

# 2020 VIRTUAL WALK BAG



**AN INTERACTIVE EXPERIENCE!**

**CLICK ON THE ICONS AS YOU GO TO WATCH VIDEO  
MESSAGES OR TO BE DIRECTED TO A WEBSITE**



WEBSITE LINK



VIDEO MESSAGE

# WHAT WE DO & HOW WE HELP

**Programs & Services in support of all forms of dementia**  
**Our services are *free*, but the support is invaluable**

## **Helpline**

We're here. All day, every day at 800.272.3900, 24/7 Referral and support service offered in 140 languages to provide information on memory loss, medications, treatment options, safety, caregiving tips, services, and guidance on issues faced at any stage of the journey. Call, email [cleveland-helpline@alz.org](mailto:cleveland-helpline@alz.org), or chat with us via our local website at [www.alz.org/cleveland](http://www.alz.org/cleveland).

## **Care Consultation**

An enhanced Helpline support element for caregivers delivered by licensed counselors and social workers with specialized training in Alzheimer's and other dementias. Staff provide personalized information, resources, strategies and the creation of an action plan to help with decision-making.

## **Early-Stage Services**

Programs that provide education and support for individuals living with a memory and thinking disorder, their family members, and friends. Services include an in-person or over the phone consultation or group meetings where participants learn about ways to effectively live with memory and thinking challenges.

## **Caregiver Support Groups**

Monthly support groups throughout our five-county service area. Each group is facilitated by trained facilitators and provides information and support to individuals caring for someone with Alzheimer's disease or a related dementia.

## **Social Engagement Programs**

Monthly programs specifically designed to enrich the mind, body and soul of those with mild to moderate memory and thinking disorders and their loved ones. Minds in Motion programs offer a variety of experiences, including exercise, art, music, and cooking. Art in the Afternoon programs provide specialty art tours at the Cleveland Museum of Art.

## **Community & Online Education Programs**

Regular programming provides comprehensive information on a variety of topics including how to understand Alzheimer's disease and related dementias, communication tips, understand challenging behavior, addressing legal and financial issues, and many more. A current list of programs are posted on [www.alz.org/cleveland](http://www.alz.org/cleveland).

## **Professional Training Programs**

Web-based trainings (CARES Training & essential ALZ Certification available for staff working with those diagnosed with Alzheimer's disease and other forms of dementia.

# WHAT WE DO & HOW WE HELP

## ONLINE SERVICES

The Alzheimer's Association website offers many online support programs and message boards visit <http://www.alz.org/care/alzheimers-dementia-online-tools.asp>

### Alzheimer's Navigator®

Alzheimer's Navigator is an innovative online tool designed for individuals with Alzheimer's disease, their families and caregivers. Alzheimer's Navigator creates customized and comprehensive action plans, based on answers provided through short, online surveys.

### ALZConnected®

ALZConnected is the first dedicated online social networking community for anyone impacted by Alzheimer's disease. It provides a safe place for people to connect with others in similar situations, 24 hours a day, 365 days a year, at no charge.

### Care Team Calendar

The Alzheimer's Association Care Team Calendar is a free personalized group calendar that helps organize family and friends who want to help with caregiving duties and tasks, such as providing rides, preparing meals or providing companionship.

### Caregiver Stress Check

Take our caregiver stress check and get resources to help you cope and be a healthy caregiver.

### Virtual Library

The Virtual Library is an extension of the Alzheimer's Association Green-Field Library, located at our national office in Chicago. Search the online catalog, view resources chosen by experts, email questions to our librarian and learn how to borrow materials.

## RESEARCH & SAFETY SERVICES

### TrialMatch

A Clinical Studies Matching Service that provides anyone with an opportunity to not only take action for yourself but to also make an important contribution for current and future Alzheimer's patients and their families. Clinical trials accelerate progress and provide valuable insight. Without participation, finding a cure is virtually impossible. Learn more at [www.alz.org/trialmatch](http://www.alz.org/trialmatch).

### MedicAlert with 24/7 Wandering Support

The Alzheimer's Association, in collaboration with MedicAlert Foundation, provides membership plans with 24/7 Wandering Support, a nationwide emergency response service for individuals living with Alzheimer's disease or another dementia who wander or have a medical emergency.

## 2020 FACTS & FIGURES

More than 5 million Americans are living with Alzheimer's disease.

Watch the video below for more information.

**MORE THAN 5 MILLION** AMERICANS ARE LIVING WITH ALZHEIMER'S DISEASE.

1:22

[CLICK TO PLAY](#)





## *Meet Your Team of Dementia Experts*

Every person living with dementia has a unique life story to tell. Everyone's journey through the aging process and the maze of illness follows a distinct path. Because of this, each person experiences dementia in a very different way. The more we can learn about the person's past experiences, preferences, challenges and successes, the better we can address their current needs, and honor their uniqueness as an individual.

**That is *Meaningful Moments*<sup>®</sup>, our distinctive program that takes a holistic approach to caring for our residents.**



**CARDINAL COURT**  
ALZHEIMER'S SPECIAL CARE CENTER

# *Meet Our Team of Dementia Experts*



**Kimberly Wilfong, CDP**  
*Administrator*



**Scott Kovach, LPN**  
*Health Services Director*



**Holly Soresso, CDP**  
*Community Resource Director*



**Jason Salvo, CDP**  
*Maintenance Director*



**Samantha Manzuk, CDP**  
*Program Director*



**Amy Jackson, CDP**  
*Business Office Manager*



**Francine Hlavacek, CDP**  
*Food Services Director*

**Our Mission**  
*Committed to being  
the leader in providing  
quality personal  
services for our  
Residents, while  
honoring the  
experience of aging.*



**CARDINAL COURT**  
ALZHEIMER'S SPECIAL CARE CENTER



Case Western Reserve University



Cleveland Clinic

VA



U.S. Department of Veterans Affairs  
The one with a difference

Louis Stokes Cleveland  
VA Medical Center



The MetroHealth System



University Hospitals

University Hospitals

# CLEVELAND ALZHEIMER'S DISEASE RESEARCH CENTER



# JOIN THE WALK PLANNING COMMITTEE

**Are you passionate about putting an end to Alzheimer's disease?  
Do you want to get more involved with the Alzheimer's Association  
and the Walk to End Alzheimer's?**

**Then we need you!**

**Join the Walk to End Alzheimer's Planning Committee and help grow  
the movement to end Alzheimer's from the ground up.**



**Committee members plan each Walk to End Alzheimer's event from  
the kick-off to the wrap-up. Some committee members focus on  
growing the event by recruiting teams, getting Walk materials out in  
the community and securing sponsorships. Others focus on event  
production and find ways to enhance the event experience.**

**To learn more about volunteering through our  
Walk Planning Committee, please contact us directly:**

**Coordinator: Kelsey Ott**

**Phone: 216.342.5606**

**Email: [krott@alz.org](mailto:krott@alz.org)**



Judson

A PROUD SUPPORTER OF THE  
**Walk to End Alzheimer's.**

*We walk* to honor those living with Alzheimer's and their compassionate caregivers.

*We walk* to promote research and understanding.

*We walk* because Alzheimer's touches our lives and hearts every day.

Judson offers a secure assisted living memory care lifestyle with a warm, social atmosphere for individuals with Alzheimer's, dementia and other cognitive challenges. Our staff works closely with the resident, as well as the resident's family members, friends and physician to create the support each individual needs.

**BENEFITS INCLUDE:**

- Specifically designed programs, therapeutic art and music programs, and social outings
- Wellness programs including daily group exercises
- Dining options
- Assistance with bathing, personal care, dressing, incontinence, and other activities of daily living
- Access to physician services and 24-hour on-site nursing support
- Medication monitoring and administration
- On-site physical, occupational, and speech therapy
- Scheduled group transportation
- Housekeeping and laundry services

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# Your Medicare Year is Here!

Bright Health and University Hospitals have partnered together to bring you a high level of care and competitive benefits. You'll have access to all the top-quality doctors and healthcare professionals you trust in the University Hospitals network, and the friendly folks at Bright Health will help make sure you get the care you need, when you need it.

## Here are some highlights:

- ✓ No referrals to see an in-network specialist
- ✓ \$0 PCP office visits
- ✓ Great prescription drug coverage

## Check out these FREE benefits:

-  Preventive dental
-  Preventive vision
-  Preventive hearing
-  Silver&Fit gym membership
-  Transportation\*

*\*not included in all plans*

Give me a call to learn more

Join. Save. Be happy.  
BrightHealthPlan.com



In response to COVID-19, all support groups are meeting virtually: Please register by calling the Helpline at **800.272.3900**

FIRST WEEK OF EVERY MONTH

- 1<sup>st</sup> Tuesday (7pm – 8:30pm) – Parma 1
- 1<sup>st</sup> Wednesday (6:30pm - 8pm) - Avon
- 1<sup>st</sup> Thursday (3pm – 4:30pm) - Broadview Heights
- 1<sup>st</sup> Thursday (6:30pm - 8pm) – Madison

SECOND WEEK OF EVERY MONTH

- 2<sup>nd</sup> Monday (6:30pm – 8pm) – Westlake Adult Children 1
- 2<sup>nd</sup> Wednesday (1pm – 2:30pm) – Solon
- 2<sup>nd</sup> Wednesday (2pm – 3:30pm) – Mayfield
- 2<sup>nd</sup> Thursday (1pm – 2:30pm) – Mentor 1
- 2<sup>nd</sup> Thursday (1:30pm – 3pm) – Lewy Body Dementia (LBD) \*LBD specific\*
- 2<sup>nd</sup> Thursday (7pm – 8:30pm) – Westlake Evening
- 2<sup>nd</sup> Saturday (9am – 10am) – Newbury \*faith based\*
- 2<sup>nd</sup> Saturday (1:30pm – 3:30pm) – Frontotemporal Dementia (FTD) \*FTD specific\*

THIRD WEEK OF EVERY MONTH

- 3<sup>rd</sup> Monday (7pm – 8:30pm) – Parma 2
- 3<sup>rd</sup> Tuesday (6:30pm – 8:00pm) – South Euclid Adult Children
- 3<sup>rd</sup> Wednesday (1:30pm – 3pm) – Willoughby
- 3<sup>rd</sup> Wednesday (6:30pm – 8pm) – Chardon
- 3<sup>rd</sup> Wednesday (6:30pm – 8pm) – Amherst
- 3<sup>rd</sup> Thursday (6:30pm – 8pm) – Ashtabula

FOURTH WEEK OF EVERY MONTH

- 4<sup>th</sup> Tuesday (10am – 11:30am) – Painesville Morning
- 4<sup>th</sup> Thursday (7pm – 8:30pm) – Cleveland Olivet \*faith based\*

LAST WEEK OF EVERY MONTH

- Last Monday (6:30pm – 8pm) – Westlake Adult Children 2
- Last Thursday (1pm – 2:30pm) – Mentor 2
- Last Thursday (1:30pm – 3pm) – Rocky River

# STRATEGIES FOR COPING WITH UNCERTAINTY

During times of uncertainty and change, it may seem like you have no time to prioritize self-care. Challenging times like this are when it is especially important to focus on taking good care of yourself physically, mentally and emotionally. You can make the choice to “act” – prioritizing your well-being and choosing effective coping strategies – rather than simply “reacting” to what is happening. Below are some ideas to do that:

## Physical Coping Strategies

- › **Adequate rest** is the foundation of stress management. Establish a regular bedtime routine to ensure you get enough rest. Sleep helps your body renew its resources for the next challenge.
- › **Exercise** is an effective way to reduce stress. If allowed in your area, go out for a walk or run. Find videos online that are fun and stress-relieving. Consult your physician before beginning a new exercise routine.
- › **Eat well-balanced and regular meals.** You may need to experiment with new ingredients or recipes, or may even be cooking for the first time. Get creative!
- › Choose activities that allow you to **relax** while in isolation (read, quilt, paint, do puzzles, board/video games – whatever you like to do).
- › **Avoid alcohol and drugs** as a means to cope, unless your doctor gives you a needed prescription.
- › **Write out your challenges, taking a problem-solving approach.** For example if you are having difficulty finding childcare, write out the hours you need help, people you know who might be able to assist, and other resources, such as your EAP. Set a goal to send emails or make phone calls to those people or organizations to get started.
- › **Take time to form an emergency plan** in the event that you or a family member falls ill. Know that you may never have to activate it.
- › **Talk it out.** Brainstorm your problem-solving ideas with your loved ones to get their input and ideas. Consult social media or post to public forums to get ideas from others on how they've handled similar challenges.
- › **Shift your focus** to the here-and-now needs of your loved ones, activities you enjoy, and the things you need to get done. Give your thoughts a break from constantly thinking about the “what if” that scares you.

## Mental Coping Strategies

- › **Stay informed on new developments from reliable sources.** Learn about the current situation and recommendations from WHO, CDC or local public health officials, rather than relying on the rumor mill or social media. Staying informed is a good way to feel “in control,” knowing you are doing all you can to stay safe and healthy.
- › **Structure your time.** Large segments of unstructured time will tempt your thoughts to center endlessly around what troubles you most, and in doing this, your interpretation of what's happening will become more alarming and less objective.

- › **Take note of what remains constant.** With so many changes, what remains the same? Hold on to routines, and use them to maintain some stability. Regular meal and bedtimes are just two examples of ways we can make our world feel more predictable.
- › **Remind yourself of your abilities and strengths.** Self-statements such as “I have always figured out some way to land on my feet” get you back in touch with the fact that you’re steering your own ship – you’re not a bottle tossing and turning on life’s seas.
- › **Set short-term goals.** Take it day by day. What are some things that you want to accomplish in the next hour, the next day, the next week? Start small and build from there.
- › **Plan something to look forward to.** Remember, these measures are temporary. Plan something to look forward to in the future – a trip you want to take, perhaps a concert or event in your community. Plan a neighborhood “block party” to celebrate the end of social distancing. While you may not be able to plan firm dates or times, the act of planning reminds you that there will be a time when things return to normal, when they can be a reality.
- › **Offer support/assistance to others.** Perhaps offering to pick up groceries or necessities, or calling/messaging a neighbor who lives alone. Sometimes a friendly voice of reassurance over the phone can make a world of difference in someone’s day. Reaching out and supporting others helps change your emotional focus. You can see your problems in a bigger context, and feel part of the solution rather than just a victim of circumstance.
- › **Write out your feelings.** You’re dealing with an abstract but very powerful loss – the loss of your sense of normalcy, regular social connections, perhaps even loved ones or your livelihood. There’s a grief process that comes along with loss. We form expectations for the future, and when our beliefs and expectations are challenged or removed, we can lose our balance, and our worlds may feel shaken. You know from previous crises in your life, however, that you will eventually regain your balance.
- › **Know that difficulty can sometimes bring growth and meaning to our lives.** It can be hard to imagine that anything valuable could come from this experience when you’re struggling, but at some point you may notice that this hardship brought something into your life that could be considered meaningful. It might impact your relationships for the better or help you find creative solutions to problems. You may develop a deeper spirituality. It may just be the gift of discovering that you could survive this.

### Emotional Coping Strategies

- › **Reach out to people who care.** Identify and talk out your thoughts, feelings and fears with loved ones. In isolation, you may need to be creative – phone calls, video chat, and text messaging may be options. Use technology to your advantage.
- › **Recognize “we are all in this together.”** This is truly a global, shared experience. The fears, anxieties, and challenges you are experiencing are shared across the world. You can see this in news coverage of communities singing together while in isolation, the volunteer and charity work happening in local communities, and strangers sharing “what works” on social media. Recognize that you are not alone in coping with this significant challenge.



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alzheimer's  association®

## AIM AND ADVOCACY

AIM gives the Alzheimer's and dementia community enhanced influence to end Alzheimer's and make their voices heard. Watch the video below for more information.



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## WEBINAR SERIES:

# Understanding Brain Health, Live!

You're invited to virtual informational sessions hosted by the Cleveland Alzheimer's Disease Research Center aiming to provide timely information and brain healthy activities by area professionals.

September 24, 2020 | 2 p.m.  
October 8, 2020 | 2 p.m.  
October 22, 2020 | 2 p.m.

November 5, 2020 | 2 p.m.  
November 19, 2020 | 2 p.m.  
December 3, 2020 | 2 p.m.

All times are Eastern Time  
(US and Canada)

All sessions are one hour

Please register at [cwru-restricted.zoom.us/webinar/register/WN\\_6qGg0lh5RgmMD3vJ3grQg](https://cwru-restricted.zoom.us/webinar/register/WN_6qGg0lh5RgmMD3vJ3grQg) or contact [pennl@ccf.org](mailto:pennl@ccf.org) for help with webinar registration.

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## **WALK TO END ALZHEIMER'S**

alzheimer's  association<sup>®</sup>

TM



## WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's Disease (AD) is a type of dementia that causes problems with memory, thinking and behavior. Symptoms develop over time and interfere with daily tasks. There is no cure, but ongoing research such as ours, hopes to find some of the causes so that symptoms can be delayed and treated.

The main symptom of AD is dementia, which is memory loss. An early warning sign is difficulty remembering newly learned information. Other symptoms include becoming disoriented, behavior changes, paranoia, and finally, difficulty speaking, swallowing and walking.

Alzheimer's disease can affect anyone, but it is more likely to affect people over 65, women, African Americans and Hispanics. Family history is also a risk factor. Dr. Haines has identified genetic risk factors as well. This study, and your participation, will help identify more genetic risk factors.

## CAREGIVER RESOURCES

Caring for someone who has dementia or Alzheimer's can be challenging. For information for caregivers on housing, respite care, day to day support and support groups visit:

- \* National Institute of Aging: [nia.nih.gov](http://nia.nih.gov)
- \* Benjamin Rose Institute of Aging (local): [benrose.org](http://benrose.org)
- \* Alzheimer's Association: [alz.org/care/](http://alz.org/care/)

## WHO DO I CONTACT?

For more information or to enroll in the study please contact:

Sara Kennedy  
216-368-4693  
[sara.e.kennedy@case.edu](mailto:sara.e.kennedy@case.edu)

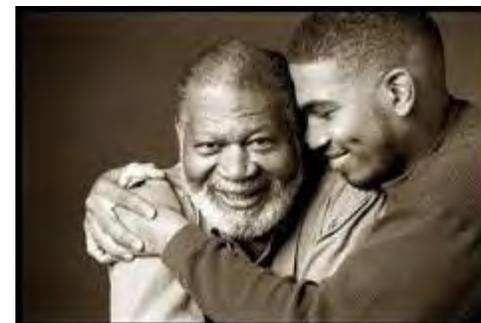
Gabrielle Blackshire  
216-368-2826  
[gabrielle.blackshire@case.edu](mailto:gabrielle.blackshire@case.edu)

The Institutional Principal Investigator is: Alan Lerner, MD, Director Brain Health and Memory Center, Neurological Institute, UH Cleveland Medical Center. The Research Principal Investigator is: Jonathan L. Haines, Ph.D.



This study is funded by a grant from the National Institute of Aging. It has been approved by the University Hospitals Cleveland Medical Center IRB and is conducted in accordance with Federal guidelines and current US laws.

## GENETICS OF DEMENTIA/ ALZHEIMER'S DISEASE IN MINORITY POPULATIONS



Department of Population  
and Quantitative Health  
Sciences

Case Western Reserve  
University

## DEPARTMENT OF POPULATION AND QUANTITATIVE HEALTH SCIENCES



INSTITUTE FOR  
COMPUTATIONAL  
BIOLOGY

Dr. Jonathan Haines has been studying genetics and Alzheimer's Disease for over twenty years. We know that genes

can play a part in who may eventually get Alzheimer's Disease and who may not, but there are still many questions. What causes Alzheimer's Disease? Is there a better way to diagnose it? Are there better treatments? Is there a way to predict who will get Alzheimer's Disease? Dr. Haines is looking for the answers to some of these questions. And you can help.

### WHAT IS THE STUDY ABOUT?

The goal of the study is to discover the genetic factors that contribute to or cause Alzheimer's Disease in individuals 60 years of age or older.

### HOW CAN I HELP?

- \* Participate in the research study if you qualify.
- \* Give this brochure to people in your community who may be able to participate.

### WHO SHOULD PARTICIPATE?

Alzheimer's Disease can effect anyone, but we want to see if there are genetic differences based on race and ethnicity So we are looking for:

#### Families of any race/ethnicity:

- \* With **more than one** person living with dementia, memory loss or Alzheimer's Disease.

#### African American or Hispanic Individuals:

- \* Of any age who have dementia, memory loss or Alzheimer's Disease OR:
- \* Are 60 or older and do not have memory loss.

#### Individuals of any race/ethnicity:

- \* With early onset memory loss (younger than 60 years old)

### WHAT DOES PARTICIPATION INVOLVE?

- \* Reading and signing a consent form
- \* Giving a detailed family and medical history
- \* Taking an evaluation of memory and thinking
- \* Providing a blood sample

### MORE STUDY INFORMATION

- \* Participation is voluntary
- \* There is no cost to the family.
- \* The interviews and blood draw can be conducted in your home or a setting of your choice.
- \* All information is confidential.
- \* Participation does not affect your access to health care or insurance.

<http://bit.ly/CWRUGeneticsofDementia>

<https://www.facebook.com/CWRUDementiaResearch/>

### HOW DO I PARTICIPATE?

We are glad you want to be involved! To find out more about the study, if you have any questions about the study, or to be enrolled in the study, please call or email:

Sara Kennedy  
216-368-4693  
sara.e.kennedy@case.edu

Gabrielle Blackshire  
216-368-2826  
gabrielle.blackshire@case.edu