Studies have shown that the arts have proven to be beneficial to those with Alzheimer’s disease and dementia. Individuals with dementia often find cognitive changes affect their quality of life, but creative expression has proven to be a therapeutic process to enhance well-being (Chancellor). The Alzheimer’s Association, Northwest Ohio Chapter is offering several programs that allow creative expression in a fun and social environment and are seeing amazing benefits.

One of the programs is patterned after the Meet Me at MoMA program at the Museum of Modern Art in New York City. The Meet Me at MoMA program consisted of a 90-minute walk through of the museum, led by curators who featured just a select number of pieces to the group. The Toledo Museum of Art and the Alzheimer’s Association, Northwest Ohio Chapter partnered to offer a similar program, Meet Me at TMA, in 2009. Brenda Hendricks, Coordinator of Early Stage Programs, said, “The Meet Me at TMA program has shown to improve the mood of both the individual with dementia and the caregiver. Participants also reported very high satisfaction, one of the highest scores of any of our Early Stage Programs in our 2012-2013 evaluation. They love not only learning from the museum’s knowledgeable docents, but also sharing their personal reflections and experience of the art pieces with the group. It also provides socialization and time out together doing an enjoyable activity. Caregivers even reported that the person with dementia engaged in more conversation after the programs. This is especially important when working with individuals and families living with dementia because social isolation can become very common.

An additional program at the Toledo Museum of Art called “Brush with Art” was started in September of 2012 after seeing the success of Meet Me at TMA. This program allows an “interactive” experience after or during the tour that relates to the art pieces that were shown. Some of these interactive experiences have been art projects, scavenger hunts, Tai Chi, or musical performances. All of the early stage programs offered through the Alzheimer’s Association have seemed to increase participant self-esteem, encourage conversation, and lift the spirits of both the participant and their caregiver, and has provided a great way to socialize. One of the participants of the Toledo Museum of Art programs said this about his experience, “We love the programs at the museum. The docents are really to be commended for their preparation and presentation of the selected programs. They involve us in the discussions and are always eager to make it interesting...we try not to miss any.” Evaluation results from August of 2013 showed that the Toledo Museum of Art programs both had high overall satisfaction rates by individuals with memory loss and their family members.

Arts programming has continued to expand with a partnering between the Alzheimer’s Association and University of Toledo Theatre Department. After beginning the program, Irene Alby, Associate Lecturer, University of Toledo Theatre Department, and her students realized the participants in the program were not the only ones gaining something from their involvement. “Many young people don’t have the opportunity to spend a lot of time with older people,” Alby stated. She and her students employed improv games, storytelling activities and theatre exercises. “We were amazed at the stories they had to share and how excited they were to take part. That was very gratifying for the students, to see how their work as actors could make a difference in a way they never expected.” One student commented, “Yes. It’s great to act in plays and films, but using it as a tool to volunteer/help people one on one brings a different kind of satisfaction.”

Since the beginning of the Theatre program, participants have reported more happiness after leaving the program and it was shown to have high satisfaction ratings based on evaluation results released in February 2014. “The theatre program is very positive,” said Hendricks. “We have seen some of our attendees who are quiet become more talkative and expressive during the improv activities. They also love to share what they have learned from their lives to help mentor the students. There is a lot of laughter and fun. We are creating moments of joy during a journey which can be very stressful for both the person with memory loss and the caregiver.”

Salli Bollin, Executive Director of the Northwest Ohio Chapter of the Alzheimer’s Association said, “Our Chapter is thrilled to be partnering with so many organizations and institutions to offer interactive and meaningful programs. Partnerships with the Toledo Museum of Art, Toledo Zoo, and the University of Toledo allow us to collaborate and serve the community. We are also so pleased to be able to offer intergenerational programming with the Theatre Department of the University of Toledo. This partnership brings a unique service to the Toledo community and a new experience for university students. Studies have shown the benefit of theatre workshops for individuals with dementia and their caregivers and we are definitely seeing benefits for not only the families of the Alzheimer’s Association but for the University of Toledo students as well.” She stated that, “The University of Toledo, Theatre Department was very receptive to working with our organization as well as supportive in continuing these efforts. Brenda and Irene have been extremely creative in their approach and dedicated to working with families and students to make this innovative program a reality. We are looking forward to continuing this collaboration with the University of Toledo in the future.” The continued growth for early stage programming has proven to be a beneficial service for families.

It is evident that there is an opportunity to continue to engage individuals with Alzheimer’s disease and dementias through positive interactions and creative expression. The possibilities to create an environment where individuals thrive and continue to receive both the emotional and cognitive benefits from these programs are continuing to grow at the Alzheimer’s Association. For more information on these or other programs offered through the Alzheimer’s Association, Northwest Ohio Chapter, please call 1-800-272-3900.


The Alzheimer’s Association will be partnering with Serving our Seniors in Erie County to provide an “Improv Theatre Group” in early 2015. If you are interested in this program, please call Serving Our Seniors at 1-800-564-1856.
Northwest Ohio Chapter News

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The Alzheimer’s Association, Northwest Ohio Chapter protects the privacy of each program participant, donor and person we are honored to serve. If you wish to review our privacy policy, contact the chapter office.

The Alzheimer’s Association, Northwest Ohio Chapter, serves 24 counties. Allen • Ashland • Auglaize • Crawford • Defiance • Erie • Fulton • Hancock • Hardin • Henry • Huron • Knox • Lucas • Mercer • Ottawa • Paulding • Putnam • Richland • Sandusky • Seneca • Van Wert • Williams • Wood • Wyandot

Approximately 38,000 individuals have a diagnosis of Alzheimer’s disease in this area.

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TOLEDO: 2590 N. Reynolds Rd.
Toledo, OH 43615 419-537-1999
855 Sennett Road
Oregon, OH 43616 419-720-4940

Thank You To Our 2014 Top Walk Teams!

Overall Top Three Teams
1. All Pauline’s Children
2. Senior Star at West Park Place
3. Ray’s Rugrats

Ashland
Top Corporate Teams
1. Kelly’s Klan
2. Crystal Care Bears
3. Tau Kappa Epsilon Pi-Alpha

Top Family Teams
1. Barbara’s Buddies
2. Team Brubeck
3. Nana’s Gang

Defiance
Top Corporate Teams
1. Friends for a Cure
2. Brookview Healthcare Center
3. Mercy Defiance Clinic/Mercy Defiance Hospital

Top Family Teams
1. All Pauline’s Children
2. Rocco’s Team
3. Grandma’s Alz Stars

Findlay
Top Corporate Teams
1. Birchaven/Independence
2. High Stepping Seniors
3. Team Legacy

Top Family Teams
1. Kriders for a Kure
2. Wayne’s Warriors
3. Pritchard’s Walkers

Lima
Top Corporate Teams
1. Area Agency on Aging 3
2. Team HCF
3. Allen County Council on Aging

Top Family Teams
1. Mary Rita’s Gang
2. Doing it for Dora
3. Walking for Dean

Mansfield
Top Corporate Teams
1. MedCentral
2. Trinity Lutheran/Thrivent Financial
3. Richland Newhope

Top Family Teams
1. Walt Bishop Team
2. Every Mile a Memory
3. Debbie’s Footsteps

Mount Vernon
Top Corporate Teams
1. Home Instead Friends and Family
2. Marching Methodists
3. Team Mama

Top Family Teams
1. Senior Star at West Park Place
2. Ohioans Home Health Care
3. Team Oakleaf

Toledo
Top Corporate Teams
1. Ray’s Rugrats
2. Fightin’ For Jim
3. The Fun Bunch

Top Family Teams
1. St. Francis Ministries
2. Team Elmwood
3. Team Webster

Williams County
Top Corporate Teams
1. Genesis Dementia Stompers
2. Ohioans Home Healthcare – Bryan Team
3. Richards & Walker, Ltd.

Top Family Teams
1. Donna’s Van
2. Team Mary
3. Team Safety 1st Firearms

* Top teams as of 12/15/2014
The U.S. government has initiated a major effort to prevent and effectively treat Alzheimer’s disease by 2025. However, a workgroup of nearly 40 Alzheimer’s researchers and scientists says the research milestones in the U.S. Government’s National Plan to Address Alzheimer’s Disease must be broadened in scope, increased in scale, and adequately funded in order to successfully achieve this goal. A series of proposals by the workgroup to enlarge and strengthen the Plan was published on October 20th of last year in Alzheimer’s & Dementia: the Journal of the Alzheimer’s Association.

According to the authors of the newly published article, who include U.S.-based academic and industry scientists across all disciplines of Alzheimer’s research, “Many prominent investigators believe the prospect of delaying the onset of disabling symptoms within a decade is an attainable goal, provided we can surmount several scientific, administrative, and most importantly, financial impediments.” The authors continue, “Inadequate funding remains the single most important impediment to progress in achieving the research goal of the National Plan.”

There are more than 5 million Americans currently living with Alzheimer’s at a cost to the nation of $214 billion, according to the Alzheimer’s Association 2014 Alzheimer’s Disease Facts and Figures report. With Americans living longer than ever before, these numbers are set to soar to as many as 16 million people living with Alzheimer’s disease at an unsustainable cost to the nation of $1.2 trillion by 2050.

“We are at a scant 11 years from the 2025 goal of the Plan, and we have no time to lose,” said Maria Carrillo, Ph.D., Alzheimer’s Association Vice President of Medical and Scientific Relations and co-author of the article, “we commend the U.S. National Institute on Aging for creating the original milestones that have been incorporated into the Plan, and for the committing to revising these milestones regularly. Further, the NIA has created an excellent opportunity to update these milestones in conjunction with its Alzheimer’s Disease Research Summit to be held in February 2015. While our workgroup does not believe the milestones, as they currently stand, are sufficient to reach the 2025 goal, if the suggested updates are swiftly implemented and funded we believe prospects for being able to prevent and effectively treat Alzheimer’s by 2025 will increase drastically.”

“This article is the voice of leading scientists recommending what needs to be incorporated into the Plan’s milestones now to prevent and effectively treat Alzheimer’s and other dementias,” said William Klunk, M.D., Ph.D., chair of the Alzheimer’s Association Medical and Scientific Advisory Council and co-author of the article.” The suggested milestones outlined in the article identify significant increases in the scope and scale of Alzheimer’s research, which would bring Alzheimer’s research efforts more closely into the line with the scale of activity needed to make substantial progress against other major diseases like Cancer and HIV/AIDS. The proposed revisions are meant to ensure that the National Alzheimer’s Plan’s milestones outline an adequate level of both the types and amount of research that are needed to achieve the 2025 goal. Klunk is a Distinguished Professor of Psychiatry and Neurology at the University of Pittsburgh School of Medicine in Pittsburgh, PA. He is also the Co-Director of the Alzheimer’s Disease Research Center at the University of Pittsburgh.

The recommendations in the newly-published article make it clear that, in order to meet the Plan’s 2025 goal, the research effort for Alzheimer’s disease must be enlarged in scale, expanded in scope, and better coordinated. According to the authors, what is needed are:

- More clinical trials, testing more drugs - and more non-drug strategies - against more targets, involving more people and more diverse populations, aimed at treating and preventing more types of symptoms.
- More basic research to discover and validate additional biomarkers and uncover new therapeutic targets.
- And a stronger research system and infrastructure with more data sharing and collaboration, conducted in a more interdisciplinary manner with increased emphasis on research to identify and translate effective treatments to medically accepted and widespread use.
- The authors suggest revisions to a majority of the existing Plan milestones, and propose 25 new milestones. Those of greatest urgency and highest potential impact are in drug development, risk reduction, and new conceptual models of Alzheimer’s.

To help support these efforts, consider signing up to be an advocate at www.alz.org/advocacy or registering for TrialMatch to enroll in research clinical studies at www.alz.org/trialmatch. For more information on Alzheimer’s research and the National Alzheimer’s Plan, visit www.alz.org
Early Stage Memory Loss Programs

A Brush with Art, second Friday of every month, 1:00 p.m. - 2:30 p.m.  
Jane S. The Art of Seeing II. Learn how to look at art through a visit to the special exhibition Speaking Visual: The Language of Art.

February 13, The Gentle Touch: Art Conservation at TMA. Join the TMA conservation department for a special presentation about caring for the Museum collection. Following the presentation, join in the discussion during for a short Q&A session with the conservators.

March 13, Music and Art with Members of the Toledo Symphony. Special guests from the Toledo Symphony will perform, speak, and answer questions about the connection between music and art.

April 10, Special Exhibition: Werner Pfeiffer. Discover works on paper by artist Werner Pfeiffer in the special exhibition. Following the tour, visitors will venture to a classroom for a hands-on art experience inspired by the exhibition.

May 8, Special Exhibition: Mazza books. Discuss how illustrators use images to bring children’s book to life during this exploration of the exhibition. Following the tour, join in an exploration of the docent’s favorite children’s books, focusing on the partnership of words and pictures in storytelling.

Meet Me at TMA and A Brush with Art are free monthly programs. Co-sponsored with the Toledo Museum of Art, they are designed to provide fun, meaningful experiences for visitors with mild memory loss. Friends and family are welcome to accompany the visit. Meet Me at TMA provides an interactive tour of selected works from the Museum collection, led by trained docents. A Brush with Art adds hands-on experiences.

Meet at the Information Desk, just inside the Grove Place entrance to the main Museum building. Galleries are fully accessible, and wheelchairs are available at no charge. The entrance and main parking lot are on Grove Place. Parking is free for TMA members and $5 for non-members. Financial assistance is available for parking for those in need. Registration is required, especially for A Brush with Art so that we may prepare supplies. For more information or to register, call the Alzheimer’s Association at 1-800-272-3900.

Meet Me at TMA, first Saturday of every month, 1:00 p.m. - 2:00 p.m.

January 3, The Art of Seeing I: Explore the sensory works featured in the special exhibition In Sight.

February 7, Meet the TMA Royals: Discover portraits of royal personalities from the Museum collection.

March 7, Sculpture by Werner Pfeiffer: Examine three dimensional works in the special exhibition "Drawn, Cut and Layered."

April 4, Painting with Glass: Discuss how artists such as Louis Comfort Tiffany used color to create dazzling stained glass windows.

May 2, Special Exhibition: Civil War: Explore the history of the Civil War through art.

Meet Me at Scrambler Marie’s
Join us for a social outing and lunch at Scrambler Marie’s Restaurant. We will have our own room. Lunch is on your own. Call 1-800-272-3900 for reservations.

Maumee: Friday, January 23, Noon – 1:30 p.m. Scrambler Marie’s, 570 W. Dussel Road Reservations requested by January 16.

Toledo: Tuesday, May 5, Noon - 1:30 p.m. Scrambler Marie’s, 570 W. Dussel Road Reservations requested by April 28.

Meet Me at Snook’s Dream Cars
Join us for a tour of Snook’s Dream Cars where you’ll see a recreated 1940s-era Texaco gas station, a showroom of extensive automobile memorabilia, and a car collection presented within period settings ranging from a 1930s general store to a racetrack from the 1960s. Tour cost is $4 per person. After the tour we will meet at Bob Evan’s in Bowling Green for coffee and dessert. Cost of Bob Evan’s is on your own.

Experience the Theater
Meet at the Alzheimer’s Association for this fun collaboration with the University of Toledo, Department of Theatre and Film. Associate lecturer, Irene Alby, and her students will demonstrate and lead programs that explore the world of theater through a workshop on improvisation, acting techniques, and storytelling. Designed for persons with mild memory loss and those who have been recently diagnosed with Alzheimer’s disease or a related disorder.

Toledo: Wednesday, February 11, 1:30 p.m. - 3:00 p.m. Alzheimer’s Association, 2500 N. Reynolds Road

Toledo: Wednesday, April 7, 6:30 – 8:00 p.m. Alzheimer’s Association, 2500 N. Reynolds Road

A Visit from the Toledo Metroparks
Learn about the history and highlights of the Metroparks of the Toledo Area in this interesting and engaging program.

Toledo: Tuesday, March 24, 1:00 p.m. - 2:00 p.m. Alzheimer’s Association, 2500 N. Reynolds Road

I Have Memory Changes: What Do I Need to Know?
A comprehensive overview of memory loss, what is normal, what is not, and how the changes affect everyday life. Persons with mild memory impairment and those who have been recently diagnosed with Alzheimer’s disease or a related disorder are especially encouraged to attend.

Toledo: Wednesday, November 11, 1:30 p.m. - 3:00 p.m. Alzheimer’s Association, 2500 N. Reynolds Road

Toledo: Wednesday, April 7, 6:30 – 8:00 p.m. Alzheimer’s Association, 2500 N. Reynolds Road

Living with Alzheimer’s: FOR PEOPLE WITH ALZHEIMER’S OR A RELATED DEMENTIA
This is a multi-part series discussing memory loss, everyday coping skills, building a support system and hope. It is intended to support and educate the person who has memory loss due to Alzheimer’s disease or a related dementias. Although friends and family are very welcome as guests and learners, those who are not accompanied by someone who has a memory loss condition will be better served by attending programs for caregivers. (See next page.)

Toledo: Thursday, May 3, 12, 19, and 26, 6:30 p.m. - 8:30 p.m. Alzheimer’s Association, 2500 N. Reynolds Road

Transitions
individuals with early stage memory loss, with their families and friends, are invited to attend these programs for social and educational opportunities and group sharing.

Toledo: Alzheimer’s Association, 2500 North Reynolds Road

Mind Works: 2nd Wednesday every month***, 1:00 – 2:30 p.m.
Brain stimulating games in a fun, non-competitive environment.

Mailing Mornings: 3rd Monday every month***, 1:00 – 2:30 p.m.
Enjoy camaraderie while helping us prepare our monthly mailing.

Art Cafe: 3rd Wednesday every month***, 4:00 – 6:00 p.m.
Join area artist Jan Revill for fine art options or choose to create a “Make & Take,” or help create an “Unforgettable” mosaic community piece. No art experience needed.

Transitions: Last Thursday every month***, 6:30 – 8:00 p.m.
Educational and support meetings with varied topics.

Bowling Green: Market Street Presbyterian Church, Room 209, 2nd Floor, 1100 Market Street
4th Monday every month***, 2:00 – 3:30 p.m.

West Mansfield: Area Agency on Aging at Hawkins Corner, 2131 Park Avenue West
3rd Wednesday every month, 2:00 – 3:30 p.m.

Sandusky: Sandusky Community Church of the Nazarene, 1617 Milan Road
3rd Thursday every month, 11:00 a.m. – Noon

***Starred programs have a suggested program fee of $5. No one is excluded for inability to pay.

Registration is strongly suggested, as programs may be cancelled due to low attendance. For more information or to register for any of the programs listed, please call 1-800-272-3900.
This program will cover basics such as the 10 warning signs of Alzheimer’s disease and other dementias, the difference between normal aging and dementia, as well as tips for maintaining brain health.

Family & Community Education Programs

- **Toledo:** Monday, January 5, 10:00 a.m. – 11:00 a.m.  Holland Branch Public Library, 1032 S. McCord Rd.
- **Upper Sandusky:** Thursday, January 15, 6:00 p.m. - 7:00 p.m Westminster Assisted Living and Memory Care, 101 Westbrook
- **Fostoria:** Wednesday, January 21, 9:30 a.m. - 10:00 a.m.  Wesley Commons, 700 Stinchcomb Dr.
- **Wapakoneta:** Thursday, January 22, 2:00 p.m. – 3:00 p.m.  Wapakoneta Village, 218 Eastown Dr.
- **Mount Vernon:** Thursday, February 5, 6:00 p.m. - 7:00 p.m.  Emeritus at HillenVale, 1615 Vauger Rd.
- **Bucyrus:** Thursday, February 19, 6:00 p.m. - 7:00 p.m.  Orchard Park Assisted Living and Memory Care, 500 Wedgewood Ct.
- **Toledo:** Monday, February 23, 10:30 a.m. - 11:30 a.m.  Sanger Branch Library, 3030 W. Central Ave.
- **Spencerville:** Monday, March 2, 6:30 p.m. - 7:30 p.m.  Spencerville Branch Library, 2489 Wisher Drive
- **Delphos:** Tuesday, March 3, 11:30 a.m. - 12:30 p.m.  Delphos Senior Center, 301 E. Suthoff St.
- **Paulding:** Wednesday, March 18, 11:30 a.m. - 12:30 p.m.  Paulding County Health Fair, 500 Fairgrounds (County Fairgrounds)
- **Paulding:** Thursday, March 19, 10:00 a.m. - 11:00 a.m.  Country Inn Living Center, 12651 Rd. 82
- **Celina:** Wednesday, March 25, 9:30 a.m. - 10:30 a.m.  Mercer County Senior Center, 217 Riley Street
- **Ottawa:** Thursday, March 26, 11:30 a.m. - 1 p.m.  Ottawa Senior Center, 1035 E. Third Street (lunch may be purchased, call Senior Center for reservations 419-523-5593)
- **Lima:** Tuesday, April 14th, 10:00 a.m. - 11:00 a.m.  Alzheimer’s Association, 3400 West Elm Street
- **VanWert:** Thursday, April 16, 10:30 a.m. - 11:30 a.m.  Gaylord Wellness Center, 140 Fox Rd., Suite 101
- **Defiance:** Tuesday, April 28, 12:30 p.m. – 1:30 p.m.  Defiance Senior Center, 140 E. Broadway

Socialization: Benefits to Body, Mind, and Spirit

This program will explore the many benefits of keeping socially active through the lifespan. Ideas for getting or staying socially engaged will be explored.

Healthy Aging, Healthy Brain

Increasing evidence shows that healthy lifestyle habits, such as being physically and mentally active, eating a healthy diet, and staying socially involved contribute to healthy aging. This program will focus on simple lifestyle changes that may have a positive impact on one’s brain health.

The Basics: Memory Loss, Dementia, and Alzheimer’s Disease

If someone you are caring for or someone you know is affected by Alzheimer’s disease or other related dementia, this program can help. It will provide information on detection, causes and risk factors, disease progression, treatment, and much more.

Taxes and Caregiving

Representatives from H & R Block will provide an overview of what caregivers need to take into account when preparing for the tax season. Call 1-800-272-3900 to enroll.

Living with Alzheimer’s Disease: A SERIES FOR CAREGIVERS

This series will focus on issues relevant to families and friends beginning to encounter Alzheimer’s disease and dementia, or who are looking for additional information. Topics include symptoms, diagnosis, risk factors, behaviors, personality changes, medications, home and facility care, legal and financial information related to dementia, and community resources. Please see the previous page for a series that is more tailored for the person who has the memory loss condition (Living with Alzheimer’s Disease: FOR PEOPLE WITH ALZHEIMER’S OR RELATED DEMENTIA).

Curious About the Aging Brain?

Take an easy to understand tour of the brain, explained by an interactive diagram of brain parts and how they work (and sometimes don’t work) as we age. Learn how changes affect our memory and other brain abilities.

When It Isn’t Alzheimer’s: Other Types of Dementia

Learn about the less common types of dementia such as Lewy Body, Frontotemporal (FTD), and Normal Hydrocephalus.

Chat with Brenda - Private Appointments

Private appointments to discuss memory changes are available with Brenda Hendricks, Program Coordinator, Alzheimer’s Association. You may set a 2:30 or 3:30 p.m. appointment by calling Serving Our Seniors, at 1-800-564-1858.

**Sandusky:** 3rd Thursday every month
Serving Our Seniors, 310 E. Beulah St.
Chat with the Alzheimer’s Association any time by calling 1-800-272-3900!
We’re here to help!

**Afternoon Out Club**

This program provides social stimulation for individuals in any stage of memory loss, along with family members or friends. Participants enjoy reminiscing and sharing their experiences, interests, and hobbies in an informed, relaxed atmosphere. Light refreshments are served.

**Manifold/Ontario:** 2nd Thursday every month, 10:00 a.m. - 11:00 a.m.
Hawkins Corner, 2313 Park Ave. West
Registration requested. Call 1-800-272-3900.

**Mount Vernon:** Thursday, February 19, 3:30 p.m - 4:00 p.m.
The Living Center, 201 N. Main St.

**Upper Sandusky:** Thursday, February 5, 11:30 a.m. – Noon
Wyandot County Council on Aging, 127 S. Sandusky St.

**Lima:** Thursday, April 30th, 2:00 p.m. - 3:00 p.m.
Alzheimer’s Association, 3400 W. Elm Street

Registration is strongly suggested, as programs may be cancelled due to low attendance. For more information or to register for any of the programs listed, please call 1-800-272-3900.
The Basics: Memory Loss, Dementia, and Alzheimer's Disease

If someone you are caring for or someone you know is affected by Alzheimer’s disease or other related dementias, this program can help. It will provide information on detection, causes and risk factors, disease progression, treatment, and much more. 2 CE clock hours for social workers. Nurses may use SW CE. Special rate: $15. RSVP is requested but not required. Call 1-800-272-3900.

Dementia Care and You

Topics will include an overview of dementia, skills for improving communication, and how to better understand the actions/reactions of someone with cognitive change. For $20, this program offers 2 CEU hours for social workers. Nurses may use SW CE. To register, call 1-800-272-3900.

Extreme Makeover: Changing the Environment

The environment of someone with cognitive change has a direct and significant influence on that person. This program will focus on normal aging changes, changes from cognitive loss and suggestions on how to adapt the environment to best offer support. For $20, this program offers 2 CEU hours for social workers. Nurses may use SW CE. To register, call 1-800-272-3900.

When the Diagnosis is Dementia but Not Alzheimer’s: Overview and Planning

This program will be presented by Attorneys Jane Dell and Paul Burtis with Dell-Burtis Law Office in Tiffin and Marty Williman, R.N., Education Manager, Alzheimer’s Association, Northwest Ohio Chapter. In the first hour, Marty will discuss dementias other than Alzheimer’s disease, such as Lewy body, frontotemporal and vascular dementias. The second hour will focus on important legal documents and issues regardless of the type of dementia, power of attorney, advance directives, trusts, guardianship, and more. Two CE units for social workers will be awarded at no charge for the April 3 program. Reservations are appreciated, but not required. To RSVP call 1-800-272-3900.

Dementia Care Through the Continuum: It’s All About Partnerships

Save a place in your calendar for our 20th Annual Conference in early May! Attendees will hear presentations given by our “partners” from The Veterans Administration, Hospice, Area Office on Aging and more. For information about registration, CE credits, or to get your invitation, please call 1-800-272-3900 or visit alz.org/nwohio.

Toledo: Alzheimer’s Association, 2500 North Reynolds Road
- Thursday, January 15, 11:00 a.m. – 1:00 p.m. *
- Tuesday, February 17, 11:00 a.m. – 1:00 p.m. *
- Wednesday, March 25, 8:00 a.m. – 10:00 a.m. *
- Thursday, April 23, 9:00 a.m. – 11:00 a.m. *
- Wednesday, May 20, Noon – 2:00 p.m. *
*Please bring your own lunch

Pemberville: Friday, January 23, 11:00 a.m. – 1:00 p.m.
Otterbein-Portage Valley, 20111 Pemberville Road

Napoleon: Thursday, February 12, 11:00 a.m. – 1:00 p.m
Lutheran Home at Napoleon, 1036 S. Perry Street

Tiffin: Monday, January 26, 6:00 p.m. - 8:00 p.m.
Elmwood at the Shawhan - Community Room, 54 S. Washington St.

Tiffin: Thursday, April 30, 9:00 a.m. – 11:15 a.m.
Elmwood at the Shawhan - Community Room, 54 S. Washington St.
This program will offer CEUs.

Project Lifesaver Seeking to Enroll Persons at Risk of Getting Lost

Project Lifesaver, a program that has proven successful in quickly locating lost persons in counties throughout Ohio and other states, is coming to Lucas County. For the startup, a limited number of persons will be enrolled. Eligible adults will have a diagnosis of Alzheimer’s disease or a related dementia, be a resident of Lucas County, be able to wear a sensor, and must live with someone who would notice they have gone missing. Initial funding is provided by the Lucas County Sheriff Office and Lucas County Prosecutor’s Office. To enroll or for more information, call Cheryl Conley at the Alzheimer’s Association, 2500 North Reynolds Road.

Toledo: 1-800-272-3900

For more information, contact 1-800-272-3900 and ask for more information about the “RDAD Program”.

Reducing Disability in Alzheimer’s Disease (RDAD) is Now Offered Both in Homes and Groups.

Want to learn skills to help develop a regular exercise routine? Want to learn more about memory loss?

Want to learn new techniques to help care for someone with memory loss?

This program combines a gentle exercise program, education, and problem solving to try to help people improve their abilities. In order to be involved in this program, the individual with memory loss and caregiver must both participate. There is no cost for this program.

For more information, contact 1-800-272-3900 and ask for more information about the “RDAD Program.”

Registration is strongly suggested, as programs may be cancelled due to low attendance. For more information or to register for any of the programs listed, please call 1-800-272-3900.
## Caregiver Groups

**ALLEN COUNTY**

Bluffton  
3rd Monday of every month at 3:30 p.m.  
Memorial Home  
410 West Elm (conference room)  
Facilitators: Tricia Herrmann, Emily Kooger, 419-385-5015

Lima  
1st Tuesday of every month at 7:00 p.m.  
Elmcroft of Lima  
2075 N. Easton Road  
Facilitator: Amy Fleming, 419-311-3442

## ALCUZIA COUNTY

St. Mary’s  
4th Tuesday of every month at 3:30 p.m.  
Garden Level, Carriage House entrance  
2131 Park Ave. West  
Hawkins Corner  
Alzheimer’s Association  
419-522-5050

## CRAWFORD COUNTY

Bucyrus  
3rd Tuesday of every month at 6:00 p.m.  
Alternative of Bucyrus  
1929 Whitestone  
Facilitator: Tessa Clark, 419-562-7644

## DEFINANCE COUNTY

Defiance  
1st Thursday of every month at 1:30 p.m.  
Defiance Senior Center  
140 East Broadway  
Facilitators: Karen Haase, Pat Wagner, 419-782-3375.

## ERIE COUNTY

Sandusky  
1st Tuesday of every month at 9:30 a.m.  
St. Stephen United Church of Christ  
905 E. Perkins Ave.  
Facilitators: Holly Patch, Jane Windisch, 419-624-1171

## FULLERTON COUNTY

Swanton  
5th Monday of every month at 3:00 p.m.  
Swanton Health Care and Retirement Center  
214 S. Maumee Road  
Facilitator: Chris Cremeen, 419-825-1145

## HANCOCK COUNTY

Findlay  
4th Friday of every month at 8:00 a.m.  
Birchaven Retirement Village  
15100 Birchaven (Wenner Conference Room)  
Facilitator: Mike Thompson, 419-425-3233

## HENRY COUNTY

Napoleon  
2nd Tuesday of every month at 6:30 p.m.  
Riverview Terrace  
120 E. Maumee Ave.  
Facilitators: Mary Beth Royal and Cathy Mohr, 419-635-4507

## HURON COUNTY

Norwalk  
4th Tuesday of every month at 3:45 p.m.  
The Carriage House of Fisher-Titus Medical Center  
175 Shady Lane  
Garden Level, Carriage House entrance  
Facilitator: Stephanie Wilt, 419-660-2681

## KNOX COUNTY

Mt. Vernon  
3rd Wednesday of every month at 6:30 p.m.  
Emerald of Hillville  
1615 Vauger Road  
Facilitators: Joyce Thomas, 740-694-0823, call between 5-9 p.m., Debbie McLarnan, 740-393-0608, call after 2 p.m.

## LUCAS COUNTY

Maumee  
2nd Saturday of every month at 1:30 p.m.  
Scambler Marie’s  
570 Dussel Dr.  
Facilitators: Kathy Allen & Sue Blevins, 419-385-3958. Respite is available.  
Complimentary lunch is provided by Founders Park Alzheimer’s Care Center.

Toledo  
3rd Wednesday of every month at 6:00 p.m.  
Alzheimer’s Association  
2508 N. Reynolds Rd.  
Facilitator: Beth Weng, 419-537-1999

## MERCER COUNTY

Celina  
2nd Tuesday of every month at 2:00 p.m.  
Celina Manor  
1001 Myers Road  
Facilitators: Yvonne Miller & Brenda Tesla, 419-586-6645

## OTTAWA COUNTY

Port Clinton  
2nd Monday of every month at 9:00 a.m.  
MAGRuder Hospital Conference Room  
615 Fulton St.  
Facilitators: Jody Strickling, 419-707-2682 & Marlen Blevins, 419-656-8197

## PAULDING COUNTY

Paulding  
2nd Wednesday of every month at 1:00 p.m.  
Paulding County Senior Center  
401 East Jackson  
Facilitator: Rita Gross, 419-770-6355

## PUTNAM COUNTY

Ottawa  
2nd Tuesday of every month at 2:00 p.m.  
Ottawa Senior Center  
1035 East Third St.  
Facilitator: Linda Politz, 419-227-9700, & Judy Kahle, 419-523-4121

## RICHLAND COUNTY

Mansfield  
1st Monday of every month at 7:00 p.m.  
The Waterford at Mansfield  
1296 S. Trimble Rd.  
Facilitator: Jill VorThaus, 419-961-8521

## SANDUSKY COUNTY

Fremont  
2nd Wednesday of every month at 6:00 p.m.  
Memorial Hospital  
715 South Self Avenue.  
(Take elevator to 1st floor; Chestnut Cafe, dining room A)  
Facilitator: Cheryl Miller, 419-656-0606

## SENECA COUNTY

Fostoria  
3rd Friday of every month at 9:00 a.m.  
Good Shepherd Home  
725 Columbus Ave.  
Facilitator: Kathy Thei, 419-937-1801

Tiffin  
2nd Thursday of every month at 7:00 p.m.  
St. Francis Home  
182 St. Francis Avenue  
Facilitator: Rachel Fabrizio, Cathy Buskirk, 419-447-2723

Tiffin  
4th Wednesday of every month at 2:00 pm.  
Eminwood Assisted Living  
545 Washington Street  
(parking: on street or behind building off of E. Perry)  
Facilitators: Christine Weickert and Maria Brown, 419-447-6885

## VAN VERT COUNTY

Van Wert  
3rd Thursday of every month at 2:00 p.m.  
Van Wert County Hospital  
(company room B)  
1250 S. Washington Street  
Facilitator: Linda Politz, 419-227-9700

## WILLIAMS COUNTY

Bryan  
2nd Thursday of every month at 7:00 p.m.  
First Presbyterian Church  
506 Oxford Drive  
Facilitator: Donna Sproul, 419-636-3962

Montpelier  
Last Monday of every month at 9:30 a.m.  
Montpelier Senior Center  
325 North Jonesville Street  
Facilitator: Sarah Hahn, 419-636-5071

## WOOD COUNTY

Bowling Green  
2nd Monday of every month at 2:30 p.m.  
BIG Senior Center  
305 N. Main Street  
Facilitator: Lynn Ritter, 419-537-1999

## WYANDOT COUNTY

Upper Sandusky  
3rd Tuesday of every month at 4:00 p.m.  
Fairhaven Community  
850 Marneles Avenue  
Facilitator: Sandra Vent, 419-294-5787

## Special Groups

New! One Time Caregiver Support Group for Young Adults  
Helping someone with a memory loss disorder, such as Alzheimer’s disease or a related dementia, can be emotionally and physically difficult. Teens and young adults can face unique challenges and emotional stress. This program will offer an opportunity for teens and young adults to see that they are not alone, and to learn about resources and healthy ways to cope in a relaxed and comfortable atmosphere. For ages 18+.  
Toledo: Tuesday, February 3, 5:00 p.m.  
Biggby Coffee, Cricket West Shopping Center  
3160 Markway Road  
Facilitator: Beth Weng, 419-537-1999

Frontotemporal Dementia Support Group  
(Meets in Findlay)  
Group discriminates, please see our program listing on pages 6-7 for programs on other types of dementia.

For Men Only (Meets in Findlay)  
3rd Monday of every month at 6:30 p.m.  
First Lutheran Church  
109 E. Lincoln Street  
Facilitator: Mike Thompson, 419-425-3233

For Men Only (Meets in Toledo)  
1st Thursday of every month at 6:30 p.m.  
Alzheimer’s Association  
15100 Birchaven (Wenner Conference Room)  
Facilitator: Chris Cremeen, 419-825-1145

## Memory Day 2015

The 17th annual Memory Day will be held Wednesday, April 15, 2015 at the Ohio Statehouse in Columbus. Please join us for this important advocacy event for individuals, caregivers, and families touched by Alzheimer’s disease. Enjoy a complimentary lunch, an interesting program, and the chance to share your story with local legislators. To RSVP or for more information, contact Marty Williman at 1-800-272-3900 or email mwwilliman@alz.org. Transportation provided if needed.
There are so many ways to give planned giving

Invest in a world without Alzheimer's disease.
You can make a difference in our mission through planned giving. Planned gifts allow you to make a charitable contribution through your estate toward Alzheimer's research, care, and support programs. To learn how to leave a legacy of support for millions of families living with this disease, please contact Nick Vargas at 1-800-272-3900 or nvargas@alz.org.

shop Kroger

When you shop at Kroger and use your Kroger Plus rewards card, Kroger will donate to the Alzheimer’s Association, Northwest Ohio Chapter. Sign up now at www.krogercommunityrewards.com and select our Chapter (organization code number 82000). You must re-enroll each year, so even if you signed up before, please be sure to do it again.

shop AmazonSmile

When customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers. Select our chapter at the top of your screen when you log into your Amazon account.

Email the Alzheimer's Association, Northwest Ohio Chapter, at nvargas@alz.org or log into your Amazon account. Eligible purchases to the charitable organization will be charged to your account. When you shop at Kroger, you can designate your gift by going to “My Account” and selecting “Getting Started.” Register the Kroger Plus Rewards card online using the code 82000.

There are so many ways to give. Planned giving provides donors with significant tax benefits while supporting Alzheimer’s research, care and support programs.

Alzheimer's Association, Northwest Ohio Chapter, does not endorse any product or service herein.
What Do I Need to Know?
A SERIES FOR CAREGIVERS (1 of 3)
Benefits to Body, Mind, and Spirit

January
- Toledo: Meet Me at TMA
- Toledo: Know the 10 Signs
- Lima: Transitions
- Upper Sandusky: Know the 10 Signs
- Maumee: Meet Me at Scrambler Marie’s
- Delphos: Know the 10 Signs
- Van Wert: The Basics
- Toledo: Living with Alzheimer’s: FOR PEOPLE WITH ALZHEIMER’S OR DEMENTIA (1 of 4)
- Toledo: Meet Me at TMA
- Genoa: Healthy Aging, Healthy Brain
- Van Wert: The Basics
- Toledo: Art Café
- Lima: Transitions
- Wauseon: Living with Alzheimer’s: A SERIES FOR CAREGIVERS (1 of 3)
- Toledo: Mind Works
- Mansfield/Ontario: Afternoon Out Club
- Toledo: Living with Alzheimer’s: FOR PEOPLE WITH ALZHEIMER’S OR DEMENTIA (2 of 4)
- Findlay: Transitions
- Toledo: A Brush with Art
- Toledo: Mailing Group
- Toledo: A Series for Caregivers (2 of 3)
- Toledo: Mailing Group

Quick Reference Calendar: January – April 2015

Memory loss requires specialized care.
Fortunately that’s our specialty.

Recognizing the symptoms of Alzheimer’s, dementia or other forms of memory challenges can be difficult. Knowing how to provide the proper care can be even harder. Call or stop by today to schedule your private tour.
2014 Walks to End Alzheimer’s Raise Over Half Million Dollars

More than 4,100 walkers united to raise over $510,000 during the ten Northwest Ohio Walks to End Alzheimer’s this fall—yet another Chapter record!

Block Communications, The Toledo Blade, Buckeye Cable System, and BCSN led the way as the Chapter’s Presenting Regional Sponsors.

The Walks are the largest annual events to raise awareness and funds for the Alzheimer’s Association, Northwest Ohio Chapter, enabling us to provide support, education, and hope year-round to thousands of northwest Ohio families. Our 24/7 Helpline (1-800-272-3900), Adult Day Centers, Early Stage Programs, Education Programs, Caregiver Groups, and more all benefit from the Walk to End Alzheimer’s in local communities.

Donations also help accelerate research for methods of prevention, treatment, and the discovery of a cure. Since 1982, the Alzheimer’s Association has committed over $335 million to more than 2,250 scientific investigations around the world.

This year’s Walks were themed, “Everyone has a reason to end Alzheimer’s” which inspired many to consider their reason to join all the other participants on Walk day. For many that walk, it is very personal, they walk on behalf of their family, friends, and those we have lost.

Marge Goldstein is a retired teacher and union leader for Toledo Public Schools. Bill, her husband of 53 years, is also a retired TPS teacher and now has early-stage dementia. The Goldsteins are regular attendees of the Chapter’s Early Stage Programs. “We thought we had planned carefully for retirement. Initially, everything was going as planned. We traveled extensively and baby sat our grandchildren,” said Marge at the Toledo Walk to End Alzheimer’s. “Our life changed dramatically about two and a half years ago with Bill’s diagnosis. Bill has always taken care of me. Now, we have a role reversal and I’m in a position as a caregiver that I never anticipated. Dementia is not limited to any one group. It affects educated and uneducated, wealthy and poor, male and female, and it doesn’t exempt any race.”

The Walks provided an opportunity for the Alzheimer’s Association, Northwest Ohio Chapter to increase awareness through media and united thousands together to participate in an inspirational program and sign up for advocacy and clinical trials.

Salli Bollin, Executive Director of the Alzheimer’s Association, Northwest Ohio Chapter, said, “There are so many people to thank for the success of our 2014 Walks, such as our corporate sponsors, whose financial support and community visibility encouraged others to participate in our Walks.” (See list of the 2014 Walk corporate sponsors on page 3.)

“We also want to thank all the members of our Walk planning committees, our Walk Chairs, and all of our volunteers for their outstanding efforts and dedication. The Walks would not have been as successful without their time and talents.”

“We offer our thanks to the 424 team captains, 4,135 walkers, and countless number of donors who participated this year,” Bollin added. “It is inspiring to see so many people united together for our cause. The funds raised allow us to continue to provide our local, regional and national programs, services and advocacy efforts on behalf of those impacted by the disease. Furthermore, we can assist funding research efforts which we hope will lead to an end of Alzheimer’s disease.”

“On behalf of all of us at the Alzheimer’s Association, Northwest Ohio Chapter, and the thousands of people we are privileged to serve, we thank all those who participated and donated to our 2014 Walks to End Alzheimer’s.”

Registration and information about the 2015 Walks to End Alzheimer’s will be available in late January at www.alz.org/toledo/walk.