



Statewide Resources For Seniors, Caregivers and Professionals

Research Forum: The Link Between Traumatic Brain Injury and Alzheimer's Disease  
By Joshua W. Gatson, Ph.D.

Traumatic injury is the leading cause of death among North Americans between the ages of 1 and 44 years, resulting in more than 170,000 deaths per year in the United States. Of all forms of traumatic injury, Traumatic Brain Injury (TBI) is the most common cause of death and disability in young adults in North America. Each year, more than 1.6 million people sustain traumatic brain injuries, resulting in over 50,000 deaths and 80,000 permanent severe neurological disabilities. TBI is responsible for the greatest number of potential years of life lost from any cause, as well as for the highest burden on quality adjusted life years lost in survivors. In addition to the devastating cost of human suffering, the total dollar cost to the health care system is estimated to be more than \$37 billion annually.

After trauma to the head, a secondary injury is thought to contribute to extreme brain damage and dysfunction. This secondary injury results in increases in oxidative stress and inflammation, which causes the death of vital neuronal populations and ultimately brain atrophy. This injury may persist in a chronic fashion leading to the development of various diseases such as Alzheimer's disease (AD). The primary focus of my research is to limit the amount of secondary injury in the brain of TBI patients in a chronic fashion. By administering neuroprotective agents immediately following the initial brain injury (within 2 hours), we believe that there is a great decrease in secondary injury, resulting in a decrease in long-term cognitive deficits. We have decided to study the TBI population, since this group may be highly susceptible to developing AD. Also, by treating this secondary injury, we may be able to prevent AD and other related dementias.

In addition to the interventional human clinical trials, using animal models, we are studying cell signaling pathways that may mediate the protective effects of these neuroprotective agents. In addition, we are investigating which biomarkers may predict injury severity and long-term cognitive deficits. With respect to drug discovery, we are currently investigating the use of novel compounds in our animal TBI model that may one day show promise in humans. Findings from our research may provide insight as to whether early intervention may decrease the level of brain damage and the development of AD in TBI patients.

Research Forum Featured Speaker



Joshua W. Gatson Ph.D., Assistant Professor at the University of Texas Southwestern Medical Center at Dallas is our featured speaker at the Research Forum this year. Dr. Gatson's research interests include the use of interventional therapies to treat traumatic brain injury, the identification of biomarkers

of brain injury as well as identifying mechanisms (signaling pathways) of neuro-protection after injury and drug treatment. Dr. Gatson received the Alzheimer's Association's Young Researcher Award in 2010.

Research Forum Schedule

The Research Forum is free and open to the public.

Anchorage

Monday, October 31  
6:00 - 8:00 pm  
Providence Hospital  
East/West Auditoriums  
3200 Providence Dr.

Soldotna

Wednesday, November 2  
6:00 - 8:00 pm  
MAPS Building  
156 College Rd.

Fairbanks

Tuesday, November 1  
6:00 - 8:00 pm  
Noel Wien Public Library  
Auditorium  
1215 Cowles St.

Juneau

Thursday, November 3  
6:00 - 8:00 pm  
Centennial Hall  
Hickel Room  
101 Egan Dr.



*Our mission is to unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.*

## Staff

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**Jessica Prowker**, In-Home Services Program Assistant  
**Gail Spence**, In-Home Services Specialist  
Respite Workers and Personal Care Assistants Statewide

## Offices

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## [www.AlzAlaska.org](http://www.AlzAlaska.org)

Find us online for resources, mini-grants, news, events, and to support the Alzheimer's Resource of Alaska with your donations.

## Find Us on Facebook

You'll find an assortment of links to inspiring and educational articles on the Internet, plus updates and notices on our upcoming events.

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# From the Executive Director

## Alzheimer's Resource of Alaska Research Fund

Research is the essential piece that will help us solve the Alzheimer's puzzle and someday lead to a cure. While caring for those affected by ADRD today, the Alzheimer's Resource of Alaska believes in, and is committed to investing in research efforts. I am pleased to announce that, this year, our organization established the "Alzheimer's Resource of Alaska Research Fund" with the University of Alaska Foundation to support the excellent work of our research partners right here in Alaska. At the University of Alaska Fairbanks, Alaska Basic Neuroscience Research Program, promising research is underway exploring causes and potential therapies for Alzheimer's. While our organization plans to support this fund on an on-going basis, the fund is also open to anyone who may wish to contribute to Alzheimer's research.



Our staff have also been busy in other areas. In addition to providing support and care for frail elders, persons with Alzheimer's disease and related dementias (ADRD) and their family caregivers, Alzheimer's Resource of Alaska provides training programs and technical assistance to senior service providers throughout Alaska. Alaska's aging population is growing at a rapid rate and the need for a trained labor pool is essential to maintain quality in senior care. In recent months, we launched two new education programs aimed at improving the dementia-specific skills of the senior service workforce in Alaska.

- **Dementia Care Essentials** is a five-week, two-hour per week training program for direct service workers. This course is tailored for anyone providing hands-on care to individuals with ADRD, whether in the person's home or in a facility.
- **Savvy Professional** is a one-day workshop that shares essential knowledge, practical skills and outlook in dementia care. This program is designed for anyone in a leadership role supporting individuals, families or direct care workers who wish to increase their proficiency in the area of dementia. Appropriate for care coordinators, nurses, social workers, administrators, lawyers and others.

These courses, along with our other training programs, will be offered at all our office locations and plans are underway to increase the distance-delivery options. For class schedules and more details on these and other programs see the "Around the State" section of this newsletter or visit our website at [www.AlzAlaska.org](http://www.AlzAlaska.org).

Best regards,

A handwritten signature in cursive script that reads "Dulce".

Dulce Nobre

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## Pick.Click.Give.

The Permanent Fund Dividend's *Pick.Click.Give.* program continues to give Alaskans an easy way to contribute to their favorite Alaskan causes. It's simple to give! Just visit the PFD website [pfd.alaska.gov](http://pfd.alaska.gov) during the PFD enrollment period to make your contribution. It's fast and easy to give through *Pick.Click.Give.* when you apply for your PFD.

Last year The Alzheimer's Resource of Alaska received over \$3,000 in donations. Thank you for choosing the Alzheimer's Resource of Alaska and for participating in the very simple, *Pick.Click.Give.*

# Research

## Intranasal Insulin Therapy for Alzheimer's Disease

Intranasal insulin therapy appears to provide some benefit for cognitive function in patients with amnesic mild cognitive impairment and Alzheimer's disease according to Archives of Neurology, a JAMA Archives journal.



According to background information in the article, insulin plays a role in a number of functions of the central nervous system.

“The importance of insulin in normal brain function is underscored by evidence that insulin dysregulation contributes to the pathophysiology of Alzheimer's disease (AD), a disorder characterized in its earliest stages by synaptic loss and memory impairment,” the authors write. “Insulin levels and insulin activity in the central nervous system are reduced in AD.”

Suzanne Craft, Ph.D., of the Veterans Affairs Puget Sound Health Care System and the University of Washington School of Medicine, Seattle, and colleagues conducted a randomized controlled trial to evaluate the effects of intranasal insulin therapy on cognition, function, cerebral glucose metabolism and cerebrospinal fluid biomarkers in adults with amnesic mild cognitive impairment (aMCI) or AD.

Study participants were randomized into one of three treatment groups, with 36 participants receiving 20 IU (international unit) of insulin daily, 38 receiving 40 IU of insulin daily, and 30 participants receiving placebo daily for four months. All treatments were administered using a nasal drug delivery device. The authors evaluated the effects of

treatment on delayed story recall (how well participants could recall a story told to them immediately after, and after a short time lapse) and the Dementia Severity Rating Scale (DSRS) scores of participants.

Compared with participants in the placebo-controlled group, those receiving 20 IU of insulin daily showed improved delayed story recall, however no improvement was observed for participants receiving 40 IU of insulin. Also, compared with the placebo group, DSRS scores were preserved for both insulin treatment groups. Both insulin doses also appeared to preserve general cognition for younger participants as assessed by the Alzheimer Disease's Assessment Scale-cognitive subscale (ADAS-cog) score as well as functional abilities in adults with AD as assessed by scores on the Alzheimer's Disease Cooperative Study-activities of daily living (ADCS-ADL) scale. Conversely, participants with aMCI showed no change regardless of treatment assignment and participants in the placebo-controlled group showed a slight decline overall in function.

“In conclusion, the results of our pilot trial demonstrate that the administration of intranasal insulin stabilized or improved cognition, function and cerebral glucose metabolism for adults with aMCI or AD,” the authors write. “Taken together, these results provide an impetus for future clinical trials of intranasal insulin therapy and for further mechanistic studies of insulin's role in the pathogenesis of AD.” --*ScienceDaily, Sep. 13, 2011*

# Caregiver Tips

## Traveling with a Loved One with Alzheimer's Disease

When traveling with someone with Alzheimer's disease or a related dementia, plan ahead and try to anticipate the person's needs, so you'll be ready for any situation. As you plan, consider the stage of the person's illness and any behaviors that may be affected by traveling away from home. You may want to try taking a short trip to see how your loved one reacts to traveling. Here are a few other tips to consider:



- Don't forget that your caregiving responsibilities continue even though you are on vacation. It may help to bring someone along who can help you with these duties, allowing you to relax also.
- Plan some activities for the person with Alzheimer's disease to do when traveling. Simple things such as reading a magazine, playing with a deck of cards, or listening to music can help keep your loved one calm when traveling.
- Never leave a person with dementia alone in a car. When moving, be sure to keep the seat belt buckled and the doors locked, rent vehicles with child safety locks if possible.
- Plan regular rest stops.
- Bring an extra driver if your trip involves more than two hours of driving time.
- If the person becomes agitated while traveling in a car, stop at the first available place. Don't try to calm the person while driving.
- Consider planning your vacation at a place that is familiar to the person with Alzheimer's disease; for example, at a cabin that he or she has visited in the past.
- If your loved one is easily agitated, it may be wise to avoid places that are very crowded. You may also want to avoid fast-paced sightseeing trips.
- Plan your flight during non-peak hours, if possible avoid plane transfers.
- If your loved one has never been on a plane, it may be wise to consider driving, if possible.
- Alert the airlines and hotel staff that you are traveling with a person who is memory impaired and make sure the person is carrying or wearing some sort of identification.
- Avoid hotel rooms with sliding glass doors, and bring your own childproof door cover.
- Allow additional time to complete airport screening, if possible request a private screening in advance.
- Always have back a up plan.

# Around the State

## Anchorage

1750 Abbott Road  
Marilyn McKay, 561-3313

**ABC's of Caregiving:** – two sessions 10:00 am to Noon and 5:30 to 7:30 pm.

- ▶ **Alzheimer's Through the Eyes of a Child,** Monday, Nov. 7
- ▶ **Holidays and Traveling & Dementia,** Wednesday, Nov. 16
- ▶ **Unraveling the Mystery of Alzheimer's,** Monday, Nov. 28
- ▶ **Dining and Dementia,** Monday, Dec. 12

**Brain Matters** – Community Presentations from 10:00 to 11:30 am at the Anchorage Senior Center:

- ▶ October 20: **Can Alzheimer's be Prevented?**
- ▶ November 3: **When Does Forgetting Become a Disease?**
- ▶ November 10: **Momentum in Science**
- ▶ November 17: **Being a Friend: Staying Connected with Individuals with AD**

**Research Forum with Joshua Gatson, Ph.D. - The Link Between TBI and Alzheimer's Disease,** Monday, October 31 from 6:00 to 8:00 pm at Providence Hospital East/West Auditoriums.

**Art Links:** Self-expression and creativity through art. Every Friday, 11:00 - Noon. Please call for screening.

### Memory Screening Event:

- ▶ **Anchorage office,** Tuesday, Nov. 15 from 12:30 to 4:30 pm
- ▶ **Anchorage Senior Center,** Tuesday, Nov. 15 from 12:30 to 3:30 pm
- ▶ Memory screenings are available year round. Call for an appointment that fits your schedule.

**Open House,** Friday, Nov. 18, 1:00 to 5:00 pm. Join us for presentations, mental fitness activities, art, and consultations with staff.

- ▶ **Open House Presentations:**  
1:00: **Care Coordination – How It Can Help**  
1:45: **In's & Out's of In-Home Services**  
2:30: **Education and Support**  
3:00 to 5:00: **Open House and Tours**

## Anchorage, continued

**Mind Matters,** an educational and support program for those with early memory loss and their caregivers. Starts Nov. 15 and meets every Tuesday, 10:00 to 11:30 am for eight weeks. Call Marilyn to register for Mind Matters.

**Movie Mondays are back!** Join us for some winter fun as we view some incredible classics. We'll start the winter season with *Miracle on 34th Street*, Monday, Dec. 5, 4:00 - 6:00 pm. Bring your loved one for a safe and social atmosphere with trained staff and all the movie goodies you could wish for!

## Copper River Basin & Prince William Sound

Valdez, Cordova, Tatitlek, Chenega Bay  
Gay Wellman 822-5620 or 1-800-478-1080 ext. 6

### ABC's of Caregiving:

- ▶ **When Does Forgetting Become a Disease?** Nov 18, 1:00 pm. Call Gay for more information.

**Art Links** and **Mental Fitness** monthly in Valdez: call Gay for more information.

### Memory Screening Event:

- ▶ Nov. 15 at the Valdez Senior Center from 11:00 am - 3:00 pm. Join our presentation at 3:30 pm: **When Does Forgetting Become a Disease?**
- ▶ Nov. 16 from 11:00 am to 3:00 pm at Glennallen Senior Center

**Telephone Support Group:** call for more info.

## Fairbanks

565 University Avenue, Suite 2  
Joan Adams or Nancy Elliott, 452-2277

**ABC's of Caregiving:** Two sessions: 3:00 AND 5:00 pm at the Fairbanks Senior Center, 1424 Moore Street.

- ▶ **Lifeline Medical Alert Service,** Oct 31
- ▶ **Understanding Difficult Behaviors,** Nov. 28

**Open House,** Friday, Nov. 18. Join us for refreshments, get a tour of the agency and learn more about our programs from 3:00 to 7:00 pm.

# Around the State

## Fairbanks, continued

**Research Forum with Joshua Gatson, Ph.D. - The Link Between TBI and Alzheimer's Disease,** Tuesday, Nov. 1, from 6:00 to 8:00 pm at the Noel Wien Library Auditorium. 1215 Cowles Street.

**Memory Screening Event:** Nov. 15 from 9:00 am to 5:00 pm. Please call for information or an appointment or for other dates.

**Art Links:** Self-expression and creativity through art 1st and 3rd Fridays of the month, 1:30 - 2:30 pm. Fairbanks Pioneer Home, 2221 Eagan Ave. Please call for more information.

**Mental Fitness:** Thursdays, 10:15 - 11:15 am, Fairbanks Senior Center, 1424 Moore St.

**Savvy Caregiver:** six-week class starting in the winter. Call for more information or to register.

## Juneau

3100 Channel Dr. (Juneau Empire Bldg.) Suite 19  
Amber Smith, 586-6044

**ABC's of Caregiving:** Noon - 2:00 pm.

- ▶ **Communication Tips for Caregivers,** Oct. 18
- ▶ **Dementia: Holidays and Traveling,** Nov. 15

**Open House,** join us for refreshments and learn more about our programs for seniors and their families. Nov. 18, from 1:00 to 5:00 pm.

**Research Forum with Joshua Gatson, Ph.D. - The Link Between TBI and Alzheimer's Disease,** November 3rd from 6:00 - 8:00 pm at Centennial Hall, Hickel Room, 101 Egan Drive.

**Art Links:** Self-expression and creativity through art every Thursday, 1:00 - 2:00 pm. The Bridge Adult Day Program. Interested in Art Links for your loved one? Call Amber to complete our community needs survey.

**Memory Screening Event:** Nov. 16 from 9:00 to 5:00. Call for an appointment or just drop by.

**Savvy Caregiver** – Offered again in the winter 2012. Call to register.

## Mat-Su Valley

Trinity Barn Plaza, Mile 2.2 Palmer-Wasilla Hwy.  
Linda or Tricia 746-3413

**ABC's of Caregiving:** 6:00 - 7:30 pm.

- ▶ **Challenging Behaviors** Tue. Oct. 18
- ▶ **When Does Forgetting Become a Disease?** Tue. Nov. 8
- ▶ **The Gift of Reminiscence** Thur. Dec. 8

**Open House** Friday, Nov. 18, 1:00 to 5:00 pm. Please join us for Art Links from 1:00 to 2:30 and then for a short presentation of our organization. We'll have refreshments and an open house from 3:00 - 5:00 pm.

**Art Links:** Self-expression and creativity through art every Friday at 1:00 - 2:00 pm.

**Dementia Care Essentials** starts Thur. Oct. 20. Learn the fundamentals needed for caring for a person with dementia. For direct service workers. Call Linda for more details. \$125.00 per person.

**Savvy Caregiver:** six-week class starting in the spring. Call for more information and to register.

**Mental Fitness:**

- ▶ Mid-Valley Senior Center, 2nd Tuesday of the month, 11:30 am.
- ▶ Palmer Senior Center, last Monday of the month, 1:00 pm.

## *Aging In Alaska*

Tune in and listen to *Aging In Alaska*, a thirty-minute radio broadcast presented by the Alzheimer's Resource of Alaska. The show explores the many aspects of aging, and provides information, insight, guidance and support for elders and their families. The program can be found on KYUK, Bethel, on the 4th Thursday of the month at 11:00 am, or streamed live at [www.kyuk.org](http://www.kyuk.org).

# News & Events

## United Way's Day of Caring

This year the Rasmuson Foundation staff joined with the United Way's Day of Caring to complete a landscaping project at our Anchorage location. We would like to extend our heartfelt thank you to the staff for their vigorous efforts to make it possible for our site to be viewed from the road. One of our grateful visitors stated, "Oh my goodness, it's so beautiful, and my driver didn't miss the driveway for the first time since I began coming to your classes."



Noah Marine, Inc. joined the Foundation staff in the afternoon and moved eleven tons of rock. We could not have completed the project without Andy Allsup's wonderful assistance!



## A Night To Remember

We would like to thank Anchorage's 35+ Singles Dance Club for their formal dance held to benefit our organization in September. They not only offered contributions, they gave us the opportunity to reach out to the community and share information about our services. Thank you once again to the Club for its commitment to supporting Alaska's frail elders and those affected by Alzheimer's disease or a related dementia. You make a wonderful dance partner.

## Make A Difference

Become a volunteer and make a difference! There are many opportunities for individuals and companies to support the mission of the Alzheimer's Resource of Alaska, they include:

Speaker's Bureau

Technical Expertise

Handy-Person Help

Clerical

Translator

Event Assistance

- Logistical and organization

- Entertainer

- Donor cultivation

- Walker recruitment

- Transportation

- Food and beverage service

- Pre-event publicity

- Event greeters

Educational Programs

- Room set-up

- Registration

- Book sales

- Technical assistance

If you don't see your skills or talents mentioned please contact us anyway. We will be happy to meet with you to see if we can arrange a match. Contact our development department at 907-561-3313.

# Support Groups

<b>Anchorage</b>				
Alzheimer's Resource of Alaska 1750 Abbott Rd.	<b>General Caregiver</b>	1 <sup>st</sup> Thursday	10:00 - Noon	Amanda Sandlin 561-3313
	<b>Adult Child/Relative</b>	2 <sup>nd</sup> Thursday	10:00 - Noon	
	<b>Spousal Caregiver</b>	3 <sup>rd</sup> Thursday	10:00 - Noon	
<b>Copper River Basin &amp; Prince William Sound</b>				
	<b>General Caregiver</b>	Telephone support group. Call Gay for times.		Gay Wellman 822-5620 or 1-800-478-1080 x6
<b>Fairbanks</b>				
Alzheimer's Resource of Alaska 565 University Ave. Suite 2	<b>General Caregiver</b>	1st Tuesday Every other Wednesday	11:30 - 1:00 pm 6:00 - 7:30 pm	Joan Adams or Nancy Elliott 452-2277
<b>Homer</b>				
Friendship Center	<b>General Caregiver</b>	3 <sup>rd</sup> Thursday	5:00 - 6:30 pm	235-2295
<b>Juneau</b>				
Resurrection Lutheran Church 740 W. 10 <sup>th</sup> St.	<b>General Caregiver</b>	2 <sup>nd</sup> Thursday	Noon - 1:00 pm	463-6177 or 866-746-6177
<b>Ketchikan</b>				
Southeast Senior Services	<b>General Caregiver</b>	Call Bernice for more information.		Bernice 225-8080
<b>Kodiak</b>				
Kodiak Senior Center 302 Erkskine Ave.	<b>General Caregiver</b>	4 <sup>th</sup> Thursday	5:30 - 7:00 pm	Rio Berggren 586-6181
<b>Mat-Su Valley</b>				
Alzheimer's Resource of Alaska Mile 2.2 Palmer-Wasilla Hwy. Palmer	<b>General Caregiver</b>	2 <sup>nd</sup> Wednesday	1:00 - 2:30 pm	Linda Shepard 746-3413
<b>Seward</b>				
Seaview Community Services	<b>Quarterly Training and Support Group</b>	Call Dani for information		Dani Kebschull 1-800-776-8210 or 262-1280
<b>Sitka</b>				
Brave Heart Volunteers Pioneer Home Manager's House 120 Katlian St.	<b>General Caregiver</b>	2 <sup>nd</sup> Wednesday	Noon - 1:00 pm	747-4600
<b>Soldotna</b>				
Soldotna Senior Center	<b>General Caregiver</b>	Last Tuesday	1:00 - 3:00 pm	Dani Kebschull 1-800-776-8210 or 262-1280
	<b>Monthly Training and Support Group</b>	2 <sup>nd</sup> and 3 <sup>rd</sup> Mondays	1:00 - 3:00 pm	
<b>Sterling</b>				
Sterling Senior Center	<b>General Caregiver</b>	3 <sup>rd</sup> Tuesday	1:00 - 2:00 pm	Dorothy Westphal 262-6061

# Contributors

## Individuals and Businesses

35+ Singles Club	Betty Dodds	Cynthia J. Miller
Carlos Aburto	First National Bank Alaska	Clyde A. Nebgen
Alaska Travel Industry Association Fairbanks	Austrid Garrett	Alexander Newhall
Alaska Water Technologies, LLC	Cliff John Groh	Fred L. Oetzman
Anchorage Sand & Gravel Co.	Lorraine & Robin Guyer	Doris Petersen
Ruth E. Anderson	Barbara J. Hagen	Natasha Pope
JoAnn Asher	Catherine Harvey	Meg & Scott Smith
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	Lynda Meyer	Alycia Wendt

## Volunteers and In-Kind Donations

Rhudel Acuna	First National Bank Alaska	Rasmuson Foundation
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Frank Appel	Hill-Rom Equipment	Joan Rogers
Elizabeth Ashley	Robin Hooper	Social Security Administration
Marlene Barnard	Barbara Hoover	Victoria Shanklin
Sister Brown	Nancy Jones	Linda Shepard
Jackie Brunton	Earl Kampen	Sister Smith
Felicia Brusatto	Hazel Kampen	Gail Spence
Lori Chase	Mary Kreis	Frances Vadla
Alison Childs	Bessie Miller	Veterans Affairs
Jim Clark	Moose Run	Lisa Wawrzonek
Shari Clayton	Judith Moss	Sister Williams
Becky Clement	Patricia Muth	
Karen Cobb	Clyde A. Nebgen	
Compassionate Care ALH	Palmer Golf Course	
Mary Cory	Holly Parks	
Michelle Crawford	Natasha Pope	
Tricia DeLacy	Ray Pratt	
Janice Downing	Danny Preston Gray	
Fairbanks Senior Center	Providence Horizon House	

Contributions are individually acknowledged to the donor. When sending a memorial contribution, please indicate the name and address of the family who should receive notification of your gift. These contributions were given between July 1 and Sept. 30, 2011

# Contributors

## Memorials

### Lester Brown

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John Rhien  
Donald P. Wagner

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Sally Bell

### Faye Gabbert

Gillian Harvilla  
Debra Karth

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Kristine Meiners  
Mike Ott  
Stephanie Ruggieri-Wilkins

### Daryl Hoflich

Janis Plume

### Margaret Jorgensen

Brenda & John Brown

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### Dorothy Magette

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### Anna Shackelford

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### Lucille Stephan

Pioneer's of AK Women Igloo #11

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### William Vallee

Alaska Association of Professional  
Landmen

## In Honor Of

### Frank Appel

Anthony Appel

### Dulce Nobre

Angela D. Anderson

## November is Alzheimer's Awareness and National Family Caregivers Month.

In 1983 President Ronald Reagan proclaimed November to be Alzheimer's Awareness Month and there was an estimated 2 million Americans with Alzheimer's disease. Today, that number has soared to 5.3 million and is expected to grow to 16 million by 2050.

To find a quick way to get involved in November visit *Around the State* on page six, or attend the WineStyles fundraiser on November 5th.





1750 Abbott Rd.  
Anchorage, AK 99507

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### Wine Tasting at the Alaska Native Heritage Center

On November 5 we are having our 3rd annual wine tasting and silent auction event with WineStyles. An intimate evening of wine tasting and delicious food will take place at the Alaska Native Heritage Center. The net proceeds from the event and all of the silent auction funds will be used to support frail elders, people with Alzheimer's disease and related disorders, their families and caregivers throughout our great State. If you would like to attend this special event contact WineStyles at 907-337-9463 for ticket information. To contribute items to the silent auction contact our development department at 561-3313.

We would like to offer a special thank you to those who have contributed to the WineStyles Silent Auction Fundraiser at the time of printing:

Alaska River Adventures  
Amy DeWitt  
Anchorage Fire Department  
Anchorage Police Department  
Jim Clark  
Club Paris  
Croft Vineyard  
Double Musky Inn  
Ashley Evenson  
Fishhook Road Golf Course

GCI  
J-Rod's Guide Service  
Kobuk Valley Jade Company  
Moose Run Golf Course  
NANA Management Services  
Palmer Golf Course  
Totem Ocean Trailer Express  
Village Inn  
Walgreens  
WineStyles

