

Alzheimer's Association asks women to share why their brains matter

A new Alzheimer's Association women's initiative has launched in conjunction with the Association's [2014 Alzheimer's Disease Facts and Figures](#) report. Released today, the report includes a special section revealing the unbalanced burden Alzheimer's places on women. As real a concern as breast cancer is to women's health, women in their 60s are about twice as likely to develop Alzheimer's over the rest of their lives as they are to develop breast cancer. Realizing the impact Alzheimer's has on women, the Alzheimer's Association is asking them to share their amazing brains in a movement to wipe out the disease.


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Act now to take advantage of the Respite Care Assistance Program

The Great Plains chapter offers reimbursement to caregivers through the Respite Care Assistance Program. The purpose of the program is to give family caregivers time to run errands, visit friends or rest. While the Program will be ending June 30, 2014, there is relief still available. While available, the maximum amount has been increased to \$1000. To apply or if you are a current applicant and would like to know if you qualify for additional reimbursements, click the link below.


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Reducing stress can help those caring for someone with Alzheimer's



Alzheimer's disease caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Our resources can help you avoid burnout.

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Online Tools

[Alzheimer's Navigator](#)
[Caregiver Stress Check](#)
[ALZConnected](#)

Your Local Community

[Great Plains Chapter](#)

Lincoln support group announces new meeting time and date



The Alzheimer's Association Support Group held at the CountryHouse at Pine Lake has announced a new meeting time and date. The meeting, facilitated by Laura Thelen, will be held on the first Wednesday of the month at 12:00 p.m. There are complimentary Day Services provided if you bring a loved one with Alzheimer's or dementia while attending the Support Group. To learn more about our Support Groups or to find a meeting near you, click the link below.

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Part the Cloud Gala aims to raise money for Alzheimer's research



The annual Part the Cloud Gala is a star-studded evening of entertainment and inspiration to raise awareness and funds for Alzheimer's. The event, held May 3 this year, hopes to educate, fundraise and accelerate critically needed research. Part the Cloud's mission is to fund Alzheimer's research with the highest probability of slowing, stopping or ultimately curing the disease.

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Local Neuropsychologist to speak about dementia facts in Lincoln



Robert G. Arias, PhD will be speaking about dementia at the Saint Paul United Methodist Church meeting Tuesday, April 22 at 2:00 p.m. Topics will include facts about dementia, recognizing the symptoms, and the various types of dementia. The meeting location is 1144 M Street, Room 145 and is sponsored by the Caregiver Education Group and Saint Paul United Methodist Church. For more information, contact Suzy Campbell at [402.802.2309](tel:4028022309).

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Caregiver Center
 Online resources, tools and support.
[Visit alz.org/care](http://alz.org/care)

ALZHEIMER'S navigator
 Create a free, customized action plan.
[Map out a plan](#)

Your donations and support make a difference.

[Make a Donation](#)


More Resources: [Stages of Alzheimer's](#) | [Behaviors](#) | [Coping Strategies](#) | [Care Training](#)

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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