SUMIDA: LIFE WITH LEWY BODY DEMENTIA
A personal account of daily living with Lewy Body Dementia by Connie Sumida

Lewy Body Dementia with Parkinson’s has changed our lives from that of an average middle age couple looking forward to years full of adventure to a life as disabled retirees.

Steve was a brilliant man. He could do anything. He could look at a problem and visualize the solution in one glance, whether that problem was building a trailer (complete with welding, wiring and carpentry) or showing a village the legal way to do their own police work. In his work life he was a lawyer, grant writer, and executive director of various native groups. Lewy Body Dementia with Parkinson’s changed all that.

Because the first thing to go with Lewy Body Dementia is the executive functions, Steve lost his ability to plan right away. He could not even write a coherent paragraph or letter so he lost his job right away. Now he struggles to find the first step to any project and the second or third step is beyond his comprehension. However, he does keep constantly busy with projects, it just takes him a long, long time to get anything started, let alone finished.

He is currently building a tree house in a dead tree in the back yard; even with difficulty in measuring and conceptualizing, he perseveres. His perseverance did

FROM TRASH TO TREASURE: EXOSOMES COULD SHAPE A BLOOD TEST FOR EARLY DETECTION OF ALZHEIMER’S

Exosomes—tiny particles that are produced by all types of cells and circulate in the bloodstream—could be the basis for a blood test to diagnose Alzheimer’s disease about 4 years before noticeable symptoms emerge. The results from a study led by NIA Intramural Research Program (IRP) scientists were reported July 15 in JAMA Neurology.

Exosomes, also known as extracellular vesicles, were dismissed for decades as cellular trash. The tiny vesicles have since been found to communicate cellular messages over long distances and carry valuable information in their cellular cargo of proteins, metabolites, lipids, and nucleic acids. Scientists are researching these biochemicals in order to gather information about health and disease in various body systems.

The NIA team has been exploring the potential of neuronal exosomes as “windows to the brain” with the potential to be a low-cost, minimally invasive way to distinguish healthy people from those in the early stages of Alzheimer’s disease. Current methods to help diagnose Alzheimer’s disease are expensive and involve radiation (positron emission tomography) or require a lumbar puncture to analyze cerebrospinal fluid.

In this study, they examined several years of blood samples from 350 participants (average age, 78), including 128 who eventually developed Alzheimer’s, and 222 who remained cognitively normal. They isolated neuronal exosomes and found that those with larger diameters and higher levels of phosphorylated tau protein successfully predicted Alzheimer’s disease about 4 years before noticeable symptoms developed (with an average accuracy of more than 80 percent).
Dear Friends,

When gasoline was $1.10 a gallon, Ronald Reagan was president and “Terms of Endearment” was the Best Picture, Alzheimer’s Resource of Alaska was formed. Quite a bit has changed in our world since 1984, but the passage of 35 years hasn’t altered our commitment to the original vision of our founders, Beck Clement and Beverly Tallman.

I hope many of you can join us in celebrating that vision and our longevity at our 35th Anniversary Party on November 1, 2019 at the Anchorage Sheraton Hotel. “Dinner Drinks and Jazz, a fundraiser featuring Melissa Bledsoe Fischer” will kick off November, a month designated “Alzheimer’s Disease Awareness Month” as well as “Family Caregiver Appreciation Month”. There’s more information about the Anniversary Party as well as other awareness activities on our website. If you’re viewing an electronic version of this newsletter, click here to learn more.

Most of you know that our Care Coordination program delivers case management services to hundreds of clients experiencing dementia, frailty and other disabilities from our locations in Mat-Su, Juneau and Anchorage. For many, navigating the web of services and supports that make it possible to live in one’s home or community can be an overwhelming process. Last year’s satisfaction survey of all care coordination clients resulted in an amazing 100%

I recommend to you the front page article written by a caregiver who on page 3 agrees with me that, in her words, “I am not alone. Alzheimer’s Resource of Alaska is, to me, the home of my friends…they are there if I need a kind word or a shoulder to cry on.”

As ever, I thank you for your support.

Sincerely,

Pamela Kelley
Executive Director
SUMIDA: LIFE WITH LEWY BODY DEMENTIA
A personal account of daily living with Lewy Body Dementia by Connie Sumida (Cont. from page 1)

A painting by Steve from 2018.

My life now revolves around Steve. I am his rock. Without me around he becomes more anxious and his dementia becomes worse. He does not go anywhere alone, so I have to go everywhere with him. He used to do all the driving, now I have to. He can no longer assist with making family decisions, leaving that burden to me. It is like having a child again who needs my time and attention, but he will never grow out of it, he will become as a younger child as time goes by.

But there is no cloud without a silver lining! Steve has always had a wicked sense of humor, but without social filters (which dementia takes away) he is hilarious! The subtle comments from Steve keep us in stitches. Also, Steve and I get to spend a lot more time together than we would have if he had continued to work.

“My life now revolves around Steve. I am his rock.”

Due to anxiety issues, we cannot travel but we can play Pokémon Go and sit together to “read.” Steve and I have always been close but we are closer now than ever.

Alzheimer’s Resource of Alaska has been a great help in these times of trial. We started going to Art Links and Steve began painting again. We attended Mind Matters support group until Steve’s anxiety became too great. For me, going to these events helps me to see that others are having the same emotional, psychological, and physical struggles that I have. It is encouraging to know I am not alone. Alzheimer’s Resource of Alaska is, to me, the home of my friends Pam, Anne, Debbie, Kim, and Lavonda. They are there if I need a kind word or a shoulder to cry on.

Getting an early diagnosis can greatly change the Alzheimer’s or dementia journey. Don’t know where to start? We can help by doing a free memory screening.

To celebrate Alzheimer’s Awareness month this November, we will be doing free memory screenings around the state this fall. See location and date information below.

<table>
<thead>
<tr>
<th>Anchorage Office</th>
<th>Fairbanks Office</th>
<th>Juneau Office</th>
<th>Wasilla Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>1750 Abbott Rd.</td>
<td>565 University Ave., Ste. 2</td>
<td>3225 Hospital Dr.</td>
<td>1301 S. Century Cir.</td>
</tr>
<tr>
<td>Monday, November 25</td>
<td>Tuesday, October 29</td>
<td>Wednesday, December 4</td>
<td>Thursday, November 14</td>
</tr>
<tr>
<td>10 am - 3:00 pm</td>
<td>10 am - 4:00 pm</td>
<td>Noon - 6 pm</td>
<td>10 am - 3:00 pm</td>
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</table>

FROM TRASH TO TREASURE: EXOSOMES COULD SHAPE A BLOOD TEST FOR EARLY DETECTION OF ALZHEIMER’S (Cont. from page 1)

The team then validated the biomarkers using 64 samples (average age, 73) from the Johns Hopkins Alzheimer’s Disease Research Center.

The scientists view these findings as further evidence for neuronal exosomes as a potential key to a low-cost, noninvasive blood test for Alzheimer’s. Future goals include combining these with additional exosomal biomarkers to determine a model for predicting Alzheimer’s and other neurodegenerative diseases.

Individual & Business Contributors
These contributions received between July 1 - September 30, 2019

Active Network, LLC
Alan and “Beth” Joy
Adrian
Alaska Fur Exchange
Alaska Travel Industry Association Fairbanks
Alpha Hawk
Amber D Wright
Anchorage East Rotary
ASD Charitable Giving Campaign
Barlow Anderson, LLC
Carole Kristy Gray
Charlene Walker
David E Stevenson via Doyon Utilities
Dan Gavora via Doyon Utilities
Erin E Hyer
Frank J & C Kathleen Johnston
James C Anderson
Janis L Taylor
Jenna Bruner
Kendall Price Via Doyon Utilities
Kenneth M Flynn
Kirk Barker
Kroger-Fred Meyer
Laura A Morris
Lester P Parker
Margaret Tovera
Maria A Mcdaniels
Mary Ann Nickles
Michael & Maria Elena Walsh
Michelle Cassano
Network For Good
Rasmuson Foundation
Richard & Deborrah (Debbie) Wright
Ruth McHenry
Sabrina Peterson
Sandra Dauenhauer
Sandra S Ramsey
Scott Taylor
Sharon Sawyer Brand
Shirley M Henley
Steve Cole & Diana Pistro Cole
Tara Vanorsdal
Texas Road House
*Old Seward Thirty Five Plus Singles Club
United Way Of Anchorage
United Way Of Matanuska-Susitna Borough
Jerry & Suzanne Walker
William Kent Bull

Volunteer & In-Kind Contributors

Alaska Denali Winery
Alaska Jumping Flea Society
Anchorage Log Cabin Quilters
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Ann Baxter
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Charlene Walker
Chris Jung, Phd
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House Of Harley Davidson
Imeda White
Jane W Click
Janice Downing
Joanne Sedgwick
Just Add Paint
Kaneyo Hirata
Valerie Wood-Thompson
Lc Tolver
Mae Ann Smith
Mary Katzke
Mat-Su Health Foundation
Meredith Berg
Photography
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Romney Designs
Rose M Feltz
Sandy Mcginnis, Slp
Shirley Mae Springer
Shirley Mae Springer, Staten
Starbucks *Abbott Road
Susan Alaska Cox
Tim Hinterberger, Phd
Ann W Farris
Tom Iskra

Professional Webinars
Connect via zoom; please register for link.
To register, contact Amber Smith by e-mailing asmith@alzalaska.org.

Alzheimer’s Diesease and Related Dementias
Tuesday, October 22
Noon - 1:00 PM

Person-Centered Care
Tuesday, November 19
Noon - 1:00 PM

The Power of Music
Tuesday, December 10
Noon - 1:00 PM

Mental Health First Aid for Older Adults
Join us for an accredited nursing educational opportunity that goes over how to identify, understand, and respond to mental health issues and the unique needs of adults over the age of 65. Free to attend, however, registration is required.

Anchorage
1750 Abbott Road
Monday, November 11
8:30 am - 5:30 pm

Wasilla
777 N. Crusy Street, Ste. B101
Monday, November 18
8:30 am - 5:30 pm

To register, contact Kevin Silver at 907-561-3313 or e-mail ksilver@alzalaska.org. Please plan on bringing your own lunch.
In Honor & Memory of

Jack Bacher
Mary Lou Bacher

Joe Essert
Jill A Cubbedge &
Georgia K Holton

Jane Hammond
Pioneers of Alaska Women
Igloo #11

Dan Ilgenfritz, Pard
Richards, Muriel
Cramer, Ran Malstron

Dorothy Magette
John & Jackie Brunton

Raymond E. Plummer
Art & Danielle
LaFrance

Ronald Jackson
Peggy A Jackson

Ray Plummer, Jr.
Jane P Polley

Angeline Mary Road
Billy J Reed

Interested in reaching out to Alzheimer’s Resource of Alaska’s friends? Consider sponsoring an ad in this newsletter. We have many other sponsorship opportunities as well. Every sponsorship dollar stays in Alaska and is used to forward our mission to: “support Alaskans affected by Alzheimer’s disease, related dementias and other disabilities to ensure quality of life.”

Call us today at 561-3313.

This newsletter is sponsored in part by:

ALZHEIMER’S RESOURCE OF ALASKA

is proud to present our new Chorus comprised of singers living with Alzheimer’s or related dementia, their care partners and volunteer “Choral Friends”

“Voices of the Last Frontier”
In Concert
Sponsored by

ALASKA MEMORY CARE
Providing safe, secure, and specialized care to those living with the unique challenges associated with Alzheimer’s, Parkinson’s, and dementia related diseases.

ACTIVITIES | COMFORT | FAMILY | SAFETY

www.AKMemoryCare.com

November 22, 2019 • 1:30 PM
Wilda Marston Theater in the Z.J. Loussac Library

$12 General Public, $10 Seniors age 60 and up
Get your tickets today! Call 907-561-3313 or visit us at 1750 Abbott Road, Anchorage

The link provided above is for convenience only and is not an endorsement of either the linked-to entity or any product or service.
## ANCHORAGE
1750 Abbott Rd.,
561-3313

<table>
<thead>
<tr>
<th>Event</th>
<th>Date &amp; Time</th>
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<tbody>
<tr>
<td>ABC Presentations</td>
<td>Monday, 10/7, 10-11:30 am or 5:30-7 pm</td>
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<tr>
<td>Memory Cafe Presentation</td>
<td>Monday, 10/7, 10-11:30 am or 5:30-7 pm</td>
</tr>
<tr>
<td>Overview of Dementia</td>
<td>Monday, 10/21, 10-11:30 am or 5:30-7 pm</td>
</tr>
<tr>
<td>Assistive Technology of Alaska (ATLA) Presentation</td>
<td>Monday, 11/4, 10-11:30 am or 5:30-7 pm</td>
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<tr>
<td>Care for the Caregiver</td>
<td>Monday, 11/18, 10-11:30 am or 5:30-7 pm</td>
</tr>
<tr>
<td>Anchorage Fire Department Presentation</td>
<td>Monday, 12/2, 10-11:30 am or 5:30-7 pm</td>
</tr>
<tr>
<td>Do I Need a Care Coordinator?</td>
<td>Monday, 12/16, 10-11:30 am or 5:30-7 pm</td>
</tr>
<tr>
<td>Savvy Caregiver Reunion</td>
<td>Tuesday, 11/12, 5:30 - 7:30 pm</td>
</tr>
</tbody>
</table>

**Virtual Dementia Tour**
Wednesday, 10/23, 10-4 pm
Registration is required.

**Brain Works**
Tuesdays, 10/29-12/17, 10:30-11:30 am

**Mind Matters I**
Tuesdays, 10/29-12/17, 1-2:30 pm

**Mind Matters II**
Wednesdays, 10/30-12/18, 10-11:30 am

**Mind Matters III**
Thursdays, 10/31-12/26, 10-11:30 am

## MAT SU VALLEY
777 N. Crusey St.,
St. B101, 746-3413

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>ABC Presentations</td>
<td>Overview of Medicaid Waiver</td>
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<tr>
<td>ABC Presentations</td>
<td>Introduction to Adult Guardianship</td>
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<tr>
<td>ABC Presentations</td>
<td>PAC “Normal” Aging vs “Not Normal” Aging</td>
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<tr>
<td>ABC Presentations</td>
<td>The GEMS**</td>
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<tr>
<td>ABC Presentations</td>
<td>Joyful Moments, Meaningful Activities</td>
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<tr>
<td>ABC Presentations</td>
<td>Awareness Presentation</td>
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<tr>
<td>ABC Presentations</td>
<td>Virtual Dementia Tour</td>
</tr>
<tr>
<td>ABC Presentations</td>
<td>Free Memory Screenings</td>
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</tbody>
</table>

**Art Links**
Anchorage: 1750 Abbott Road
Every Friday, 11 am - Noon
Mat-Su: 777 N. Crusey Street
Every Friday, 10:30-11:30 am

**Meaningful Activities**
Monday, 11/4, 10:30-11:30 am (Takes place at Sunshine Community Health Center in Talkeetna)

**Savvy Caregiver**
Thursdays, 10/17-11/21, 5:30-7:30 pm
Registration is required.

## JUNEAU
3225 Hospital Dr.,
586-6044

<table>
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<tr>
<th>Event</th>
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<tr>
<td>ABC Presentations</td>
<td>Free Memory Screenings</td>
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## FAIRBANKS
565 University Ave., #2,
452-2277

<table>
<thead>
<tr>
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<td>Virtual Dementia Tour</td>
</tr>
<tr>
<td>ABC Presentations</td>
<td>Free Memory Screenings</td>
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</table>

**Caregiver Webinars**
Connect via Zoom; please register for link.
To register, contact Gay Wellman: 822-5620 or gwellman@alzalaska.org.

**Holidays & Travel**
Wednesday, 10/9, 10:30-Noon
Saturday, 10/12, 1-2:30 pm

**The GEMS**
Wednesday, 11/6, 10:30-Noon
Saturday, 11/9, 1-2:30 pm

**Meaningful Activities**
Wednesday, 12/11, 10:30-Noon
Saturday, 12/14, 1-2:30 pm

**Savvy Caregiver**
Saturdays, 11/9-12/14, 10 am - Noon
## Caregiver Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date &amp; Time</th>
<th>Contact</th>
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<tbody>
<tr>
<td><strong>Statewide Telephone Support Group</strong></td>
<td>Every 1st Saturday, 1-2 pm&lt;br&gt;Every 3rd Wednesday, 1-2 pm</td>
<td>Dial in using 1-877-216-1555, Code #927989. For additional information, contact Gay Wellman, 822-5620 or 800-478-1080x5</td>
</tr>
<tr>
<td><strong>Anchorage</strong></td>
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<tr>
<td>Alzheimer's Resource of Alaska, 1750 Abbott Road</td>
<td>Every 4th Thursday, 5:30-7 pm</td>
<td>Debbie Chulick, 561-3313</td>
</tr>
<tr>
<td>Holy Spirit Episcopal Church, 17545 N. Eagle River Loop Road</td>
<td>Every 2nd Thursday, 5-6:30 pm</td>
<td>Debbie Chulick, 561-3313</td>
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<tr>
<td><strong>Fairbanks</strong></td>
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<tr>
<td>Alzheimer's Resource of Alaska, 565 University Ave. Ste. 2</td>
<td>Every 2nd Tuesday, 5:30-7 pm&lt;br&gt;Every 3rd Tuesday, 11:30-1 pm</td>
<td>Joan Adams, 452-2277</td>
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<tr>
<td><strong>Homer</strong></td>
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<tr>
<td>Homer Senior Center</td>
<td>Every 2nd &amp; Every 4th Thursday, 2:30-3:30 pm</td>
<td>Pam Hooker, 235-7655</td>
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<tr>
<td><strong>Ketchikan</strong></td>
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<tr>
<td>Ketchikan Senior Center, Upper Level</td>
<td>Call for current schedule.</td>
<td>Bernice, 255-8080</td>
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<tr>
<td><strong>Kodiak</strong></td>
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<tr>
<td>Kodiak Senior Center, 302 Erskine Avenue</td>
<td>Every 4th Thursday, 12:30-1:30 pm</td>
<td>486-6181</td>
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<tr>
<td><strong>Mat-Su Valley</strong></td>
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<tr>
<td>Alzheimer's Resource of Alaska, 777 N. Crusey St., Ste. B101</td>
<td>Every 2nd Tuesday, 1:30-3 pm</td>
<td>Janice Downing, 746-3413</td>
</tr>
<tr>
<td>Palmer Senior Center, 1132 S. Chugach Street</td>
<td>Every 1st Friday, 10-11:30 am</td>
<td>Kim Jung, 746-3413</td>
</tr>
<tr>
<td>Primrose Retirement Community, 889 Elk horns Drive</td>
<td>Every 3rd Thursday, 10-11:30 am</td>
<td>Janice Downing, 746-3413</td>
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<tr>
<td><strong>Seward</strong></td>
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<tr>
<td>Seward Senior Center</td>
<td>Every 4th Thursday, 1-2 pm</td>
<td>244-5604</td>
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<tr>
<td><strong>Sitka</strong></td>
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<tr>
<td>Brave Heart Volunteers 120 Katlian Street</td>
<td>Call for current schedule.</td>
<td>747-4600</td>
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<td><strong>Soldotna</strong></td>
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<tr>
<td>Soldotna Senior Center</td>
<td>Every 2nd and Last Tuesday, 1-3 pm</td>
<td>Judy Warren, 262-1280</td>
</tr>
<tr>
<td>Sterling Senior Center</td>
<td>Every 1st Tuesday, 1-2 pm</td>
<td>Judy Warren, 262-1280</td>
</tr>
<tr>
<td><strong>Talkeetna</strong></td>
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<tr>
<td>Sunshine Community Health Center 34300 Talkeetna Spur Rd.</td>
<td>Every 1st Monday, 10-11:30 am</td>
<td>Janice Downing, 746-3413</td>
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<tr>
<td><strong>Willow</strong></td>
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<tr>
<td>Sunshine Community Health Center 24091 Lake Long Rd.</td>
<td>Every 1st Monday, 1:30-3 pm</td>
<td>Kim Jung, 746-3413</td>
</tr>
</tbody>
</table>

Not seeing a support group that’s right for you? Give our Education Department a call at 907-561-3313. We'll be happy to help you find the right solution for you.
Alzheimer’s Resource of Alaska celebrates our 35th anniversary with:

Dinner, Drinks and Jazz

Featuring the jazzy sounds of Melissa Bledsoe Fischer

November 1, 2019 from 6 - 10 pm at the Sheraton Anchorage Hotel

Get your seats today!
$75 per person.
Call 907-561-3313
or go to:
www.alzalaska.org/dinner-drinks-jazz

Thank you Sponsors:
Aspen Creek Senior Living
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