

Cornerstone

Serving Southern Ohio, Northern Kentucky
& Southeastern Indiana

alzheimer's  association
Greater Cincinnati Chapter

VOLUME 32 NO. 2 | Summer 2017

Social Engagement Offers Bridge to 'Normal' Life

Bonnie and John Volz celebrated their 50th wedding anniversary in August. In recent years, Alzheimer's disease has become part of that long-standing and loving relationship.

Bonnie's diagnosis has brought major changes to their lives, notably a loss of freedom with no longer being able to drive. John, a realtor with Coldwell Banker, has adjusted his work schedule to spend more time at home.

"Bonnie is very upfront about her diagnosis and we are gradually learning that folks don't know quite how to respond," said John. "Unfortunately, some friends have fallen away and others aren't always sensitive to how their actions and comments can affect her feelings. She is very sensitive to others, always has been. The disease has amplified that sensitivity."

Although more challenging, the couple still enjoys social activities, a number of which are offered through the Alzheimer's Association. The couple has been attending the weekly Memories in the Making program in Evendale for more than a year.

"I had very little experience with art prior to this. But I found I have some skill and that it is enjoyable," said Bonnie, who worked at Luxottica for 25 years. "I feel like the folks in my group are friends."

In addition to expanding its Memories in the Making program, the Greater Cincinnati Chapter has developed partnerships with community organizations to provide social engagement opportunities for people with memory loss and their care partners.

Continued on page 4



Bonnie and John Volz

The first survivor of Alzheimer's is out there.



YOU can help make it a reality.

For more on a Walk near you, see page 6.

Join Us at GABP

The Alzheimer's Association of Greater Cincinnati is proud to continue its partnership with the Cincinnati Reds in the fight against Alzheimer's.

Order your tickets today as the Cincinnati Reds battle the Pittsburgh Pirates at the fifth-annual Alzheimer's Awareness Game at Great American Ball Park on Sunday, Sept. 17. The day will include an on-field presentation highlighting the Alzheimer's epidemic and much more. First pitch is scheduled for 1:10 p.m.

You can buy discounted tickets for the game, receive a free #EndAlz T-shirt and a portion of your purchase benefits the Walk to End Alzheimer's. If you have a Walk team, \$5 from each ticket your team sells will be credited to your fundraising total. For details or to order tickets, contact Annemarie at (800) 272-3900.

Order your tickets today: Field Box Tickets - \$30 Mezzanine Tickets - \$20 View Level Tickets - \$15



You're Invited to Tour

When John Toeppen's late mother, Laverne, was diagnosed with Alzheimer's disease in 2001, the family turned to the Alzheimer's Association of Greater Cincinnati for guidance and support.

Over the years, Toeppen, president of Toeppen Builders, has shown his gratitude to the Alzheimer's Association in many ways. On the weekend of August 25, he will be opening the doors of his new home – literally – in support of the Alzheimer's cause with "The Tour for the Cure."

Toeppen Builders, along with Housetrends, Keller Williams Advisors, the Dwell Well Group and Mercedes-Benz of Ft. Mitchell will host an open house and "first-look" tour of Toeppen's new home, located in The Reserve at Rivers Pointe in Hebron, Ky. August 25-27.

Continued on page 11



alzheimer's  association

Greater Cincinnati Chapter
644 Linn Street, Suite 1026
Cincinnati, OH 45203
(513) 721-4284
(800) 272-3900

Non-Profit
Organization
U.S. Postage
PAID
Cincinnati, OH
Permit No. 6687

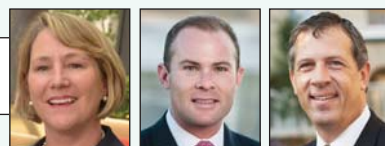
Help us save money on postage. Tell us about mailing duplications or change of address by calling (513) 721-4284

Inside Cornerstone...



Southeastern Ohio Dementia Conference Set for October ...page 3

Chapter Welcomes New Board Members ...page 4



Alzheimer's International Conference Offers Latest in Research ...page 5

Art of Making Memories Raises \$235,000...page 7



alzheimer's association
Greater Cincinnati Chapter

**644 Linn Street, Suite 1026
Cincinnati, OH 45203
(800) 272-3900 – 24/7 Helpline
Fax (513) 345-8446
alz.org/cincinnati**

2017-2018 Board of Directors

David A. Custer, *President*
Jason M. O'Dell, MS, CWM,
Vice President
Amy B. Kahn, *Secretary*
Jamie Weaver, *Treasurer*
Derek van Amerongen, MD, MS
Immediate Past President

Board Members

Diana Barhorst
William E. Brammer, CPA, CTP
Nan Kohnen Cahall
Cristina Chuecos
Meredith L. Delaney
Margaret Dobbins, RN
Kevin Edmonds
Mathew Hambleton
Mary Ann Jacobs, Esq.
Lawrence W. James
Kevin Kanter
Robert Keyes, Ph.D., MD
Kevin Kline
Rodney Lear
Bob McEwan
Robert Reed, MD
Tom Rotz
Terence Ruhe, CPA, CFP
Keith A. Rummer, JD, SPHR
Jeffrey D. Schlaudecker, MD, MEd.
James P. Sullivan

Chapter Staff

Paula Kollstedt, *Executive Director*
Annemarie Barnett, *Director of Mass
Marketing Events and Donor
Partnerships*
Bob Luckerman *Finance/Operations
Director*
Steve Olding, *Communications
and Public Policy Director*
Elise Sebastian, MSW, LSW
Clinical Outreach Director
Linda Turpin, MSN, RN, NE-BC
*Director of Clinical Programs
and Services*

Nancy Boss, MSSW, LISW
Programs and Services Clinician
Diana Bosse, *Walk Manager*
Shannon Braun, LISW-S
Early Stage Program Coordinator
Elizabeth Bross, MSW, LSW
Programs and Services Clinician
Kristin Cooley, LISW-S
Programs and Services Clinician
Jeff Dehner, JD, *Walk Manager*
Melissa Dever, LSW
Branch Program Manager
Susan Dickey, RN, MSN
Clinic Clinician
Carolyn Ferris, RN
Education Coordinator
Jill Gorley, LSW,
*Multicultural and Community
Outreach Coordinator*
Joan Hock, *Memories in the Making®
Coordinator*
Julie Lessard, MSW, LSW
Clinic Clinician
Jennifer Miller-Francis, MSSA, LSW
Programs and Services Clinician
Janet Milne, MSN, RN, CNP
Education & TrialMatch Manager
Debbie Rolf, *Program Assistant*
Garret Schymanski, MSW, LSW
Programs and Services Clinician
Diane Sheffer, *Executive Assistant*
Andrea Williams, BHA
Branch Program Coordinator

Cornerstone is the official newsletter of the Alzheimer's Association of Greater Cincinnati. Comments or questions should be directed to Steve Olding at (800) 272-3900 or solding@alz.org.

The Last Ride



By Paula Kollstedt
Executive Director

I've attended too many funerals in the last six months – way too many.

Our chapter's Early-Onset Support Group – for caregivers of those diagnosed before the age of 65 – meets the second Thursday of the month, from 7 until 9 p.m. at our Linn Street office. This circle of friends includes some of the most amazing people I have ever known.

While the journey through dementia is never easy, when it affects those in their 30s, 40s or 50s, the challenges multiply exponentially. Yet these friends find ways to ease the burden by sharing their experiences, their questions, their wit, their wisdom and their willingness to learn and grow together.

But this has been a tough year for us. Since January, we've lost six people to the ravages of dementia in our support group alone. These incredible people were struck down in their prime. Just as all that they worked so hard for was coming into view, this terrible disease stole everything that mattered most.

The celebrations of each of their lives were unforgettable. There were beautiful, loving, funny photos of the family – and in the center of each picture was the person they lost, the person they miss, the person who can never be replaced.

And the stories of these lives taken much too soon were remarkable. One was told by a friend about David Bostrom, whom he greatly admired, who had impacted his life in significant ways, and who he was privileged to assist during his illness.

Ken Jones described David as "inspirational" – someone who always had a smile on his face, forever encouraging and mentoring others. That's just who David was, from the time he was small until well into the disease.

When the story began, David was having a bad day. An avid cyclist, he loved the freedom that came from soaring down the road on his racing bike. But as his dementia progressed, this small joy became more and more difficult. David sometimes got lost, or people thought he would get hurt, and he was such an expert rider, that he needed a strong athlete to ride with him.



David Bostrom, left, and Ken Jones

On this day, David just wanted to ride, but his caregivers felt it was in his best interest not to, and that upset him. So his friend decided – no matter what – he would find a way to let David ride. Ken called his most skilled riding buddy, and he and David got on their bikes. However as the ride progressed, David took on more speed. Faster and faster he rode until he lost the rider with him, who began to panic because he couldn't keep pace.

Finally, when the friend was able to catch up, David had reached the end of the trail. And while he had fallen, the look on David's face, in the words of his friend, "was victorious."

For David the event had been exhilarating, freeing – but challenging. And though he was OK, everyone knew it would be David's last ride.

All caregivers know about "lasts." The last

vacation, the last time eating out at a restaurant, the last golf game, the last time together as a family for the holidays, the last smile, the last hug. We don't like these "lasts," and we mourn each one.

But the days of "firsts" are beginning.

At the recent Alzheimer's Association International Conference, the first studies were announced indicating that one in three cases of dementia may be prevented by lifestyle changes like proper diet, exercise

and stress reduction. In January the first code for Medicare was approved that covers care planning at a diagnosis of Alzheimer's disease. And in the latest U.S. budget, for the first time ever, National Institutes of Health funding for Alzheimer's research reached \$1.4 billion, with an additional \$400 million just approved by the House Appropriations Subcommittee for the next fiscal year.

Meanwhile our chapter is achieving other "firsts" with a passion – our first social engagement programs, including Memories in the Museum, our new singing group for people with dementia, our first Memory Garden dedicated to those with the disease, our first Alzheimer's Association social workers and nurses embedded at a health care practice, our first million dollar Walk to End Alzheimer's.

And all of that leads to the ultimate first – the first person to survive Alzheimer's.

We know we will get there. And imagine the feeling of exhilaration and freedom when we do – exhilaration for millions of lives saved, freedom from the fear of everything this disease takes away.

It's time to seal the deal. No more "lasts" – only "firsts" for us.

See you at the Walks.

Paula

Our Mission

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.

Various programs and services are funded in part by the Ohio Department of Aging through the Council on Aging of Southwestern Ohio and the Area Agency on Aging District 7.



COA Audit Confirms Quality of Our Services



By Linda Turpin
Director of Clinical
Programs and Services

A happy summer to each of you. With this edition of *Cornerstone* comes the sharing of my knowledge gained over the last five months during my daily work with the programs and services staff at the Alzheimer's Association of Greater Cincinnati.

High quality care is delivered with each encounter through our social workers and registered nurses. This care is demonstrated in many ways, the first of which is through Family Care Consultations (FCCs). These special meetings are held with a professional social worker or registered nurse and family members or any other person whom the family decides should attend. Valuable information and resources are shared to assist both the family and the patient with the disease on a variety of topics such as medical care, diagnosis, educational knowledge of the disease, safety, driving, personal care, dietary, legal, financial, home care assistance, assisted living, long term care, communication, behaviors and wandering.

We also share information on the availability of Family Support Groups located throughout the Tri-state area. These groups meet

with a facilitator to allow sharing and discussion of daily happenings while providing guidance to more fully understand life's journey with Alzheimer's disease or other dementias. Information is also shared on our program offerings for Memories in the Making, the Zoo experience and music program. Lastly, our Helpline (800) 272-3900 can be called 24/7 for any help, from crisis situations to program registration and questions of any kind.

Through these valuable experiences and sharing of information we are able to ensure more appropriate care for those with the disease and their care partners. The high quality of our work is demonstrated by the success of our recent Council on Aging (COA) audit in which the auditor found that our professional documentation was clear, comprehensive and complete. Our staff expertly explained and answered all auditor questions, providing confirmation that high quality care is delivered with each meeting through these skilled professionals.

All of this high quality assistance comes FREE of charge for anyone who requests it. Therefore, why wouldn't you call our 800 number for help and support? If you need us, I encourage you to call and meet these skilled professionals who can assist you on this challenging journey of Alzheimer's.

Dementia Conference to Focus on Rural America

The Alzheimer's Association will be reaching out to area health care professionals and caregivers in Southeastern Ohio with a major education event in October.

With the theme "Dementia Challenges in Rural America," the Alzheimer's Association of Greater Cincinnati will host its Southeastern Ohio Dementia Education Conference at Shawnee Lodge and Conference Center in West Portsmouth on Thursday, Oct. 26.



Dr. Shirley Neitch

The conference, which will be held from 9 a.m. to 3 p.m., will feature a variety of workshops and speakers, including Dr. Leon Rosenberg and Dr. Shirley Neitch.

"The conference is a wonderful opportunity for professionals and caregivers to learn the most up-to-date information from physicians who are currently in the

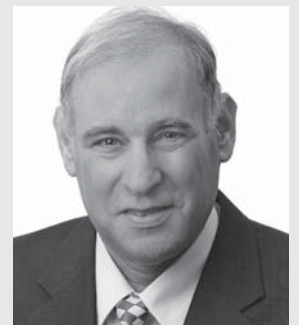


trenches diagnosing and treating those affected with dementia," said Melissa Dever, LSW, Chapter Branch Program manager. "The icing on the cake is that the presenting physicians practice in our Appalachian rural area. As a result, they understand the various barriers and cultural issues that play a role in assessment, treatment and caregiving."

Registration fee of \$40 includes lunch and CEUs for professionals. Registration to the conference is free for family caregivers (there is a \$20 charge for lunch).

Shawnee Lodge and Conference Center is located at 4404B State Route 125, West Portsmouth, OH 45663.

For more information, or to register for the conference, please call (800) 272-3900 or visit alz.org/cincinnati.



Dr. Leon Rosenberg

Caregiver Forum Discusses African-American Health

More than 140 people attended the Alzheimer's Association of Greater Cincinnati African-American Caregiver Forum at Maple Knoll Village on June 24.

The morning-long education program featured "Sister Accord" author and founder Sonia Jackson Myles as well a CAREversations session and more than a dozen healthcare and senior agency exhibitors.



Pictured with Ms. Myles (center right) are Mosaic Council members and Chapter staff, from left: Mary Hernandez, Multicultural and Community Outreach Coordinator Jill Gorley, Yvonne Allen-Smith, Alverna Jenkins, Myles, Executive Director Paula Kollstedt, Carolyn Sherman and Trudy Gaillard.



Presenting sponsor

AARP Real Possibilities
Cincinnati



Creating New Neural Connections through Movement



By Julie Lessard
Clinical Social Worker

You may have seen fliers for a movement program, or you may have already attended a class. We conducted our third Your Brain on Movement program in the comfortable space of Future Life Now on Hamilton Avenue on August 12.

This movement program incorporates movements both from the Feldenkrais method and Bones for Life training and is solely facilitated by Cynthia Allen, certified Feldenkrais practitioner and senior trainer in Movement Intelligence. The Feldenkrais method is offered both as private, one-on-one sessions and in group settings such as the classes offered through the Alzheimer's Association.

The class is meant to move slowly, with no sense of urgency, so that individuals can enjoy and become aware of subtle movements in their own bodies. It is in between these slow movements that one begins to take note of which movements create more ease and comfort and which may create discomfort or even pain. The beauty of the Feldenkrais method is that there is no "right" way to move – it is all about finding movements that enhance comfort. It is learning quality of movements in everyday living.

As writer and Feldenkrais student Ilona Fried describes it in a *Huffington Post* article, "The Feldenkrais Method offers a non-judgmental

way to get acquainted with our habits of movement, a gateway to our emotions, sensations and thoughts. In doing so we discover greater choice and therefore more resilience," (Fried, 2016).

How may this be valuable to someone with a neurodegenerative disease such as Alzheimer's disease? Feldenkrais lessons are all about creating flexibility within our brains. Exploring new movements means our brains are creating new neural connections, plain and simple. Dr. Moshe Feldenkrais said it this way, "What I'm after isn't flexible bodies, but flexible brains." For those with neurological issues, the Awareness Through Movement classes offer initially easy, always slow movements that uphold the body/mind connection and allow individuals to become aware of their movement patterns while the practitioner assists in "retraining" the body and the brain (Maes, 2017). This is neuroplasticity at its best.

I do hope this evokes curiosity in you and that you give Your Brain on Movement a try.

As teacher and facilitator Cynthia Allen says, "Your experience of life or your body is never a foregone conclusion. You can learn to engage differently and improve your quality of living."

For information on the next Your Brain on Movement program, visit alz.org/cincinnati or call (800) 272-3900. I look forward to seeing you all in a class.



Cahall, Hambleton and Rotz Join Board of Directors

The Alzheimer's Association of Greater Cincinnati recently welcomed three new members to its board of directors.

Tom Rotz, Matthew Hambleton and Nan Kohnen Cahall joined the board in July. Although new to the board, all three have been very active supporters of the Greater Cincinnati Chapter.

"We are incredibly fortunate to have gifted and passionate leaders like Nan, Tom and Matthew join our board. Their expertise and dedication to the care and cure of those battling Alzheimer's and related dementias will be a tremendous resource in all that we do," said Executive Director Paula Kollstedt.



Nan Kohnen Cahall

Cahall is managing director of Focused Capitol Solutions with Taft Stettinius & Hollister, LLP.

An active Alzheimer's advocate, she previously attended the Alzheimer's Association Advocacy Forum in Washington, D.C. as part of the Greater Cincinnati delegation. Cahall has 25 years of public policy and community relations experience at both the state and federal level, holding leadership roles



Tom Rotz

with Sen. George Voinovich, Congresswoman Jean Schmidt and Sen. Rob Portman.

Rotz, Executive Director of the Kenwood by Senior Star, has been an active fundraiser and advocate for the Alzheimer's Association for the past six years.

In 2015, he was honored with John Horn "Roll Up Your Sleeves" Award for his volunteer work in support of the Chapter's fundraising efforts, notably the Walk to End Alzheimer's and The Longest Day.

Hambleton, Senior Vice President of Investments for Merrill Lynch, has been active in a number of major fundraising efforts for the Chapter. In addition to serving on the planning committee for the annual Art of Making Memories spring benefit, he has also been active in The Longest Day.



Matthew Hambleton

Social Engagement

Continued from page 1

These programs include the popular Memories in the Museum program that offers monthly guided tours alternating between the Taft Museum of Art, Cincinnati Art Museum and Contemporary Arts Center. In recent years, new partnerships with the Cincinnati Zoo, Cincinnati Parks and Cincinnati Parks Foundation, Melodic Connections and Future Life Now offer special programs that are fun and provide low-intensity activity for Early Stage individuals and their caregivers.

"Social withdrawal and isolation can be common responses to a dementia diagnosis for both the person with the disease and their care partner. This is one of the main reasons why the Alzheimer's Association has focused on implementing social engagement programming across the country," said Linda Turpin, Director of Clinical Programs and Services.

In addition to the MIM program, Bonnie and John have made trips to the Zoo, the Butterfly exhibit at the Eden Park Conservatory and a tour of Smale Park with other Association clients.

"All three events were impressive primarily because of the volunteers from the respective events and from the Alzheimer's Association," said Volz. "We enjoyed them."

Turpin said survey feedback from participants shows that this is valuable programming. Not only do those with the disease benefit from spending time with others in a similar situation, care partners report that these experiences are important to them as well.

"One of the care partners in the vocal program with Melodic Connections stated, 'Thank you for making me able to feel young again.' Other care partners have expressed gratitude for providing a safe place for social engagement with their loved one," said Turpin.

For more on the social engagement programs offered by the Alzheimer's Association of Greater Cincinnati, call our 24/7 Helpline at (800) 272-3900 or visit alz.org/cincinnati.

Memories in the Museum

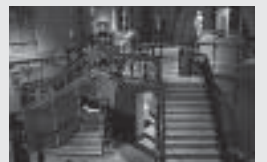
Designed specifically for individuals with memory loss, the Memories in the Museum program is a collaborative effort between the Alzheimer's Association of Greater Cincinnati, Taft Museum of Art, Cincinnati Art Museum and the Contemporary Arts Center. Each month, with the assistance of trained docents, individuals with memory loss and a guest take guided tours of museum exhibits.

Upcoming tours include:

Cincinnati Art Museum – Wednesday, Sept. 6
Contemporary Arts Center – Wednesday, Oct. 4
Cincinnati Art Museum – Wednesday, Nov. 1
Taft Museum of Art – Wednesday, Dec. 6 and 13
Taft Museum of Art – Wednesday, Jan. 3, 2018

All programs begin at 10 a.m. The programs are FREE but reservations are required.

For more on the Memories in the Museum program or to register for one or more of the museum tours, please contact Joan Hock at (800) 272-3900 or jhock@alz.org.



AAIC Presents Latest in Alzheimer's Research

LONDON — New research results presented at the Alzheimer's Association International Conference 2017 (AAIC 2017) in July provide us with a better understanding of the risk factors for Alzheimer's disease and other dementias and highlight the potential to prevent cognitive decline through lifestyle interventions as well as the impact of race and socioeconomic status on dementia risk.

At AAIC 2017, the Alzheimer's Association announced the launch of the U.S. study to PrOtect through a lifestyle INTERvention to Reduce risk (US POINTER) – a \$20 million two-year clinical trial to test the ability of a multi-dimensional lifestyle intervention to prevent cognitive decline and dementia in 2,500 older adults at increased risk for cognitive decline. Recruiting for the nationwide study will begin in 2018.

"We are determined to develop and deliver a more-specific recipe for Alzheimer's risk reduction," said Maria Carrillo, Ph.D., chief science officer at the Alzheimer's Association. "We now can effectively prevent or treat heart disease, cancer and HIV/AIDS with combinations of drugs and lifestyle. The same may also be true for Alzheimer's disease and other dementias in the not too distant future."

AAIC 2017 convened more than 5,000 leading experts and researchers from 64 countries around the world, and featured more than 2,200 scientific presentations. Among the most noteworthy news from AAIC 2017:

One-third of dementia cases may be preventable through lifestyle

The Lancet released the report of its Commission on Dementia Prevention, Intervention and Care, finding that more than one-third of global dementia may be preventable through addressing lifestyle factors that impact an individual's risk. The Lancet Commission brought together 24 international experts to consolidate the advances made in our knowledge of dementia risk factors, treatment and care.

The authors conducted a new review and meta-analysis; they extended current models of dementia risk by including hearing loss and social isolation. They proposed a novel life-course model of dementia risk showing potentially modifiable risk factors at multiple phases across the lifespan. They estimated the potential impact of elimination of the most potent risk factors, finding that roughly 35 percent of dementia cases may be attributable to nine modifiable risk factors:

- Early life: Education to age 15.
- Mid-life: Hypertension, Obesity and Hearing loss.
- Later life: Depression, Diabetes, Physical Inactivity, Smoking and Low Social Contact.

Verbal and sensory skills may predict future cognitive function

New research sheds light on risk factors for cognitive decline and Alzheimer's. New data suggests associations between cognitive status in older people and verbal skills, hearing loss and certain types of hospitalization.

- Researchers found that people with hearing loss were roughly three times as likely to have mild cognitive impairment compared to those with normal hearing. In a separate study, speech content and fluency of study participants with mild cognitive impairment declined faster than those with normal cognition. If these findings are confirmed, hearing loss and speech pattern changes may be valuable in assessing risk for cognitive decline as we age.
- Another study found that older adults may be at higher risk for memory and other cognitive problems after non-elective hospitalizations. These procedures were associated with a roughly 60 percent acceleration in the rate of cognitive decline versus pre-hospital rates.

Common sleep problems associated with increased risk

Several new research analyses at AAIC 2017 found significant associations between sleep disordered breathing (SDB) and the hallmark brain changes of Alzheimer's. Researchers found that, in their study populations, obstructive sleep apnea (OSA) was associated with increased brain amyloid deposition, decreased cerebrospinal fluid (CSF) levels of amyloid (which is thought to indicate increased buildup in the brain) and increased tau protein levels. SDB was associated with accelerated accumulation of brain amyloid both in cognitively normal individuals and people with mild cognitive impairment (data from the Alzheimer's Disease Neuroimaging Initiative). SDB/OSA is a modifiable factor that – with effective treatment – may help lower the risk of cognitive decline and possibly Alzheimer's. More research is needed to test this idea.

Healthy eating habits may preserve cognitive function

Results from four large population-based studies support a connection between good dietary practices and better cognition in old

age. A group of U.S. scientists found that, among nearly 6,000 older adults, those who consistently followed diets long known to contribute to good heart health were also more likely to maintain strong cognitive function in old age. Close adherence to the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet and Mediterranean diet was associated with 30 to 35 percent lower risk of cognitive impairment in healthy older adults.

Researchers from the Karolinska Institute in Sweden found that people sticking to a Nordic Prudent Dietary Pattern (including non-root vegetables, fruit, fish, poultry and tea) enjoyed better cognitive status.

Impact of Amyloid PET on patient management

Interim results were presented from the ongoing Imaging Dementia–Evidence for Amyloid Scanning (IDEAS) Study, which is evaluating the utility of brain amyloid PET imaging in a clinical setting. These PET scans are currently not reimbursed by Medicare or private insurance, who have expressed uncertainty about their clinical utility. Researchers reported results assessing changes in patient management (Alzheimer's and other drugs, and counseling by the physician) in nearly 4,000 IDEAS Study participants, who are Medicare beneficiaries age 65+ with mild cognitive impairment (MCI) or atypical dementia where there are challenges getting a specific clinical diagnosis. After receiving the PET scan results, changes in medical management were seen in 67.8% of MCI patients, and 65.9% of people with dementia. This suggests that amyloid PET may have a substantial impact on patient management. The IDEAS Study is led by the Alzheimer's Association and managed by the American College of Radiology.

Racial and socioeconomic disparities in dementia risk and incidence

Several studies reported at AAIC 2017 confirm racial inequities in numbers of people with Alzheimer's disease and other dementias in the U.S. – even after age 90 – and point to growing evidence that stressful life experiences and neighborhood conditions contribute to dementia risk in late life, and disproportionately impact African Americans.

- Researchers from Wisconsin found that a single major stressful event in early life may equal four years of cognitive aging, and African Americans are most at risk – on average, they experience over 60 percent more of such events than Whites over their lifetimes.
- States with highest infant mortality had 40 percent higher risk of dementia compared to African Americans not from those states, and 80 percent higher risk compared to Whites not from those states.
- Racial disparities in the risk for new cases of dementia, previously observed in the younger elderly, continue into the oldest-old – age 90+, which is the fastest-growing segment of the population – according to a new study reported at AAIC 2017. Oldest-old African Americans and Latinos had the highest incidence rates compared to Asian Americans and Whites.

Regional shortages of neurologists – Neurology "Deserts" – revealed across the U.S.

Twenty states in the U.S. have been revealed as neurology "deserts," due to a projected chronic shortage of neurologists and a rapid rise in Alzheimer's disease and other dementia cases. Researchers from a digital health startup company created an Alzheimer's Disease and Related Disorders Neurology Desert Index (ANDI), defined as the ratio of neurologists to Alzheimer's/dementia population. Wyoming, North Dakota, South Carolina, South Dakota and Oklahoma were revealed as the five states with the most significant projected gap between available neurology workforce and the health needs of people with dementia.

Promising blood test to detect amyloid

Research has established that there is a connection between Alzheimer's and the buildup of amyloid protein into plaques in the brain. For a person's dementia symptoms to be caused by Alzheimer's, amyloid plaques must be present. Currently, a PET scan or analysis of cerebrospinal fluid can detect amyloid deposition in the brain. However, there is an urgent need for a simpler, less invasive, less expensive test for amyloid, such as a blood test. Researchers from the Washington University School of Medicine presented promising findings from their investigation of a blood biomarker for amyloid in a small study group, plus a validation sample.

The Alzheimer's Association International Conference (AAIC) is the world's largest gathering of researchers from around the world focused on Alzheimer's and other dementias. For more, visit the AAIC 2017 home page: www.alz.org/aaic.



Development News



Walk to End Alzheimer's - Join Us

Adams, Brown & Highland Counties Walk

Saturday, Aug. 19 - Walk: 10 a.m.

Adams County Fairgrounds

Butler, Warren & Clinton Counties Walk

Saturday, Sept. 9 - Walk: 10 a.m.

Voice of America Park, West Chester

Northern Bluegrass Walk

Saturday, Sept. 16 - Walk: 10 a.m.

Grant County Park, Crittenden, Ky.

Southern Ohio Walk

Saturday, Sept. 23 - Walk: 10 a.m.

Shawnee State University, Portsmouth

Cincinnati Tri-State Walk

Saturday, Oct. 7 - Walk: 10 a.m.

Sawyer Point, Cincinnati

For more information, visit: alz.org/walk.

Cincinnati Tri-State Walk Sponsors

Presenting



Platinum



Gold



Silver

Alois Alzheimer Center • BGR • Caring Place Healthcare Group
Cincinnati International Wine Festival • Episcopal Retirement Services
Gateway Rehabilitation Hospital • Interim Healthcare of Cincinnati, Inc.
JACK Cincinnati Casino • Jaguar/Land Rover Cincinnati
Johnson Investment Counsel • Keating Muething & Klekamp, PLL • Lamar
Life Enriching Communities - Twin Lakes & Twin Towers
Magnolia Springs Senior Living • Norton • The Kroger Co.
The Ohio National Foundation
St. Elizabeth Healthcare • Steffen's Rental
Visiting Nurse Association of Greater Cincinnati & Northern Kentucky

Media



Butler, Warren & Clinton Counties Walk Sponsors

Presenting



Gold



Silver

Cincinnati Event Rental • Cincinnati Reds
Emery Federal Credit Union
Kroger Food Stores
• Lamar • Norton
Ohio National Financial Services
Otterbein Retirement Living Community
R & B Health Care Systems
UC Health

Adams, Brown & Highland Counties Walk Sponsor

Gold



Northern Bluegrass Walk Sponsor

Presenting



The Fun Never Stops

By Annemarie Barnett

Director of Mass Marketing Events
and Donor Partnerships



outing and swimming laps at the Powell Crosley, Jr. YMCA. Just to name a few of the fun activities. Moe, our purple elephant mascot even made appearances on both sides of the river and brought some of his buddies along. And the Chapter Team, the Memory Gardeners, did their part to raise awareness and funds by setting up at the Omnicare Memory Garden in Smale Park with lawn games, Servatii's cookies, a prize wheel and more. It was a wonderful Longest Day. I cannot thank all of our team captains and participants enough! A special thank you to our The Longest Day committee.

Now we move on to even more fun with "The Tour for the Cure" August 25-27 in Hebron, Ky. We are honored to have John and Dana Toeppen open their signature new home at The Reserve at Rivers Pointe to raise funds for the Alzheimer's Association. John lost both his mother and grandmother to the disease so this is a very personal

cause to him. It is a spectacular house you have to see!

It's hard to believe it is already mid-summer. It seems like just yesterday we were visiting The Longest Day team events across the city. Teams were: raising a glass at 50 West, Hotel Covington and Braxton Brewery, getting their Zumba on with the AKA Sorority, playing black tie bingo at Seasons, rocking from sun up to sun down at the EndAlz Music Sessions, hitting the links at the Sullivan-Hambleton golf

cause to him. It is a spectacular house you have to see!

We are also excited to once again celebrate Alzheimer's Awareness Day with the Cincinnati Reds on Sunday, Sept. 17. New this year anyone purchasing a ticket to the game will receive a purple #EndAlz T-shirt! We want to paint GABP purple. Remember if you are a Walk to End Alzheimer's team you can have \$5 from each ticket sale credited to your team.

Of course we cannot forget about our five Walk to End Alzheimer's! We are so proud to have the 11th largest Walk in the country and the BEST volunteers, team captains and walkers. This is a very special year as for the first time we are not fighting against Alzheimer's but fighting FOR the First Survivor. Hopefully you have seen this on the Walk brochures, billboards, and TV ads. The Promise Flower ceremony will be extra special as we unveil the white flower – symbolizing the first survivor. Wouldn't it be amazing to see thousands of them someday? If you haven't signed up yet, please see the schedule in *Cornerstone*, find your walk location and go to alz.org/walk to start your team today.

For me it has been a wonderful first seven months. There is so much hope and positive energy surrounding all we do every day. I hope that each of you will join us in our local movement by participating in some of these fun events as a walker, team captain, volunteer or guest. You can get all of the information on the above events by visiting our website alz.org/cincinnati. Please help us spread the word by liking us on Facebook and Twitter and share our posts. It is only with such amazing supporters like you that we will reach our mission of a world without Alzheimer's. I look forward to seeing you at one or more of these events.

Spring Benefit Delivers A Memorable Night

Nearly 650 crowded the pavilion level of JACK Cincinnati Casino, helping raise \$235,000 for the Alzheimer's Association of Greater Cincinnati at the annual Art of Making Memories benefit on May 4.

Guests enjoyed cocktails, dinner by the bite, live entertainment and the opportunity to view and bid on Memories in the Making® artwork and other auction items.

"I'd like to personally thank our planning committee, volunteers and generous sponsors for lending their time, talent and treasure to another successful Art of Making Memories, said Annemarie Barnett, Director of Mass Marketing Events and Donor Partnerships.

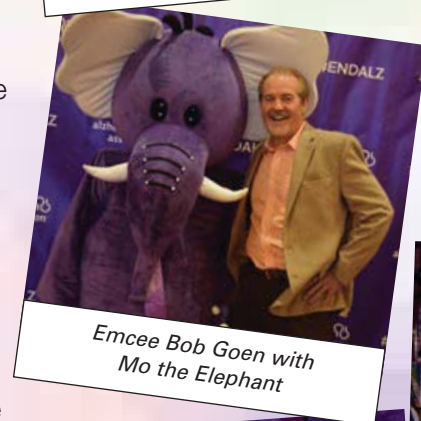
Laura Lamb, Executive Director of ERS, took a few moments to thank the crowd and the Alzheimer's Association. Laura also shared that ERS, along with the Alzheimer's Association are partnering with Cincinnati officials, including Vice Mayor David Mann and Councilman P.G. Sittenfeld, and local educators to make Cincinnati a Dementia Inclusive City. This will be a multi-year process that will include public service departments such as the Cincinnati Police, Fire Department, Parks Department, hospital systems and local businesses to ensure that prejudice, fear, and ageism are replaced by respect, compassion, and understanding for our citizens suffering from dementia and their caregivers as well.

Inspired by the Alzheimer's Association's Memories in the Making® art program, the benefit featured the work of individuals in the early to middle stages of Alzheimer's disease or other dementias through a special exhibit. Bob Goen of Warm98-FM served as emcee while Bob Herzog of Local12 served as celebrity auctioneer.

Drs. Liz and Jeffrey Schlaudecker served as honorary chairs for the benefit.



Local12's Bob Herzog has a close encounter with a special visitor from the Cincinnati Zoo



Emcee Bob Goen with Mo the Elephant



Event chairs Drs. Jeffrey and Liz Schlaudecker



Guests purchase balloons to fund Alzheimer's Association programs



Victoria Klee speaks to the audience about her mother's battle with Alzheimer's



Thanks To Our Sponsors

Presenting

ERS

Episcopal Retirement Services

Gallery

THE KENWOOD



by Senior Star

Media

Cincy magazine



'In Their Own Words.... It's About A Passion

Editor's note: As the saying goes, if you have seen one case of Alzheimer's disease, you have seen one case of Alzheimer's disease. For those affected with the disease, their caregivers, family and friends, the challenges, emotions and experiences that accompany the disease are unique to each individual. In each edition of Cornerstone, we feature an individual's story about their Alzheimer's experience, told in that person's own words. In this issue, we feature Dr. Christian Gausvik, in his own words.

By Christian Gausvik, M.D.

I was 17 years old. Mary looked up at me, lips quivering as her brain searched for words. Her eyes conveying frustration, she had an earring missing and a sweater awkwardly out of place.

Yet, just as she did each day when I came to work, her hand reached up to mine, a smile snuck across her 83 year-old face, and Mary asked, "how're you?" Alzheimer's disease had taken her speed, her memory, her independence, but there was something beautiful and revealing in those few words she managed each day. I felt overwhelmed with a desire to talk with her, to show her the compassion and dignity she deserved.

My great grandfather was destined for Mary's fate as well, growing older his memory began to fade and the faces of our family became less familiar. He changed, he struggled and he lost the connection to the man he had spent 80 some years becoming. It was close to home, but it was one of millions of similar tragedies happening across the country, and I could not help but feel that I needed to do something.

It was those sorts of experiences I had as a high school teenager and throughout college working with Cincinnati's older

adults, and my own family, that initially ignited my passion to help others like Mary and my great grandfather. The stories I knew people like them could no longer tell became my inspiration as I entered the years-long journey to becoming a geriatric physician.

Along the way I was anxious to use my passion to bring the community together, and so one night late in a 24-hour shift as a medical student I crafted the idea for a community event to raise funds – but more importantly awareness – for Alzheimer's disease. Mimosas for Memories was born in 2016 and now as I begin planning the third annual event for April 2018 for 250 people, I can say I have never been more proud of any one accomplishment in my life. However, it's not mine to claim, because so many family, friends, volunteers, businesses and community members make it possible each year and I continue to be astounded by the generosity of our great city.

With each hour I spend working on this cause or studying ways to help patients my passion seems to grow a little more, and in many ways it has become part of who I am.

For me, the decision to enter on this path to become a geriatric physician was and is a promise to know the medicine. But more importantly, it is about a passion and a dedication to always recognize our common humanity, to care for others as people, to see pain not just as a symptom and to heal sometimes with words instead of prescriptions. It is about showing compassion, it is about relationships, it is about community...and it is about holding Mary's hand.



Dr. Gausvik & Diana Bosse

Development News

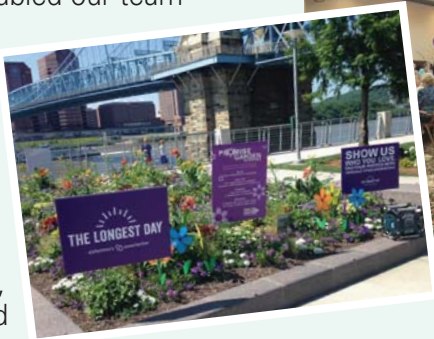
Locals Embrace Living The Longest Day

Hundreds of local residents participated in The Longest Day during the week of June 21. Teams conducted a variety of sunrise to sunset activities, including playing bridge, photography, cooking, bowling, playing music, craft making, playing games, golfing and hiking.

"I want to thank everyone who supported The Longest Day. Because of your passion and commitment, we more than doubled our team participation from last year and made a lasting impact on our community throughout the month of June," said Annemarie Barnett, Director of Mass Marketing Events and Donor Partnerships.

As part of the celebration of The Longest Day on June 21, the Alzheimer's Association held

THE LONGEST DAY



a special day-long family-friendly event at Smale Riverfront Park.

With donations still coming in, the 50 local teams participating in

The Longest Day raised more than \$30,000 in support of Alzheimer's research. Nationally, more than 3,600 teams participated in The Longest Day, honoring those facing Alzheimer's

and their caregivers, who experience the longest day every day.



ALZ Stars Set Pace at Flying Pig Marathon

It was another successful ALZ Stars Race for the Brain team season, culminating with the Flying Pig marathon weekend in May. We are squealing with glee as we not only hit the \$41,000 goal but surpassed it. Thanks to our donors, runners/walkers and the committee for all of their hard work. Jean Barker, Sue Davis and Jim and Lisa McKale once again ran away with it.

A special thanks to Sue and Julie for co-coaching our new "Couch to 5K" group of fun ladies. We plan to expand on this concept next year. Stay tuned for more details.

A huge thank you goes to the volunteers who ventured out at 6:30 a.m. on a Sunday to cheer on the Flying Pig participants and our ALZ Stars. The Squeal Station was right after the participants



made it up Gilbert Hill- one of the toughest parts of the course. We are proud to say we won 3rd Place in the Squeal Station competition. However, Mo let us know he is learning some new dance moves and has some tricks up his sleeve so next year we will be taking first place.

We hope that you will think about participating with the ALZ Stars program next year. For details, contact Annemarie at anbarnett@alz.org.

Thank you to our sponsors: CapTel Outreach, The Kenwood by Senior Star, ONI Advertising, Ohio Living Mount Pleasant, Senior Lifestyle and Structured Innovations.



Schwalbach takes on California for Jackie's Run

Averaging more than a full marathon a day for nearly a week is a challenging feat for even the most experienced ultramarathoner. Steve Schwalbach of Fort Thomas, Ky., has done that on three different occasions in recent years, including a single-day 45-mile run across Rhode Island last year. The runs were all in honor of his late mother, Jackie, and to help raise funds and public awareness in the fight against Alzheimer's disease.

This year, Schwalbach is taking on the state of California in September, running from Lake Tahoe to San Francisco Sept. 3-9. His course will cover 250 miles.

For Schwalbach, the idea for "Jackie's Run," came from wanting to do something to help his mother, who was first diagnosed with Alzheimer's disease in 2001. Schwalbach said that while on a training run for an upcoming marathon that night, the idea came to him.

"I was thinking about what I could do. I'm not a doctor or research scientist who could develop a new drug. I'm just a construction worker and a runner. I felt helpless and started to cry," he said. "As I ran with tears coming down my face, an idea popped into my head. I would run the state of Kentucky for Alzheimer's and raise money and public awareness throughout the state of Kentucky."

After completing a 220-mile trek through Kentucky in a week in

2014, he decided to do a similar run through Ohio in 2015, this time a 328-mile run from Cleveland to Cincinnati over eight days.

About 45 days before the start of the Ohio run, Schwalbach's mother passed away. Despite breaks in his training regimen and dealing with the loss of his mother, Schwalbach completed the run on schedule.

In March of 2016, coping with high humidity and above-average heat for much of the week, Schwalbach completed a 230-mile run from Daytona Beach to Lido Beach in Florida. Last year, he covered 45 miles in a single day across Rhode Island.

In addition to raising public awareness about Alzheimer's through media coverage of his runs,

Jackie's Run has raised more than \$45,000 for the Alzheimer's Association.

To make a donation in support of Jackie's Run, visit JackiesRun.com. You can keep up to date on Steve's run on Facebook and Twitter at #Jackiesrun.



Steve Schwalbach

Advocates Should Hold Optimism for Future



By Steve Olding

Director of
Communications
and Public Policy

Political discord in Washington, horrific acts of terrorism and unrest in much of the world, a growing heroin epidemic in many of our local neighborhoods...bad news stories seem to fill the media airwaves daily. It's enough to make one wonder if there is any room for optimism.

And yet, we as a society still aspire to a better, brighter future, even in dealing with our most formidable challenges, including Alzheimer's disease.

On the Alzheimer's front, there are many reasons for optimism.

After years of underwhelming support for the expansion of Alzheimer's research and care initiatives, we have seen major advances in both over the past decade. In just the past six years alone, federal funding for Alzheimer's research through the National Institutes of Health (NIH) has nearly tripled to more than \$1.4 billion annually.

Earlier this year, the Centers for Medicare and Medicaid Services (CMS) formally approved a new Medicare-reimbursed service allowing those newly diagnosed with Alzheimer's disease to receive comprehensive care planning services through a medical visit. CMS enacted a new billing code for physicians and other practitioners to provide a series of services for persons with cognitive impairment, including functional, neuropsychiatric and safety assessments, advance care planning and palliative care needs as well as the development of a care plan.

In addition, a growing number of states are enhancing their dementia training and respite programs while many cities are working to become "dementia friendly" communities.

And our influence as an advocacy force only continues to grow.

More than 1,300 advocates representing each of the 50 states attended the Alzheimer's Association National Advocacy Forum in Washington, D.C. in March. This marked the 29th year for the advocacy event. In addition to a series of presentations focused on Alzheimer's as it relates to public health and public policy, advocates met with members of Congress requesting a \$414 million increase in federal funding for Alzheimer's research in FY18. If approved, total annual funding for Alzheimer's research through the NIH would be



Advocacy in Action

More than 300 advocates from across Ohio filled the Ohio Statehouse Atrium in Columbus for the 2017 Memory Day on May 3. In addition to providing the opportunity for advocates to meet with their elected representatives, Memory Day included a luncheon program featuring House Speaker Cliff Rosenberger (pictured, lower left) and Ohio Department of Aging Director Stephanie Loucka.

nearly \$1.8 billion, closing in on that \$2 billion annual total called for by the research community. We also continue to join other leading health organizations supporting passage of the Palliative Care and Hospice Education and Training Act (PCHETA) which would bolster palliative care training and services.

In addition to building a stronger and better informed network of advocates, the Alzheimer's Association is taking major steps to ensure that our message is carried with stronger political clout through the work of its sister 501c4 organization, the Alzheimer's Impact Movement (AIM).

Our political momentum is well documented. But we are to truly succeed in our mission of advocacy on behalf of the millions of families touched by this disease today and the many more to follow, our base of advocates must continue to grow. Today, more than ever, your voice needs to be heard.

For more on the Alzheimer's Association and its public policy efforts, visit: alz.org or contact me at solding@alz.org.

Volunteer Spotlight

Darpel Guides Families Through Aging's Legal Maze

The Alzheimer's Association of Greater Cincinnati is fortunate to have hundreds of generous volunteers serving in various ways throughout the year. Although we cannot possibly spotlight every volunteer in Cornerstone, we appreciate their valuable support and service. In this issue, we feature Matthew Darpel.

Dealing with the daily challenges of Alzheimer's or a related dementia is difficult enough. When you add the many serious legal issues confronting families, including probate, guardianship, estate planning, Medicaid requirements and long-term care, it can be overwhelming.

Fortunately, many families have been able to turn to Northern Kentucky elder law attorney Matt Darpel for advice.

For more than 15 years, Darpel has been providing legal advice to hundreds of families through his presentations at the Association's "What Families Need to Know - When the Diagnosis is Alzheimer's Disease or another Dementia" program.

"Matt has become someone the community relies on. Navigating the proper path of care for someone with dementia is complicated, at best. When you layer in the additional dynamics of legal concerns, it can become unbearable," said Clinical Outreach Director Elise Sebastian. "Matt volunteering to educate our community on these issues has helped even the playing field for these families tremendously."



Matthew Darpel

Darpel, an attorney and financial advisor whose office is based in Crestview Hills, Ky., specializes in elder law and estate planning. Having lost his grandmother to the disease and his mother currently in the later stage of Alzheimer's, he is well aware of the personal toll this disease takes on families.

"It is certainly bad enough when a family member has to be admitted to a nursing home, but the thought that it could be financially ruinous makes it worse. More often than not, the information I provide gives families hope that they will not be left destitute," he said.

As someone who has used the services of the Alzheimer's Association program staff, including family care consultations, Darpel often refers clients who are caring for someone with dementia to the Greater Cincinnati Chapter.

"The most gratifying aspect of doing these presentations is providing people with information on how to best plan for the legal and financial issues they face. The stress of dealing with daily care issues is difficult enough," he said.

A life-long Northern Kentuckian, Darpel is a graduate of Northern Kentucky University and Chase College of Law. A practicing attorney for more than 30 years, he and his wife, Mary, live in Edgewood with their three daughters.

The Alzheimer's Association of Greater Cincinnati is always in need of volunteers for certain projects and tasks. To learn more about volunteer opportunities, please contact Annemarie at anbarnett@alz.org or call her at (513) 721-4284.

Donor Recognition

The Alzheimer's Association of Greater Cincinnati depends on friends in our community to help support Chapter programs and services through donations, tributes, memorials and bequests.

It is with deep gratitude that we recognize the following individuals, companies and foundations who made contributions as well as memorial and tribute gifts between March 15 and July 10, 2017.

We have made every effort to acknowledge contributions and spell names correctly. If we have inadvertently omitted or misspelled your name, please contact Annemarie Barnett at anbarnett@alz.org or (800) 272-3900.

With every dollar you donate, we promise to offer help and hope. Thank you very much for being a vital part of our vision of a world without Alzheimer's.

Annual Fund Drive

Leadership Circle

(\$10,000-\$99,999)

Mr. and Mrs. Lewis French
General Electric Company

Alois Society

(\$1,000-\$9,999)

Mr. and Mrs. Elroy Bourgraf
Mr. and Mrs. Fred Herzner
Mr. and Mrs. James Heyser
Mr. and Mrs. James Lothrop
Mr. and Mrs. John Dorr
Mr. and Mrs. Larry Plum
Mr. and Mrs. Mark Dickey
Mr. and Mrs. William Joiner
Mr. Donald Neyer
Mr. and Mrs. Rick Ryan
Mr. Todd Washburn
Ms. Mary Ann Jacobs
State Farm Companies
Foundation

Benefactor

(\$500-\$999)

Bank of America Matching
Gifts
Grand Temple Pythian
Sisters of Ohio
Mrs. Marcia Togneri

Patron

(\$250 - \$499)

Bishop Brossart High
School
Mr. Robert Parker
Ms. Marianne Lamey
Roether Service Station
Social Service Assoc
Ted Lewin, Ltd.
Xi Lamda Pi Sorority

Tribute Gift Roster

HONOR:

MATRE COMBS

Mr. and Mrs. Jason Green

MS. BARBARA GLEN

Ms. Lois Lambers

MRS. ANN HARTMAN

Mrs. Ruth Haas

MR. BRUCE JAQUISH

Ms. Ellen Austin-Li

MR. AND MRS. STEVE

OLDING

Ms. Ginni Ragan

MR. AND MRS. WALTER

ORLOWSKY

Mr. Richard Klinker

DR. AND MRS. DANIEL

PELCHOVITZ

Mr. and Mrs. Brad Wagner

MR. AND MRS. ROGER

ROSENTHAL

Mr. and Mrs. Barry Kaplan

Mr. and Mrs. Edward Levy

DR. JEFFREY

SCHLAUDECKER

The Marge and Charles
Schott Foundation

MRS. JANE SEITZ

Mr. and Mrs. Ronald Seitz

IN MEMORY OF:

PAULINE ABRAMS

Abrams Automotive

JUNE ALEXANDER

Mr. Richard Bennett

BOB ALLEN

Mr. David Doeker
Ms. Deborah Heim
Mr. and Mrs. Steve Lipps
Mr. and Mrs. Ron and Ginny
Nessler
Mr. and Mrs. Timothy Ohara
Mr. and Mrs. Dennis
Rosenhagen
Mr. and Mrs. Steve Rust
Mr. and Mrs. Daniel W.
Scharff
Mr. and Mrs. Gregory
Shumate
Mr. and Mrs. Rick Steinmetz
Ms. Jacqueline Thornton
Mr. and Mrs. Marvin Wander

RICHARD AMMON

William Chatfield

JOAN ARBOGAST

Mr. James Conyers

BILL ARTZ

Ms. Betty Rosenthal

LORETTA ATHA

Mr. and Mrs. Kenneth
Fischer

ROBERT BALDWIN

Mr. and Mrs. Don Souders

MELVIN BARTLETT

Mr. and Mrs. Bob Cooney

JAMES W. BASSETT

Ms. Carolyn Moler

LEON BECKNELL

Ms. Peggy Nice

JOAN BERG

Ms. Elaine Back
Joan Berg
Mr. Robert Dorsey
Ms. Lois Grathwohl
Ms. Kathy Horne
Mr. and Mrs. Robert Klein
Mr. and Mrs. Thomas Klumb
Mr. John Landen, Jr.
Ms. M. Caroline Lemmink
Ms. Helen Limke

PAUL BESSLER

Mr. and Mrs. Bill Bessler
Mr. Paul Brinkman
Ms. Ann Daeschner
Mr. and Mrs. Bob Gravett
Ms. Shauna Isaacs
Mr. and Mrs. Mark Moehring
Mr. and Mrs. Glen Moorman
Ms. Ann Moreton
Phillips Theological Seminary
Corp.

Mr. and Mrs. Thomas

Tillman

Mary Walsh

CONNIE BIGHOUSE

Mr. and Mrs. Merle Bethel

GEORGE BISHOP

Ms. Melanie Jackson

DOUGLAS BLANKEMEYER

William and Ann Chatfield

Tom and Mercey Neuman

FAY BOEH

Rob Kaplen
Mr. and Mrs. John Morrison
Ms. Jane Oberschmidt
Mr. and Mrs. Eric Peterson
Rudler and Associates Inc.
Mr. and Mrs. Michael Ryan
Mrs. Barbara Sheetz
Mrs. Adele Yung

DIANE BOOKS

Ms. Cindy Books
Mr. and Mrs. William Miller
Mr. and Mrs. Doug Turnbull
Mrs. K.N. Von Kampen

DAVID BOSTROM

Ms. B. Lucille Cameron
Mr. and Mrs. Nathan Downs
Mr. Ronahd Eschliman
Mr. and Mrs. William Gaynor
Mr. and Mrs. Richard
Harrington
Mr. George Miller III
Mr. and Mrs. Carl Ray
Mr. and Mrs. Lenny Singer
Mr. and Mrs. Frank Szecksay

LEE BOWEN

Mr. and Mrs. Lawrence

Martin

ELLSWORTH BREDEMEYER

Mr. and Mrs. Harold Barge

Mr. and Mrs. Earl Morgan

TRUME BRISTLE, JR.

Ms. Angela Allen

MR. EARL BROWN

Mr. and Mrs. Elroy Bourgraf

GEORGE-ANN BROWN

Ms. Sheila Stojak

MARGARET EDNA BROWN

Mr. and Mrs. Dennis Brown

MILDRED BROWN

Sigma Chi of Epselon Sigma

Alpha

Mr. and Mrs. Edward

Yandura

MS. SANDY BROWN

Ms. Nancy Turner

MR. JOHN BULLOCK

Ms. Ann Bullock

DAYLE CHANDLER

Ms. Linda Fultz

CHARLES PHILLIP CLAY

Mrs. Gloria Clay

MARY COWAN

William & Janet Swartzel

JUANITA DAVISH

Mr. Jack Young

EMMA DEGIUSEPPE

Mr. and Mrs. Frank Nesi

DAVID J. DENGLER

Mr. and Mrs. Steven Curtis

WALTER DEWALD

Ms. Beverly Bepler
Mr. and Mrs. Donald Foster
Mr. and Mrs. Arthur
Frimming
Mr. and Mrs. William L.
Smith
Mr. and Mrs. Mark Weber

Ms. Jacqueline Wiesman

Ms. Judy Zuber

JOHN DOVIAK

Barrett and Weber

Mr. Steve Berke

Virginia Brezinski

Mr. and Mrs. Joseph

Carroccio

Ms. Anne E Charles

Mr. and Mrs. Rick Clark

Mr. and Mrs. Nicholas

Ferrato

Mr. & Mrs. Michael Goodwin

Mrs. Paula Kollstedt

Mr. and Mrs. Clifford Lee

Mr. and Mrs. John McAuliffe

Mr. Robert Rowekamp

Mr. and Mrs. Sal Scrofano

Mr. and Mrs. Frank Szecksay

Mr. and Mrs. Larry Thamann

RONALD DREW

Mr. and Mrs. Earl Flower

HAROLD LEE ELLIS

Mr. and Mrs. Russ Stone

BETTY EHTERTON

Julie and Craig Margolis

TIMOTHY FAITH

Mrs. Barbara Beimesch

KATHLEEN FARFSING

Mr. and Mrs. Michael Dubrul

Mr. and Mrs. Dennis Egan

Mr. and Mrs. Donald Gilb

Mr. and Mrs. Merrill Glos

Mr. and Mrs. Charles

McDonald

Ms. Mary Jean Murray

Ms. Carolyn Royalty

Mr. and Mrs. Dale Schaefer

CATHERINE FARIS

Friedhoff Accounting

Service, Ltd.

Ms. Susan Zimmerman

AMY FIEDLER

Mr. and Mrs. William

Jenkins

ETHEL FLAMION

Ms. Linda Lohman

GEORGE FLOWERS

Ms. Patricia Buerger

Franklin Brazing & Metal

Treating

RUTH FREESE

Mr. and Mrs. Jon Schott

Clay's Painting and

Plastering

ROBERT FREY

Johnson Investment

Counsel Inc.

Mr. and Mrs. Victor Sabino

Mr. and Mrs. Peter St. Clair

WANDA GASTRIGHT

Mr. and Mrs. George

Kavouras

ELEANORE GAUGHAN

Ms. Deborah Colburn

JUDY GEHR

Ms. Cathy Joyner

BARCLAY GEST

Ms. Barbara R Alexander

Mr. and Mrs. William

Harland

Mrs. Suzanne Stimler

Mr. and Mrs. William

Weyand

MARY ANN GILBERT

Anonymous

Ms. Cecilia Davis

Mr. and Mrs. William Ferrell

Mr. and Mrs. Robert Huber

Ms. Cathy Jacob

Mr. and Mrs. Dennis Kramer

Ms. Nancy McNally

Alan & Susan Prieshoff

JOHNA GILLAND

Mr. Larry Gilland

TOM GONNELLA

Mrs. Linda Gonnella

EDYTHE GORDON

Mr. and Mrs. Mark McGee

DOROTHY GREEN

Ms. Mary Bethel

Mr. and Mrs. David Lindholm

Mr. and Mrs. David Wik

SHIRLEY GREEN

Mr. and Mrs. Steve

Clevenger

Cors & Bassett, LLC

Miss Mae Finkbeiner

Mr. and Mrs. Calvin Fortin

Graphic System Services

Mr. and Mrs. Michael Green

B. E. Holthaus

Mr. and Mrs. David Kolczak

Mr. and Mrs. Donald

Marshall

Mr. and Mrs. Michael Partin

Ms. Pat Quinn

Ken Rosenberger

Larry Rosenberger

Mr. and Mrs. David

Schmeusser

Mr. George Streckfuss

Mr. and Mrs. Kevin

Streckfuss

Mr. and Mrs. Steven

Streckfuss

Ms. Karen Thistlewood

Mr. and Mrs. Glenn Wilmes

LILA GREENWOOD

Fitch-Denney Funeral Home

DOLORES GREER

Ms. Sherry Martin

GRESHAM, SMITH AND

PARTNERS

Gresham, Smith and

Partners

JOSEPH JAMES

GRIMMELSMAN

Mr. and Mrs. Michael Carey

Ms. Gayle Eggleston

Ms. Patricia Grimmelsman

Mr. and Mrs. Thomas

Grimmelsman

Ms. Karen Kruetzkamp

Carol McGary

Mr. and Mrs. Ron Morgan

Mr. and Mrs. Mark Williams

VELMA GUBSER

Mr. and Mrs. Donald Funaro

Mrs. Sharon Geiger

Mr. and Mrs. Robert Mains

Ms. Elaine Nehus

Ms. Janet Reis

Ms. Ruth Reis

Ms. Anna Schalk

Mr. Charles Schalk

Ms. Laura Schalk

Mr. and Mrs. John

Sendelbach

Ms. Donna Taylor

Mr. and Mrs. Terry Weaver

NORM HAAS

Mr. and Mrs. Jerry Crowder

Mr. and Mrs. Russell

Nordman

JOSEPH HAGN

Ms. Rhonda Baker

Ms. Joyce Frame

Mr. and Mrs. Arthur Hoff

Mr. and Mrs. Joseph

Niedzwiecki

Ms. Janice Poluha

Ms. Liz Rothermel

Mr. Robert Vargo

Mr. and Mrs. Arnold Williger

ANNA HALL

Mr. and Mrs. Kenneth

Donor Recognition

EDWARD MONDAK

Ms. Mary Dunbacher
THOMAS MONGER
Mr. and Mrs. Terry Sullivan
PATRICIA MUENCH
Denier Electric Co., Inc.
Richards Electric Supply Co., Inc.
PHYLLIS MUFF
Mr. and Mrs. Mark Kestler
CATHERINE MULLAN
Mr. and Mrs. Henry Schenk
LOUISE MULLANEY
Mrs. Nancy Meyers
FANNIE MURPHY
Mike Howard
CHARLES MYERS
Mr. and Mrs. Karl Clark
Mr. Victor Morris
Mrs. Ruth Wehage

KAREN NELSON

Intelligrated Inc.
WALTER NELSON
Mr. and Mrs. Ken Cleeter
Mr. Dan Geuder
Mr. Bobby Lischkge
Mr. and Mrs. Jerry Martin
Mr. and Mrs. Patrick H Meehan
Ms. Iris Nelson
Ms. Penny Schroeder
Mr. and Mrs. Peter Wagner
ROBERT NIKLAS
Mr. and Mrs. Richard Dangel
Mr. and Mrs. William Sloan
MARIAN NOFFKE
Diana Bosse
Chester & Michaeline Laine
Mr. and Mrs. Bill Parsons
Sigma Kappa Sorority
Ms. Nancy White
Mr. Marvin Wideman
Ms. Carla Wolfe

NANCY OWSLEY

Pot Belly Pigs
Prosser Chapter #367
Ms. Judy Woodrey
THERESIA PANKRATZ
Ms. Elaine Kennedy

MR. TED PAPPAS

Mr. and Mrs. James Markes
WILLIAM PARKER
Dr. and Mrs. Donald Guth
Mr. and Mrs. Howard Reynolds

HELEN PAULY

Ms. Marion Brown
Mr. and Mrs. Tim Carroll
Mr. and Mrs. Ronald Hoffman
Mr. and Mrs. Thomas Huitger
Mr. and Mrs. Michael Oscar Gerry and Angie Reisert
Ms. Anita Riley

GEORGE PERRY

Ms. Cheryl Rarrick
JANE PETERSON
Ms. Lynne Heil Mileham
PATTY PFAU
Ms. Helen Holley

MARY PHEREN

Mr. and Mrs. James Rice
LARRY POHLGEERS
Ms. Nancy Arnold
GERRY PONN
Ms. Denver Thacker

HERB PONN

Mr. and Mrs. James McManus
Net Jets
Oasis Therapeutic Foster Care Network Inc
Southeastern Correctional Complex

CAROLE ANNE QUIETT

Mrs. Mary Caudill-Hall
Ms. Gloria Poff
Mr. and Mrs. Bob Towle
MARY RAWE
Mr. and Mrs. Paul Bautista
MARY LOU RAYKA
Cors & Bassett, LLC

SALLIE REED

Mr. and Mrs. Tim McFadden
KATHLYN REINSTATLER
Ms. Jean Vogelsang
IONE ROBERTSON
Mr. and Mrs. Doug Banks
Wilfred and Betty Bischoff
Mr. and Mrs. Earl Byrd
Ms. Lisa Jackson
Mr. and Mrs. Harold Metcalf
Mr. and Mrs. Barry Moorman
Mr. and Mrs. Darrin Moorman
Mr. and Mrs. Ortman
Ms. Cynthia Rimstidt
Mr. and Mrs. Lawrence Rosenberger
Mr. and Mrs. Timothy Roth
Mr. and Mrs. Christian Sauer
Ms. Doris Tinchner

RITA ROCHE

Ms. Ethel Mae Brungs
Mr. and Mrs. Bill Metzger
Ms. Joanne Schuler

ROBERT ROLL

Ms. Sandy Marschner
JAMES ROTHENBUSCH
Mr. William Kuhlmann
Mr. and Mrs. Clarence Rothenbusch
Mr. and Mrs. Walter Westrich

SHARON SALES

Mr. and Mrs. Philip Merz
Ms. Mary Oelling
Mr. and Mrs. Sam Reynolds
Mr. and Mrs. Charles Sawyer
Mr. and Mrs. Gates Smith

EILEEN SATTIE

Mr. and Mrs. Douglas Hedrick
Mr. and Mrs. Jerry Koelling
Ohio County Gardening Club

FRANCES SAVAGE

Mrs. Diana Bosse
Mr. and Mrs. Bob Luckerman

FRANK SCHRAD

Ms. Marilyn Bridewell
WILLIAM SCHRENK
Raymond Burnhimer
Mr. and Mrs. Ron Godfrey
Mr. and Mrs. Jim Griffin
Ms. Marian Griffin
Ushers Clerical and Related Employees
Mr. and Mrs. William Vornhage

BETTY SCHUBERT

Mr. Donald Peters
Mr. and Mrs. Greg Theobold
SHIRLEY SCHULTE
Cheviot United Methodist Church

ROBERT SCHWALIE

Dave Backer Auto Body Inc.
Mr. and Mrs. Richard Mettman
Mr. and Mrs. Charles Miller
Ms. Laura Spegal

RICHARD SCHWING

Ms. Juliana Fay
WILLIAM SHARKEY
Merchants National Bank
DANIEL SMITH
Ms. Laverne Smith
KATHRYN W. SMITH
Clarke and Marlene Anstaett
Ms. Connie Baioni
Mr. and Mrs. Robert Bauer
Mr. Howard C. Becker
Mrs. Ester Binns

Sue and Arn Bortz
Diana Bosse
Bowling Business Builders International Inc
Ms. Denise Brown
Mr. Glen Brueggemeier
Darrell and Sandy Brumett
Mr. and Mrs. Matthew A. Capito

Cassady Schiller CPAs & Advisors
Jack and Bobbie Conour
Mike, Kathee and Alexa Contini
Bob and Pat Cooney
Pat and Sherri Davis
Carl and Linda DeBlasio
Bob and Rosie Deck
Mr. William Dickmann
Mr. and Mrs. Ronald Dolan
Bob and Wanda Doggett
Mendy and Ginny Fisher
Cherie and Frances Focks
Karen and Rich Fuchs
William Gehoski
Ms. Susan Gibbs
Mr. and Mrs. James Goodfellow
Bob and Bonnie Handahl
Maryann and Jerry Hahn
Mary Jo and Mike Haverkamp
Mr. and Mrs. Daniel Henke

Bill and Carolyn Hineline
Sandy and Rodney Huber
Ms. Patricia W. Jung
Mr. Thomas W. Kahle
Dr. Theodore W. Kalsbeek
Ms. Maxine Keller
Mr. Daniel King
Mr. Stephen Koper
Dr. Paul Kozy and Ms. Marcia Kozy
Ms. Kathy Ison-Lind
Ms. Madeleine Ludlow
Dave and Carole Luppert
Ms. Ann Lynard
Terry and Barb Marty
Susan and Russ Moody
Donald and Phyllis Neyer
O'Maley Family Foundation

Mr. and Mrs. Don Pabst
Mr. George Pearson
Ms. Susan Pfau
Al and Barb Pleasant
Al and Pat Plummer
Matt and Jenny Rauch
Ms. Debbie Reeves
Phillip and Gloria Renaker
Mr. Sam Reynolds
Dr. and Mrs. Thomas Ritter
Mr. Arnold Schaeewe
Ms. Holly Schwein and Gary DeFluiter
Mrs. Martha Seagram
Shademoore Ladies Auxiliary
Mr. Randal Shifley
Brett and Andrea Starr
Ms. Rebecca D. Stiles
Kathy and John Stineman
Ed and Beverly Strelau
Bunny and Frank Szecskay
Ed and Karen Thomas
Mr. Paul Tomes
Ms. Bobbie Tugwell
Claude and Linda Vaughn
Village Garden Club Members

Ms. Jane Vollbracht
Paul R. and Karen Vollbracht
Maxine and Larry Richardson
Mary Beth and Dave Wagner
Mr. and Mrs. Doug Walter
Ms. Maryhelen West
ROBERT SMITH
Ms. Diana Klenk

JOSEPHINE SPENCER

Ms. Lillian Galbreath
Ms. Patricia Gibson
Mr. and Mrs. Russell Sparks
ALFRED STAKER
Ms. Brenda Moore

LETITIA STANLEY

Mr. and Mrs. Jim Agin
Mrs. Linda Gonnella

JERRY STEFFEN

Don and Ginger Altevers
Art's Rental Equipment
Charles H. Bilz Insurance Agency
Ms. Diana Bosse
Ms. Doris Breen
Barry and Mary Dyas
Econ-O-Wise Rental, Inc
Chip Emmerich and Ollie Buckley
Ms. Peggy Lamb Gamble
Jack and Jan Gormley
Mr. Tom Holden
Ms. Caitlin Horgan
Ms. Judy Horgan
George and Fran Kavouras
Ms. Dolores Kemme
Mr. Jerome C. Kohlhepp
Mr. James Kruer
M. Brian Lewis
Mr. Greg Menne
Ms. Carol K. Rieger
Ms. Kathleen Romero

LAURIE STEFFY

Mr. and Mrs. John Andrews

PAULINE STEINGRUEBER

Mr. and Mrs. James Sadler
Mr. and Mrs. Ray Schad

MERLE STETHEM

Ms. Martha Augspurger
Ms. Judith Gehm
Ms. Carolyn Hacker
Mr. and Mrs. Todd Malott

FRANCES STEWART

Ms. Pauline Reuter
SISTER OF SUE WEST
Bob and Patsy Pike

PAUL R SYLVESTER

Mr. and Mrs. Harvey Cohen
Ms. Lynne Mayo
Mr. and Mrs. John Showalter
NORMA SZAZ
Mr. and Mrs. David Ashbrock

Ms. Debbie Campbell
Centric Consulting, LLC
Ms. Darah Fraembs
James Szaz
Ms. Zelda Taylor
Ms. Kathleen Wiggins
Mr. and Mrs. Jerome Ziegelmeyer
THEDA THATCHER
Bright Lions Club
Ms. Celeste Calvitto
First Baptist Church of Aurora DBA Board of Deaconess

Mr. and Mrs. David Gibson
Mr. and Mrs. Allen Goodman
Dearborn County GOP Men's Club
Mr. and Mrs. John Huddleston

IRS CSC/RIC/IVO Co-workers
Mr. and Mrs. Patrick Kern
Mr. and Mrs. Arthur Little
Ms. Kathleen Prarat
Mr. and Mrs. Dave Schadler

Mr. and Mrs. Thom Schmidt
FLORA VAN GUELPE
Mr. Dale Sunderhaus
Mrs. Debbie Woods

KATHERINE VINCENT
Mr. and Mrs. Frank Chapman

VOLUNTEERS NEEDED TO BE THE

Director of First Impressions

Muscle
Wise Guide
Tattoo Crew
Refreshers
Woo –Hoo’s
Gardeners
Poet Guides
Hope Finders
Viral Crew
Bankers
And more!

Is your interest piqued?

Contact Annemarie at (800) 272-3900

for more information on these all important groups!

FRED VOLLMAN

Ms. Constance Besuden
RICHARD VOSS
Mr. James T. Aglamesis

Mr. and Mrs. John Bloomstrom
Mr. and Mrs. Jack Gottschalk
Mr. and Mrs. William Houck
Mr. Jay Sikes
Mr. and Mrs. Richard Woolsey
CLAUDINE WADDELL
Mr. and Mrs. Roy Adkins

JOYCE WAGNER

Mr. and Mrs. Gerald Wagner
SALLY ANN WAGNER
Ms. Carol Black

MELVILLE WALKER III

Ms. Shirley Strauss
MR. GARRET WALKER
Mrs. Cynthia Walker

CAROL WALLRAWE

Cincinnati Left-Handers
Ms. Patricia Cline
Mr. Bill Harrison
Mr. and Mrs. Mark Hehman
Ms. Sharon Stratman
Mr. and Mrs. Richard L. Tabler
Ms. Kathy Vogt

DALE WARD

Equipment Depot Learning Center
Mr. and Mrs. Andrew Sykes
Mr. and Mrs. Kevin Tewell

JANET WARD

Mr. Kelly Farler
Mr. and Mrs. Ronald Poynter
Mr. Michael Ward
JERRY WARREN
Mr. and Mrs. Dennis Lauck
Mr. and Mrs. Frederick Preiss

JOE WEBER

Miller-Valentine Group
Mr. and Mrs. Duane Nees
Jessica Jackson Walton

JOSEPH WEBER

Mr. and Mrs. David Bardill
Mrs. Kaye Gaffney
Mr. and Mrs. Richard Lonneman
Mr. and Mrs. Michael Parrilli
Mr. and Mrs. Joe Rosati

MILDRED WEBER

Sr. Bernadette Asbach
KATHLEEN WEINLE
Ms. Mary Ann Meade

KATHY WEINLE

Mr. and Mrs. Thomas Hagenberth
ROBERT WEST
Ms. Sharon Wight
BONNIE WESTWOOD
Boone County High School Class of 1960
MARGARET WILBER
Mr. Robert Bailey

Mr. Steve Black
Ms. Cynthia Cobb
Mr. Kenneth Johnson, Sr.
Mr. Robert Johnson
Markland-Denney Funeral Home
Ms. Connie L Smith
Mr. and Mrs. Everett Walton
Ms. Bea Williams
Mr. and Mrs. Kenny Williams
REBECCA WILCOX
Ms. Violet Caldwell
Mr. and Mrs. Jerry Caster
Mr. and Mrs. Larry Gee
Marita Gibson
Mr. and Mrs. James Inskeep

Mr. and Mrs. Gary Johnson
Ms. Ann Kelley
Mr. and Mrs. Larry Meyer
Ms. Barbara Pettyjohn
Ms. Patricia Porter
Mr. Patrick Snider
CATHERINE WILLIG
Mr. and Mrs. Tom Brunner
Mr. and Mrs. Jeffery Cook
Mrs. Beverly Harms
Mr. and Mrs. Earl Morgan
Ms. Sandy Weisbrod
Don and Lois Wingerberg

FRANCIS WILTZ
Ms. Colette Wiltz
OVLE WINTER
Ms. Betty Baker
Mr. and Mrs. Charles Canterberry
Mr. and Mrs. Delvin McCallister

VINCENT WISSEL
Mr. and Mrs. Tom Knorr

RUSSELL B. WITTE, JR.
Ms. Priscilla Thinnies

MARY WORMUS
Ms. Carole Coleman
Hartwell Senior Center
Ms. Diane M. Martin
Mr. and Mrs. Dale Strain

IRENE WRIGHT-ABRAHAM
Mr. and Mrs. James McNeill

The Tour for the Cure

Continued from page 1

The house is the first home in an eight-lot private community called The Reserve at Rivers Pointe. It's connected by a walking trail to Rivers Pointe Estate, which comprises 450 wooded acres with more than a mile of sites overlooking the Ohio River. The Toeppen home not only overlooks the Ohio, but a stable with horses as well.

"The Alzheimer's Association has been very supportive of my family and their programs staff helped us cope with a very difficult situation," said Toeppen. "We know what this disease is like first hand. We want to support the Alzheimer's Association. We want to help them find a cure, while caring for those battling this terrible disease."

There will be a special VIP event on Friday, Aug. 25 that includes hors d'oeuvres, wine and complimentary valet parking from 5-9 p.m. Admission is \$100. The tour continues on Saturday and Sunday from noon to 7 p.m. Admission those days is \$25 in advance; \$35 at the door. To register, visit Eventbrite.com and search for The Tour for a Cure or call (800) 272-3900.

"We are deeply grateful to the Toeppen family for this generous philanthropic effort in support of the care and cure of those battling Alzheimer's," said Paula Kollstedt, executive director of the Alzheimer's Association of Greater Cincinnati.

To attend or for more information on the home tour or the Alzheimer's Association of Greater Cincinnati, call (800) 272-3900.

Program Calendar

Family and Professional Education

What Families Need to Know... When the Diagnosis is Alzheimer's Disease or Another Dementia

What: An educational series for families of individuals with Alzheimer's disease or another dementia. Separate topics are presented at each session.

Cost: Free, but advance registration is required.

Contact: To register for a program, download a registration form at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

Northern Kentucky

Where: St. Elizabeth Healthcare Edgewood (Conference Rooms L & M), 1 Medical Village Dr., Edgewood, KY 41017

When: Saturdays, Aug. 19 & 26 (two-part series) 9 a.m. - 1 p.m.

Hamilton County, OH

Where: Alzheimer's Association (3rd floor conference room) 644 Linn St. Cincinnati, OH 45203

When: Saturdays, Sept. 23 & 30 (two-part series) 9 a.m. - 1 p.m.

Writing our Lives as Caregivers

What: An opportunity to use writing to reflect on your journey as a caregiver. No previous writing experience required.

Where: The MeriElders Senior Center, 6923 Madisonville Rd., Cincinnati, OH 45227

When: Saturday, Oct. 14, 9 a.m. - 12 p.m.

Cost: Free, but advance registration is required

Contact: Call Kristin Cooley at (800) 272-3900 for additional information. To register, download a registration form at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

Living with Alzheimer's Disease: Late Stage

What: A program on the challenges of providing meaningful connection for the person with late stage Alzheimer's and the family.

Where: Alzheimer's Association (3rd floor conference room) 644 Linn St. Cincinnati, OH 45203

When: Wednesday, Sept. 20, 1:30 - 2:30 p.m.

Cost: Free, but advance registration is required.

Contact: To register for a program, download a registration form at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

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

What: A general overview of Alzheimer's disease and related dementias

Where: Alzheimer's Association (3rd floor conference room) 644 Linn St. Cincinnati, OH 45203

When: Tuesday, Oct. 17, 1:30 - 2:30 p.m.

Cost: Free, but advance registration is required.

Contact: To register for a program, download a registration form at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

Holiday Celebrations and Other Family Gatherings

What: Discover ways to make holiday and other family gatherings less stressful and more enjoyable for families coping with Alzheimer's or other dementias

Where: Alzheimer's Association (3rd floor conference room) 644 Linn St. Cincinnati, OH 45203

When: Wednesday, Nov. 15, 1:30 - 2:30 p.m.

Cost: Free, but advance registration is required.

Contact: To register for a program, download a registration form at alz.org/cincinnati or call the Cincinnati office at (800) 272-3900.

Alzheimer's/Dementia Lunch and Learn for Professionals

What: Holzer Medical Center, 500 Burlington Rd., Jackson, OH, 1st Floor Education Room

Topic: Activities in Dementia Care

When: Tuesday, Sept. 12, Noon -1 p.m.

Cost: Free, pre-registration is required, lunch included

Contact: To register for a program, call the Cincinnati office at (800) 272-3900 or email mdever@alz.org.

Alzheimer's/Dementia Lunch and Learn for Families

What: These programs will provide an opportunity for families and caregivers to learn and ask questions about Alzheimer's disease and dementia, while receiving support from others in similar situations. You are invited to attend any or all of the programs listed below.

Jackson County, OH

Where: Holzer Medical Center, 500 Burlington Rd., Jackson OH, 1st Floor Education Room

Topic: Understanding and Responding to Dementia-Related Behavior

When: Tuesday, Aug. 29, Noon-1:30 p.m.

Cost: Free, pre-registration is required, lunch included

Contact: To register for a program, call the Cincinnati office at (800) 272-3900 or email mdever@alz.org.

Scioto County

Where: Southern Ohio Medical Center, East Campus- Gibson Building, 2201 27th Street, Portsmouth OH 45662

Topic: Understanding and Responding to Dementia-Related Behavior

When: Tuesday, Oct. 10, Noon-1 p.m.

Cost: Free, pre-registration is required, lunch included

Contact: To register for a program, call the Cincinnati office at (800) 272-3900 or email mdever@alz.org.

Lawrence County, OH

Where: Ohio University Southern Campus- Collins Building, Ohio Room, 1st floor

1804 Liberty Avenue, Ironton OH 45638

Topic: Living with Alzheimer's for Caregivers: Late Stage

When: Thursday, Oct. 12, Noon-1 p.m.

Cost: Free, pre-registration is required, lunch included

Contact: To register for a program, call the Cincinnati office at (800) 272-3900 or email mdever@alz.org.

Living with Alzheimer's/Dementia: Early Stage

What: A six-week series of education/support sessions for individuals diagnosed in the early stages of Alzheimer's disease or another dementia and their primary caregivers. Participants must have an awareness of their diagnosis and a willingness to discuss it.

Where: Alzheimer's Association, 644 Linn Street -10th Floor Conference Room, Cincinnati, OH

When: Tuesdays, Sept. 19 - Oct. 24 from 10-11 a.m.

Cost: Free, but advance registration is required.

Contact: Shannon Braun at sbraun@alz.org or (800) 272-3900 for additional information.

Family Support Group Facilitator Training

What: Education program for those interested in facilitating dementia family caregiver support groups. Approved for continuing education for social workers in Ohio.

Where: Alzheimer's Association, 644 Linn Street -12th Floor Conference Room, Cincinnati, OH

When: Thursday, Sept. 14, 8 a.m. to 12 p.m.

Cost: \$30

Contact: Kristin Cooley at kcooley@alz.org or (800) 272-3900 for additional information.

Community Education

Healthy Living for Your Brain and Body: Tips from Research

What: Health of the brain and the body are connected. Research is providing insights into how to optimize our physical and cognitive health as we age. This program provides recommendations in the areas of diet and nutrition, exercise, cognitive activity and social engagement for promoting healthy aging.

Program can be scheduled by request at community locations.

Cost: Free

Contact: Contact Janet Milne at (800) 272-3900 or jmilne@alz.org to schedule a program.