



## The Alzheimer's Update

A Local Organization Helping Local Families

Spring 2019

# ACA Fights Alzheimer's

WITH RESEARCH, EDUCATION, ADVOCACY, AND SERVICES

A recent Pew Survey found more than half of Americans expect a cure for Alzheimer's by 2050. A cure, however, continues to remain elusive. Funding to explore new avenues of research is more critical than ever as the baby boomers continue to reach age 65 in record numbers. Without better treatments or a cure the number of people in the US with Alzheimer's will increase from 5.3 to 14 million by 2050.

### ACA Junior Board Presents check for \$25,000 to UAB's Pre-Doctoral Scholars Program for Alzheimer's Research

Alzheimer's of Central Alabama (ACA) has a long, proud history of supporting research. We have funded 24 seed research grants since 2001 at Alabama universities. Six of these grants yielded promising results that resulted in over \$2.3 million in additional funding for continued study at the University of Alabama in Birmingham (UAB).

When ACA established our Jr. Board in 2015, the members, many of whom have family members with Alzheimer's, selected research as their primary focus. They have ambitiously raised money with 2 major annual fundraisers: **Glow for a Cure** – a nighttime golf tournament in August; and **Ales for Alzheimer's** at Avondale Brewery.

The Jr. Board recently presented a check that establishes the **Pre-Doctoral Scholars Program for Alzheimer's Disease Research at UAB**. Funding from the Jr. Board will support two graduate students conducting Alzheimer's disease research over the next three years. By investing in student support, ACA is simultaneously investing in current research projects and developing the future workforce for Alzheimer's research. Programs like this can assist in recruiting the brightest, most promising students to establish careers in research.



JUNIOR BOARD PRESIDENT NICK BECKHAM PRESENTS THE FIRST CHECK TO DAVID G. STANDAERT, MD, PhD, CHAIR, DEPARTMENT OF NEUROLOGY, UAB, ALONG WITH KYLE CONRAD, ELENA HARMON, ASHLEIGH ALDRIDGE, AND HILLARY CAMPBELL

Combating Alzheimer's means fighting on multiple fronts, not every breakthrough includes a pharmaceutical answer. We are learning more about how a person's overall health is emerging as a key element of long-term brain health. Would you be willing to take proactive, preventative measures today if it benefitted your brain health as you age? There is a growing movement to incorporate lifestyle choices as a way to delay cognitive decline, increase cognitive resilience and capacity, and minimize the risk of developing Alzheimer's.

ACA is partnering with the Brain Health Institute (BHI) to establish the brainH.E.A.L.T.H protocol. BHI is offering a 6 week health intervention for dementia caregivers and people at risk that targets: H – healthy eating; E – emotional regulation; A – activity and leisure; L – learning strategies; T – toxicant reduction;



H – habit formation. If you are willing to embrace a lifestyle essential for achieving optimal brain health, this program can give you the tools to help prevent or stabilize decline and restore cognitive function.

### Research, education and advocacy are essential to ACA's mission.

A new key phrase in Alzheimer's care is "understanding Alzheimer's from the inside out." What can people living with dementia tell us of their experience? Could that help us be better caregivers? ACA plans to explore this issue at our annual conference, October 18, at Canterbury United Methodist Church. Presented by Medical Properties Trust, our keynote speaker will be Jamie Tyrone. She was 49 when she learned she had a genetic predisposition that translates to a more than 90% chance she will develop Alzheimer's. An advocate and author, her book, *Fighting for My Life*, is a guide for those who know they are at greater risk of Alzheimer's disease.

Research, education, and advocacy are essential to ACA's mission. And ACA is doing important work to fight on those fronts. As we wait for a cure, ACA will continue to offer the services that make a real difference to families: **Project Lifesaver** to keep patients safe; **day care scholarships** to provide respite for caregivers while providing care that fosters each participant's unique skills and abilities; and **continence supplies** that preserve dignity. Visit [www.alzca.org](http://www.alzca.org).

FAR LEFT: GLOW FOR A CURE.  
NEAR LEFT: ALES FOR ALZHEIMER'S.





# Alzheimer's of Central Alabama

*Love in the Garden*  
**Sat. May 11**  
 Iron City  
 Garden  
*Art Party*  
 Tickets  
 (205) 871-7970  
 or [www.alzca.org](http://www.alzca.org)  
 Presenting Sponsor: Anne and Mike Warren

**Save The Date**  
 Alzheimer's in Alabama  
 ACA's Annual Conference  
**October 18**  
 Canterbury United Methodist Church

Our keynote speaker, Jamie Tyrone, was 49 when she learned that her genetic predisposition gives her a more than 90% chance of developing Alzheimer's.

Sponsored by:



Medical Properties Trust

## Our Corporate Partners



Alzheimer's of Central Alabama

Post Office Box 2273  
Birmingham, Alabama 35201-2273  
(205) 871-7970  
[www.alzca.org](http://www.alzca.org)

Non-profit org.  
U.S. Postage  
PAID  
Permit No. 1564  
Birmingham, AL



Located at:  
300 Office Park Drive, Suite 225  
Birmingham, Alabama 35223



## Ingredients of Caregiving

Alzheimer's disease is a journey into unfamiliar territory. Where we once felt sure about life, we now cannot anticipate what the future will bring. It takes courage to lean into the ebb and flow of the caregiving relationship. Stop and consider if your relationship needs a little more of these essential caregiving ingredients.

**Honesty** – Be truthful with yourself. See your loved one as they are, not as you wish them to be. By being honest, you can evaluate whether your responses to your loved one are helpful or if you are part of the problem.

**Knowing** – Know your loved one as they are today. Know their strengths so that you can build success into their day. Know their weaknesses so you can gently offer assistance and reassurance. Know what triggers their temper so you can avoid it. Know what comforts when they are anxious or afraid.

**Trust** – Having trust means letting go of all the control and allowing for the possibility that there are solutions to your problems.

**Hope is our belief that one good moment can lead to another.**

**Patience** – Learning patience is one of the greatest rewards of caregiving. When we are patient, we foster independence by giving our loved one needed time to comprehend and do for themselves. When we are patient, we turn off our anger switch with annoying repetitive behaviors. When we are patient, we understand that being right means keeping the peace instead of always being correct.

**Hope** – Hope is not wishful thinking that leads to unrealistic expectations. It is a belief in our ability to take positive actions in the present. It is our belief that one

good moment can lead to another. It is our understanding that setbacks don't define the journey.



HEART ART CREATED AT NEW VISION ADULT DAY CENTER IN BIRMINGHAM.