

**ALZHEIMER'S ASSOCIATION - CAPITAL OF TEXAS CHAPTER**

# SEPTEMBER 2009

**September 1 – Facing the Challenge Caregiver Education Series (Austin)**

**Part IV: Care for the Caregiver**, the last session in the series will be held at the Chapter office. The program is free of charge. **Resgistration required.** Call Christian at (512) 241-0420x15 for more information.

**September 1 - Introduction to Alzheimer's disease: ALZ 101 in Georgetown**

1<sup>st</sup> Tuesday of every month in the 2<sup>nd</sup> floor classroom of the Georgetown Public Library, 402 W. 8<sup>th</sup> Street, Georgetown, TX. Class runs 6 – 7:15 pm. Call (512) 241-0420 or email [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org) to reserve your spot. This **free** educational class is for family caregivers and anyone interested in learning the basics.

**September 2 – Lunch N' Learn: ALZ 101 in Luling**

Come learn about Alzheimer's disease and enjoy a complementary lunch from 11:30 – 1 pm at the Northside Clubhouse, 509 E. Crockett, Luling, TX. Reserve your spot by calling (800) 367-2132 or (512) 241-0420 or via email to [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org)

**September 8 - Introduction to Alzheimer's disease: ALZ 101 in Austin**

2<sup>nd</sup> Tuesday of every month at 3429 Executive Center Drive, Suite 100, Austin, TX 78731. Class runs 6 – 7:15 pm. Call (512) 241-0420 or email [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org) to reserve your spot. This **free** educational class is for family caregivers and anyone interested in learning the basics.

**September 10 – Memory Walk Kick Off Party (Austin)**

Join us for BBQ and fun at Scholz's on San Jacinto Blvd. in downtown Austin as we Kick-Off the Memory Walk 2009 Season! Be sure to join our efforts by contacting Michaela Morris at (512) 241-0420x16 or [Mmorris@txalz.org](mailto:Mmorris@txalz.org)

**September 12 – AGE & AAACAP presents 8<sup>th</sup> Annual Striking A Balance Caregiver Conference**

Come learn from keynote speaker, Dr. Jerald Winakur and a panel of experienced caregivers at the Norris Conference Center Red Oak Ballroom from 9 am – 2 pm. This program is free of charge and Elderhaven Adult Day Center is providing free respite for caregivers. Register for the conference at [www.aaacap.org](http://www.aaacap.org) or call (512) 916-6180.

**September 15 - Introduction to Alzheimer's disease: ALZ 101 in Killeen**

3<sup>rd</sup> Tuesday of every month in the Theater room at The Bridgemoor at Killeen, 2710 Cunningham Rd, Killeen, TX. The Bridgemoor is located off Hwy. 190, turn right after Logan's. Class runs 6 – 7:15 pm. Call (800) 367-2132 or email [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org) to reserve your spot. This **free** educational class is for family caregivers and anyone interested in learning the basics.

**September 16 – Lunch N' Learn: ALZ 101 in Giddings**

Come learn about Alzheimer's disease and enjoy a complementary lunch from 11:30 – 1 pm at the Downtown Restaurant, 155 W. Austin St., Giddings, TX. Reserve your spot by calling (800) 367-2132 or (512) 241-0420 or via email to [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org)

**September 21 – World Alzheimer's Day**

Join in the celebration of World Alzheimer's Day! Color your workplace purple or go Casual for the Cause, host a party or sign up to be a Champion at [www.actionalz.org](http://www.actionalz.org). Tool kits and information available by calling the Chapter at (512) 241-0420.

**September 22 - Introduction to Alzheimer's disease: ALZ 101 in San Marcos**

4<sup>th</sup> Tuesday of every month at the City of San Marcos Old Community Fish Hatchery Building, 204 CM Allen Parkway, San Marcos, TX. Class runs from Noon – 1:15 pm. Feel free to bring your lunch and leave early if you need to. Call (800) 367-2132 or email [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org) to reserve your spot. This **free** educational class is for family caregivers and anyone interested in learning the basics.

**September 25 – Lunch N' Learn: ALZ 101 in Lampasas**

Come learn about Alzheimer's disease and enjoy a complementary lunch from 11:30 – 1 pm at The Green Frog restaurant, 1406 S. Hwy. 281, Lampasas, TX. Reserve your spot by calling (800) 367-2132 or (512) 241-0420 or via email to [TXPrograms@TXAlz.org](mailto:TXPrograms@TXAlz.org)

*Deadline for announcements in our newsletter is the 20<sup>th</sup> of each month.  
Call 512-241-0420 or [txprograms@txalz.org](mailto:txprograms@txalz.org).*

# NEWS YOU CAN USE

## **New Support Groups**

3<sup>rd</sup> Tuesday at 6:30 pm  
Regal Nursing & Rehabilitation Center  
1000 Avenue J, **Lampasas, TX** 76550  
Call Ruth or Liz at (512) 556-6267 for more information!

1<sup>st</sup> Thursday at 6 pm  
Arbor House of Temple  
4257 Lowes Drive, **Temple, TX** 76502  
Call Ron or Linda at (254) 773-3081

## **New Kendall Respite Center in Marble Falls**

Kendall Respite Center will provide four hours of respite care for local caregivers of persons with Alzheimer's disease and related dementia. Gay Bergman of Marble Falls, TX and Janie White of Horseshoe Bay, TX will co-facilitate the program. The program will occur on Thursdays from 9:30 am – 1:30 pm. The Capital of Texas Chapter recently trained 28 dedicated volunteers for the program. Participants with mild to moderate dementia are being recruited. Please contact Gay Bergman or Pastor Matt Homeyer at (830) 693-0710 to see if the program is right for your loved one.

## **News Headlines**

### **Care Measures Added to Healthcare Reform Bill**

**August 12, 2009**

Rep. Bruce Braley (D-Iowa) successfully offered an amendment to the health reform bill being considered by the House Energy and Commerce Committee that will benefit people with Alzheimer's disease.

The amendment directs the U.S. Department of Health and Human Services (HHS), through the Agency for Healthcare Research and Quality (AHRQ), to develop quality indicators for the care of people with Alzheimer's disease and other dementias.

These indicators will measure the quality of care provided for people with particular diseases and conditions. They can be used by Medicare and other health systems to measure the quality of care provided by physicians, hospitals, long-term care facilities, home health nurses or any other healthcare provider.

The Alzheimer's Association applauds the efforts of Rep. Braley and the House Energy and Commerce Committee to advance the quality of health care for our nation's most vulnerable populations. If this amendment makes it into the final federal health reform bill, the quality of medical care and treatment could significantly improve for people with Alzheimer's disease. [www.alz.org](http://www.alz.org)

### **Close caregiver relationship may slow Alzheimer's decline**

**July 22, 2009**

Study believed first to document potential impact of emotional closeness on course of disease  
A study led by Johns Hopkins and Utah State University researchers suggests that a particularly close relationship with caregivers may give people with Alzheimer's disease a marked edge over those without one in retaining mind and brain function over time. The beneficial effect of emotional intimacy that the researchers saw among participants was on par with some drugs used to treat the disease.

A report on the study, believed to be the first to show that the patient-caregiver relationship may directly influence progression of Alzheimer's disease, is published in the September 2009 The Journals of Gerontology Series B: Psychological Sciences and Social Sciences and currently available online.

"We've shown that the benefits of having a close caregiver, especially a spouse, may mean the difference between someone with AD staying at home or going to a nursing facility," says Constantine Lyketsos, M.D., M.H.S., the Elizabeth Plank Althouse Professor in Alzheimer's Disease Research and director of the Johns Hopkins Memory and Alzheimer's Treatment Center.

Lyketsos cautions that it remains unclear how or why this benefit was evident in the study, since the results may be due to milder forms of Alzheimer's disease among those who reported close relationships. "A close relationship might prompt caregivers to deliver more attentive treatment, but it might be the other way around, with a milder illness helping caregivers stay close," Lyketsos says. "Our next study is designed to detangle what's going on." Read more at [www.hopkinsmedical.org](http://www.hopkinsmedical.org)