



# Alzheimer's Network News

## Alzheimer's Network Goes Mobile

Changes abound at the Alzheimer's Network office. As we look forward to our next year, 2017, we are also looking at changes in our donor and data collection. AlzNet has now gone mobile and will be using a system called MobileCause. This system makes it even easier for our supporters to donate to us from their computer, tablet or cell phone. It has also helped us to implement our new Monthly Sustainer Program, as donors can choose to make their donations recurring.

This also brings about exciting changes for how we process our registrations and

payments for our two main fundraising events—Affair to Remember and Walk 4 Alzheimer's. This new system will make registration forms completely paperless and easier than ever to complete.

For our Walk 4 Alzheimer's event, Team Captains will now be able to set up a mobile and social media friendly team fundraising page and have all involved share it. Setting up a team fundraising page will be easier than ever, and all money raised through the page will automatically go to AlzNet and count towards your teams goal.



### How to Donate to AlzNet:

- Text "ALZNET" to 41444
- Click on link and make donation
- Visit ALZ-NET.org/donation/
- Choose: One Time donation or make it Recurring

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### Quote of the Month:

"We remember their love when they can no longer remember."

## Affair to Remember—April 28, 2017

Save the Date for our annual Affair to Remember gala event coming up on Friday April 28th. This year the event will be held in the beautiful Willamette Heritage Center Spinning Room.

We are pleased to have BMW

of Salem as our presenting sponsor again this year.

The event will feature dinner, music, live & silent auction and wall of wine. This benefit event for the Alzheimer's Network will see a few changes that we are very

excited to roll out this year. Starting with a theme for the event—New York City echoing the 1957 movie Affair to Remember.

Tickets are on sale now and can be purchased by texting "ATR" to 41444 or by visiting our website—ALZNET.org.



Tickets: \$50 Individual  
\$80 Couple

## 2017 Changes in Medicare

2017 is seeing some changes in Medicare, the national health insurance program for individuals 65 and over. The biggest changes this year are an increase in premiums and higher deductibles.

Social Security may not get a cost of living adjustment (COLA) in 2017, which will then mean that 70% of social security beneficiaries will not have to pay the rise in premiums for Part B, as there is a “hold harmless” clause in federal law to prevent their income from being drained by rising premiums.

What does this mean for the other 30%? They are not protected by the “hold harmless” clause and therefore will pay about \$149 a month in premiums for Part B.

The Part B deductible will also rise this year from \$166 to \$204. After the deductible you can expect to pay about 20% of your medical costs with Medicare picking up the other 80%.

Medicare Part D will also see a rise in premiums, which will largely depend on the income of the individual or couple.



Medicare is very complicated and there are agencies who can help you make sense of what it means to you. See our story on Northwest Senior & Disability Services on Page 3.

Story Source: HuffingtonPost.com

## Alzheimer’s Network Music Therapy Choir is Back

Alzheimer’s Network’s Music Therapy Choir program has restarted with the new year. It will take place on Thursdays from 10:30am—12pm in our office location.

Music has power—especially for individuals with Alzheimer’s disease, dementia or memory loss. Our music therapy choir program is a fun and interactive experience coordinated by a certified music

therapist, from Earthtones Music Therapy in Portland.

It is a chance for people to come together and let their voices be heard. No choir experience is necessary, just the love of music!

To register please call 503-364-8100 or email dberrell@alznet.org. Free class.

**“It is a chance for people to come together and let their voices be heard.”**

## Coming Up in February at Alzheimer’s Network

- **Music Therapy Choir Classes**—every Thursday, 10:30am—12pm
- **Art Class**—Wednesday Feb. 8, 10:30am—12pm
- **Caregiver Support Group**—Thursday Feb. 16, 10:30am—12pm
- **Time to Remember**—Wednesday Feb. 22, 5:30pm—6:30pm



## Brain Healthy Recipe of the Month—Juicing for Alzheimer’s

“A 2006 study from Vanderbilt University found that drinking fruit and vegetable juices more than three times a week can cut the risk of developing Alzheimer’s by 76%. Many fruit and vegetable juices contain polyphenols, which is a chemical found in foods with antioxidants. These superfoods have the power to interrupt the process in the brain that leads to Alzheimer’s and offers some protection against the neurodegenerative disease.”

~Alzheimers.net

### The Brain Booster Juice

Ingredients:

3 medium sized carrots (unpeeled), cut into pieces

1 medium sized apple (unpeeled), cored and cut into pieces

6 to 8 spinach (palak) leaves, roughly chopped

1/2 medium sized beetroot (unpeeled), cut into pieces

Crushed ice to serve

Directions:

Blend all ingredients using water until smooth.



Strain the juice using a strainer or a cheese-cloth.

Add some crushed ice in 2 glasses and pour the juice over it.

## Northwest Senior & Disability Services—Medicare Experts

Northwest Senior & Disability Services (NWSDS) enters into contract with the State of Oregon to deliver services to seniors and people with disabilities. They serve 5 counties: Clatsop, Marion, Polk, Tillamook & Yamhill.

NWSDS can be contacted with any questions and they have trained workers to answer those questions for no fee to you.

They are a huge resource for answers

and help with Medicare and Medicaid and are knowledgeable on the ins and outs of those complex programs.

Their other services include:

- Senior Meal Sites & Delivery
- In Home Help
- Health & Wellness Programs
- Options Counseling
- Senior Peer Mentoring
- Family Caregiver Support Program
- Money Management

**“Our mission:  
promote dignity,  
independence, and  
health; honor choice  
and empower  
people.”**

Find more info on NWSDS:

[www.nwsds.org](http://www.nwsds.org)

## New Risk Scale Developed to Identify Dementia

The Mayo Clinic’s new scale will help identify high risk seniors for dementia earlier, which is paramount as an earlier diagnosis means more treatment options to help alleviate symptoms. This research observed 1,449 seniors from Minnesota, who did not present any cognitive issues. They were studied for 5 years. Over 400 of them developed Mild Neurocognitive Dementia. The study took into account

various factors such as level of education, and history of many disorders such as anxiety, depression, diabetes, smoking, etc.

Ronald Peterson, one of the authors of the study says, “Early detection of individuals at high risk of developing memory and thinking problems that we call mild cognitive impairment (MCI) is crucial be-

cause people with MCI are at a greater risk of developing dementia. This allows for a wider window of opportunity to initiate preventative measures.”

As Alzheimer’s disease is still the 6th leading cause of death in the U.S. any improvements in early detection are a huge step in the right direction.

Source: Alzheimers.net

## Alzheimer's Network



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### You'll Never Walk Alone

Check us out on  
Facebook & Twitter!

The mission of the Alzheimer's Network is to provide compassionate support, education and outreach to meet the individual needs of those impacted by Alzheimer's disease and other dementias.

Our vision is an enlightened and empowered community where no one walks alone.

Alzheimer's Network is completely privately funded, we receive no United Way or government funding. 100% of donations & funds stay in our local community.

## Announcing Alzheimer's Network's 2017 Board of Directors

<b>President</b>	David Rheinholdt, Rheinholdt Insurance
<b>Vice President</b>	Ruthie Berrell, Kaiser Permanente
<b>Treasurer</b>	Martha Russell, Shangri-La Corp.
<b>Secretary</b>	Garry Falor, Edward Jones Mike Rose, Pixton Law Group Naomi Tillery, The Arbor at Avamere Court Kate Webb, Kaiser Permanente