people with Alzheimer's disease have the tools and training they need to do their jobs. In 2011, a new Geriatric Education Center will begin providing courses to family caregivers on managing the behavioral and psychological issues that come with this disease. We'll provide improved training for long-term care workers and better scholarships and loan repayment opportunities to ensure that we have enough trained professionals in our health care workforce. And starting next year, skilled nursing facilities and nursing homes will be required to conduct dementia and abuse prevention training.

All of these steps will help strengthen programs that we know work. But in addition to strengthening what works, we need to continually develop innovative approaches to caring for Americans with unique needs. That's why the Affordable Care Act invests in pilots and demonstration projects that focus on better coordinating patient care, especially for those with multiple chronic conditions. For example, the "Independence at Home" pilot program and Accountable Care Organizations will give primary care doctors and specialists new incentives to work together to treat people with Alzheimer's disease, and will reward them for the quality of care they provide. We are also supporting a new Medicare transitional care pilot project that provides care for seniors who are at high risk of reentering the hospital, including those with cognitive impairments.

Finally, the Affordable Care Act establishes the Center for Medicare and Medicaid Innovation (CMI), a new center devoted to developing testing and expanding innovative payment and delivery arrangements that will improve the quality of care, while reducing costs for consumers.

Taken together, these initiatives represent a major step forward in supporting people with Alzheimer's disease and those who care for them. But we know there is more work to be done. And in the coming months and years, we will continue to search for the groundbreaking treatment and cures your loved ones need and help you provide them with the compassionate, high-quality care they deserve.

BARACK H. OBAMA is the 44th President of the United States.

Reprinted with permission from the fall 2010 issue of care Advantage, a quarterly magazine for caregivers of individuals with Alzheimer's disease and related illnesses published by the Alzheimer's Foundation of America. For a free subscription, please visit www.afacareadvantage.org or call 866-232-8484.

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Someone Who Cares

The Alzheimer Society's *Staying Connected* group

by Josselyn Winslow

Three years ago Alzheimer Society of Washington requested, and received, a grant from the Alzheimer's Foundation of America to begin a program to help a group of people who are largely ignored – those folks who have recently discovered that they have dementia. Up to this time public policy has focused on helping family care partners – and on providing services for people who are past the early stages of dementia. However, the people who have been recently diagnosed and are still managing quite well, usually with some help from family members – face many problems. *Staying Connected* is a supportive program designed to provide social interaction, physical activities and cognitive stimulation for the people who still have many cognitive strengths.

After we received the grant, it took about six months to find the right facilitator, to set up the schedule, and actually begin the program. But, in the past two and a half years that

“Staying Connected is a supportive program designed to provide social interaction, physical activities and cognitive stimulation...”

Staying Connected has been operating it has been the most rewarding of all of our activities.

Currently, there are two facilitators, Leslie Jackson and Barbara Bavins. Leslie is a nurse with more than thirty years of experience. She specialized in gerontology and has been a social worker in a nursing home. One of Leslie's greatest qualities is empathy. As she says, “I want everyone to walk out of here smiling and feeling good about themselves.”

Barbara is a retired nurse practitioner who specialized in Pediatrics. Her comment, “Dementia is similar to Pediatrics. In Pediatrics you focus on development. Dementia takes the person the other way.” Barbara knows from personal experience. She helped her husband cope with dementia for more than seven years. Barbara prefers to assist with the group – “I enjoy being here and with the folks, but I am glad not to have to think about planning the program every week.”

The *Staying Connected* group meets weekly,

from 11 to 2, each Wednesday. One fellow drives himself, others have family or friends who drop them off, and still others come on the Whatcom County Specialized Transit program that picks them up at home and

“The class is comfortable with people who share the same affliction. I can be myself.”

brings them to the class each week. Class members bring their lunches.

I asked the folks what they would say about the class. Some of their responses were, “The class is comfortable with people who share the same affliction. I can be myself.” Another said, “I can't say everybody's name but it is nice to have them here.” “It's no big deal here if I forget something in the conversation.” “I look forward to Wednesdays every week.” “I have to agree I like coming here.” And, “I have to be honest, when I looked at it I didn't think I wanted to do something like this. But, this is an outstanding group – a nice bunch of people.”

Members talked with enthusiasm about getting to know each other and hearing their histories. They share their interests with books

and about current events. They share their concerns. They learn how to use their remaining abilities to maintain their self esteem. They also look forward to field trips to places as diverse as the Air Museum, the Animal Shelter, a picnic by the waterfront and a local park for a bird walk.

As the group gathered “The Boogie Woogie Bugle Boy from Company B” played in the background. One woman danced a jig to the music. Then she looked at a card in her hand. She wanted to keep it – but couldn't figure out what to do with it. Leslie came over and said,

“Each member of the group is Someone Who Cares.”

“Oh, here, you can put it in your pocket. Sweater pockets can be hard to find.”

So that's what *Staying Connected* is about. Each member of the group is *Someone Who Cares*. They support each other. They help each other find ways to feel good about themselves. They look forward to being together each week – and to leaving with a smile.

GIVE-A-THON

This year the Alzheimer Society of Washington has been chosen as one of the participants in the **2nd Annual Whatcom County Association of Realtor's Give-A-Thon** to be held on December 10, 2010.

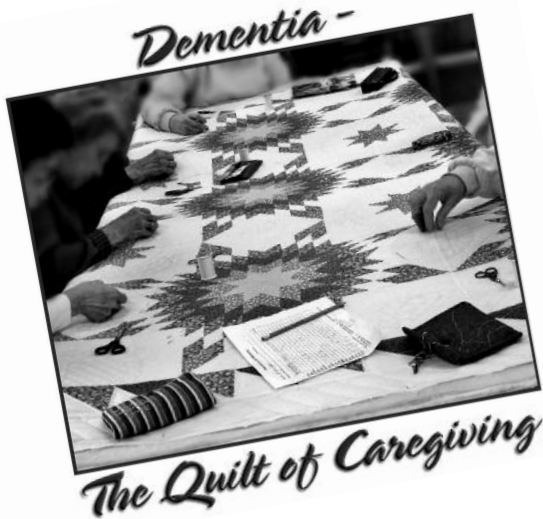
This is a group of nonprofits selected through an application process who are invited to host a table at the event to be held at O'Donnell's Bellingham Flea Market, 1522 Cornwall Ave, Bellingham. People attending can make donations of cash or specific items that have been requested by participants. Donors can choose to make a gift in someone else's name and will receive a gift card to present to that person as their “alternative gift.”

It promises to be a fun and lively holiday event with entertainment, door prizes, treats and beverages. Beyond that, what's better than sharing the wealth and helping others during the holidays? That feel good feeling is worth the trip!

The Alzheimer Society is seeking monetary support for programs like “*Staying Connected*” class serving the needs of individuals with signs of early memory loss. The class provides cognitive stimulation, physical exercise and social interaction.

Hope to see you there to support this worthwhile, much needed organization.

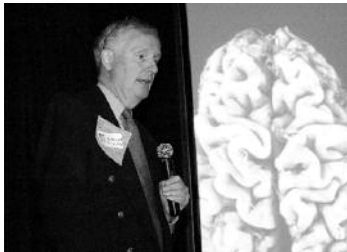
24th Annual Fall Conference



The Alzheimer Society 24th Annual Conference – “Dementia – The Quilt of Caregiving”, was held at Christ The King Center in Bellingham, Washington, on Friday, October 15, 2010. Over 200 people participated in the all day event to learn about current medical research, treatments, and trends. The conference speakers shared information on caring for individuals with dementia including safety, falls, and pain. Other panel discussions and breakout sessions filled the educational program and included Care Partner presentations and an afternoon panel discussion involving experts from various elder resource services.



Voices of Experience – Family Care Partners



Richard Powers MD, presented a program on New Research, Treatments and Trends, as well as a breakout session on “Questions You Always Wanted to Ask”.



Ward Nelson RPh, a local pharmacist and ASW Board member, provided a breakout session on “All Those Medication Issues”.



Laura Gitlin, PhD, spoke about “Considerations in Caring for Individuals with Dementia – Safety, Falls, Pain, Asymptomatic Presentation on Medical Conditions”. Her breakout session included “Nonpharmacologic Approaches to Managing Troublesome Behaviors”.



The Board of the Alzheimer Society of Washington presented **Josselyn Winslow** with a founder’s award for her efforts with others in founding the ASW to support those with dementia and Alzheimer’s as well as her advocacy and educational programs as the Executive Director for the past 30 years. She will continue her efforts as a Board Member of ASW and the Alzheimer Foundation of America.

Jim Sorensen, new Executive Director, and **Josselyn Winslow**, retiring Executive Director and Board Members presented **George Ratayczak**, from the Whatcom County Sheriff’s Department and Search and Rescue, with the **Ken King Community Service Award** for his support and leadership in Project Lifesaver radio transmitter bracelets used by individuals with a tendency to wander.



George Ratayczak, Jim Sorensen, Josselyn Winslow



Victoria McCarty accepting for Andrew Teijen, Jim Sorensen

The Alzheimer Society of Washington also presented the **Someone Who Cares Award** to **Andrew Teijen; Annie Naismith & Tom Evans; Michelle Nelson; Tina Brightwell; and Vivian Roberts**.



Julie Johnson, Annie Naismith, Jim Sorensen



Bonnie Karb, Tina Brightwell, Jim Sorensen



Chris Sorensen, Vivian Roberts, Jim Sorensen



Alzheimer Society of Washington *presents*
2011 Spring Workshop

**Dementia Challenges ~
 Behaviors, Intervention, Activities**

Presented by
Teepa Snow, MS, OTR/L, FAOTA
Dementia Care & Training Specialist

Friday, April 29, 2011
8:15 am to 4:30 pm

St. Luke's Health Education Center
 3333 Squalicum Parkway, Bellingham, WA

6 CEUs available

Information & registration: (360) 671-3316 or (800) 493-3959 Visit our website: www.alzsociety.org

Registration or Vendor Form
Spring Workshop, April 29, 2011
Pre-registration required

Please complete one form for each participant

Name _____
 Agency _____
 Address _____
 City _____ Zip _____
 State _____
 Phone _____

COST

Members Early Registration	\$40
Non-Members Early Registration	\$60
AFTER APRIL 8, 2011	
Members Registration	\$60
Non-Members Registration	\$80
VENDOR TABLES	\$125

Checks: Please make payable to
Alzheimer Society of Washington
 and mail to PO Box 4104, Bellingham, WA 98227

Credit Card:
 VISA MC Expiration Date: _____
 Acct. # _____

Register by Phone: 360-671-3316 or 800-493-3959
Visit our Website: www.alzsociety.org

For Respite Care call NWRRC 360-676-6749 before April 8.
 For scholarship information call Alzheimer Society at 671-3316.

No refunds after April 22, 2011

Annual Membership 2011 or make a "Remember to Care" donation

Dear Friends,

You can change lives. Indeed, you already have.

As you probably already know, the Alzheimer Society of Washington serves the individual and families of those affected by Alzheimer's Disease (AD) or other dementing illnesses. With your generosity this past year the Alzheimer Society of Washington has been able to provide education, support, and services to many families in Northwest Washington dealing with AD and other forms of dementia.

We see the impact of your membership and your gifts to ASW every day:

- *in the eyes of individuals served by us*
- *in our "Staying Connected" group*
- *in our caregiver support groups*
- *in our Memory Awareness Screenings*
- *in our "Early Memory Loss" classes*
- *in our Fall and Spring conferences providing education for professional and family caregivers*
- *and in Project Lifesaver, an electronic bracelet worn by individuals who have a tendency to wander, saving precious time in locating them when lost.*

Again, we need your membership and gifts to support these essential and needed services provided by the Alzheimer Society of Washington.

Membership provides you with a reduced registration rate for our Spring Workshop and Fall Conference and access to our library of books and videos.

Please return the membership form on **page 7** of this newsletter today or consider providing a **gift of support** to the Alzheimer Society of Washington.

Remember to care...

Annual Membership 2011

Please fill out completely, attach payment and send to:
Alzheimer Society of Washington, PO Box 4104, Bellingham, WA 98227
 360-671-3316 800-493-3959 Fax: 360-715-9940 Email: alz@alzsociety.org

Membership is for one year.

Name _____ Phone _____
 Address _____ Email _____
 City _____ State _____ Zip _____

\$25 Individual
 \$40 Adult Family Home
 \$40 Family
 \$50 Service Agency
 Other
 \$75 Licensed Care Facility

MEMORIALS AND DONATIONS

**Memorials and donations received from
July through November 2010**

We make every effort to acknowledge all contributions and spell names correctly. We apologize if we have omitted or misspelled your name.

MEMORIALSElyee Baier

Del and Arlene Swatosh

Evie Barnes

Lois & Bob Baxter

Perry Baungord

Robin Moore

Dorothy Bennett

Josselyn Winslow

Mary Edith Chase

Susan Chase-Foster

Harold Dale Easley

Margie Garrigues

Florance Frances

Richard and Emilie Hove
Tommy, Tara, Gabrielle &
Thomas Luna
Todd Hove

Jean Ruth Goodman

Sandra Johnson
Carmen Oty
Bellingham Wheel & Keel Club
Marianne Thomas
Joan L and David J Siden
Earnestine Essex (families of
Essex and Goforth)
Judy Urquhart
I B and Lois Andreasen

William Koff

Maurice Schwartz

Theresa Penman

Robert and Arlene Crozier

Evelyn Dolores Perin

James & Terri Perin

Margaret P. Smith

Brenton and Marilyn Smith

Molly Jean Thurston

Pamela McAferty
Washington Energy Services Co.

John Vande Kamp

Charlotte J. Von Moos
Mrs. Robert Beck

DONATIONS

Alice Frandsen
Roberta Olinger
Florence Rodman
Mary Heinz
John and Linda Watkins
L. Kipling
A G Foley
Dr. Mark McEathron
(Binyon Vision Center)
Microsoft Giving Campaign
Employee Funds
Daryl Mobraten
Chris Howell
Kathi Howell
William and Nancy Reilly
David and Elizabeth Walsler
Richard & Irene Neighbors

SUPPORT GROUP MEETINGS

Subject to change, please phone ahead.

BENTON/FRANKLIN COUNTIES

- Kennewick** Callaway Gardens
5505 W Skagit Ct
Dorothy Lang
509-783-2239
• 3rd Thursday, 5:30-7:00 PM
Light meal served
- Pasco** Tri Cities Retirement Inn
2000 N 22nd St
Dorothy Lang 509-738-2239
• 2nd Wednesday, 5:30-6:30 PM
- Richland** Guardian Angel, Tudor House
245 Van Giesen St.
Mildred Walton 509-946-4581
Alexandra Olson 509-946-4239
• 3rd Thursday, 12:00-1:30 PM
Light Meal Served

ISLAND COUNTY

- Oak Harbor** HomePlace at Oak Harbor
171 SW 6th Ave
Robin Martin / Wendy Sines
360-279-2555
• 1st Thursday, 2:30-4:30 PM
- S Whidbey** Senior Center
Hwy 525 – Bayview
360-321-1600
Hestia Laitala 360-321-1600
• 1st & 3rd Tuesdays,
10AM-Noon

SAN JUAN COUNTY

- Orcas Island** Orcas Senior Center
Janet Kidder 360-376-4950
• Every Monday, 1:00-2:30 PM

SKAGIT COUNTY

- Anacortes** Westminster Presbyterian
Church
1300 9th Street
Ann Giboney 360-299-9569
• 1st Monday, 6:30-8:30 PM
• 3rd Monday, 1:00-3:00 PM
- Burlington** HomePlace Special Care
210 N Skagit St
360-755-7000
• Monthly – Please call for
information
- Parkinson's Support Group
HomePlace Special Care
210 N Skagit St
360-755-7000
• 2nd Tuesday, 2:00-3:30 PM
- Sedro-Woolley** United General Hospital
2000 Hospital Dr. Room 502
Ginny Berube 360-671-3316 or
Jill Eelkema 360-856-7245
• 2nd Thursday, 3:00-5:00 PM
- Birchview Memory Care
925 Dunlop Ave
• 3rd Thursday, 2:00-4:00 PM
For more information call
Kirk Blankenship 360-856-1911

SNOHOMISH COUNTY

- Arlington** Stillaguamish Senior Center
18308 Smokey Point Blvd
Debra Cook 360-653-4551
• Every Tuesday, 10 AM - 1 PM

WHATCOM COUNTY

- Bellingham** Alzheimer Society Office
1308 Meador Avenue, C-1
Leslie Jackson
360-671-3316
• 2nd Thursday, 1:30-3:00 PM
- Evening Support Group
for Adults Caring for a Parent**
St. Joseph Hospital –
Adult Day Health
809 E. Chestnut St.
Julie Johnson 360-676-6749
• 2nd Wednesday, 6:00-7:30 PM
- Blaine** Good Samaritan Society – Stafholt
456 “C” St
Leslie Jackson
360-671-3316
• 1st Tuesday, 1:30-3:00 PM
- Lynden** Lynden Manor
905 Aaron Dr
Leslie Jackson
360-671-3316
• 1st Tuesday, 10:00 AM–12:00

CALENDAR OF EVENTS

2011

Memory Awareness Screening
3rd Tuesday of each month

St. Luke's Health Education Center
3333 Squalicum Pkwy, Bellingham, WA
Call for an appointment: 360-671-3316
or drop in between
10:30 am and 12:30 pm

2011

Evening Support Group

for adults caring for a parent with
dementia or memory loss.

2nd Wednesday of every month
6:00-7:30 pm

at St. Joseph Hospital-Adult Day Health
809 E. Chestnut St., Bellingham, WA

For more information contact Julie Johnson
at Northwest Regional Council:

360-676-6749

2011

Staying Connected

A free weekly program for
people with early memory loss
or early dementia.

Call Alzheimer Society of
Washington for information:
360-671-3316

2011

Project Lifesaver

A public safety program to locate
people who may become lost.

Please call Alzheimer Society
for information:
360-671-3316.

APRIL 2011

Spring Workshop

Pre-Registration Required

Dementia Challenges ~
Behaviors, Intervention, Activities

April 29, 2011

St. Luke's Health Education Center
3333 Squalicum Pkwy., Bellingham, WA

Please see page 4 for details and registration.

AUGUST 2011

SAVE THE DATE!

12th Annual
Miles for Memories
Walk/Run

August 20, 2011

Fairhaven Village Green

Visit Our Web Site: www.alzsociety.org

BECOME A MEMBER!

As a charitable, non-profit 501c(3) organization, we depend on your membership to enable us to provide memory awareness screenings for the general public; support groups for people with memory loss and their caregivers; educational resources; telephone and walk-in support; newsletters; educational conferences and specialized training programs for family and professionals. Our mailing list information is kept strictly confidential.

Please join us!

Annual Membership 2011

Please fill out completely, attach payment and send to:

Alzheimer Society of Washington, PO Box 4104, Bellingham, WA 98227

360-671-3316 800-493-3959 Fax: 360-715-9940 Email: alz@alzsociety.org

Membership is for one year.

Name _____ Phone _____

Address _____ Email _____

City _____ State _____ Zip _____

- \$25 Individual \$40 Family Other _____
 \$40 Adult Family Home \$50 Service Agency \$75 Licensed Care Facility

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Fall Conference photos by Charles Pearson

Photo of Josselyn Winslow by ASW

Alzheimer

Society of Washington

PO Box 4104
Bellingham, WA 98227-4104

360-671-3316

1-800-493-3959

Fax 360-715-9940

E-mail: alz@alzsociety.org

Web: www.alzsociety.org

*We look forward
to your comments.
Please feel free to contact
the Alzheimer Society.*

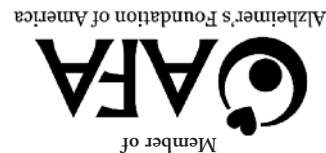
Project Lifesaver – Electronic Technology to Locate Missing Persons

Each Project Lifesaver client is provided a one-ounce electronic bracelet that emits a unique radio signal 24 hours a day. Each bracelet is encoded with not only name and typical identifying features, but also idiosyncratic characteristics that can aid the search team in approaching the client, gaining their trust and putting them at ease for the journey home. When a client wanders anywhere in Whatcom County, a call to 9-1-1 by the caregiver will trigger a rapid response by a specialized team within the Whatcom County Sheriff's Department. A search to locate that client's unique radio signal is started as soon as possible. If you know of someone who might benefit from Project Lifesaver, please call the Alzheimer Society at 360-671-3316 or 800-493-3959 for further information. If you are interested in volunteering your time for this important program, please call the Alzheimer Society.



Eldercare Locator

If you need information regarding In-Home Care, Medical Assistance, Family Caregiver Support, Long-term Care Options, and General Resources for someone age 60 and over in any area of the country call, toll-free, the Eldercare Locator at 1-800-677-1116.



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