



| MINUTES

Wednesday 10/19/2016 6:00 PM | Central Ohio Alzheimer's Association Office

Type of meeting	JC Monthly Meeting	<u>Attendees</u>	
Facilitator	Kristin Dahlquist	Adam Puterbaugh	Matt Garrido
Note taker	Kelly Parnell	Jena Callahan	Kelly Parnell
Highlights:		Kaitlin Watterson	Kristin Dahlquist
4 New Members!		Katherine Schultz	Hayley Mardis
October 24: Volunteer @ Glenwood @ 6		Maya Gosztyla	James Balch
November 2: Volunteer @ First Community @ 6		Brittany Hablitzel	Patrick Huang
November 4: Association Gala		Suzy Quinlivan	Sarah Arp
November 11: Casino Night		Christina Neely	Kirsti Osborne
		Joelle Lugabihl	Tim Allen
		Saugat Pathak	Natalie Squires
		Meghan Brouillette	

AGENDA TOPICS

6:00-6:10pm | Meet & Greet |

Discussion

4 New Members!

6:10-6:15 | Mission Moment | Maya

Discussion

Caffeine may protect Older Women from Dementia

Coffee and Tea only, ½ cup coffee or 2-3 mugs of coffee, High Caff 26% reduced chance of dementia

Meta-Analysis in High-Income Countries

Air pollution increases risk of dementia: nitrogen oxides, smoke, ozone, carbon monoxide, environmental tobacco

Some metals and micronutrients: micro selenium and cilica, aluminum. Don't cook in oven with aluminum.

Pesticides and fertilizers

VitD Deficiency

Discussion

Special Events-Creative, detail oriented, planner, awareness and fundraising
Community Outreach-Networking and connecting with other young professional groups, fundraising
Education & Advocacy-Focus more on advocacy, ALZ forum in DC March 27-29 in 2017, meet with local reps
Volunteerism-2 monthly volunteer opportunities and other special events, work with BESA
Communications-Website, E-mail, Social Media, Advertisements, Blog
Blondes vs. Brunettes-Flag football fundraiser, Last Saturday in June
Secretary-4 events and 1 meeting every 6 months, Sign in!!!

Discussion

Casino Night @ Worthington Hills Country Club
November 11, 7-10pm: \$50/\$90 single/couple, 2 drink tickets, apps, and game chips included
Need donations for the raffle, sponsors, there is a spreadsheet available to see what we need and what we have asked for
Donation contest: the person who gets the most donations for the event will get a free ticket
Need volunteers for the day of the event, sign up!

Alzheimer's Association Central Ohio Gala @ Hollywood Casino
November 4, discounted tickets for JC members (\$100 instead of \$175)
Contact Matt Levering, Paint the Night Purple
Link to discounted tickets is on our website

Discussion

Sign up to be on a committee within the BvB committee, time commitment about 3-4 hours per month
First official BvB committee meeting will be immediately following the November JC meeting
Subcommittee meetings will be held outside of the BvB monthly meeting, TBD per subcommittee
Game is June 24
Kickoff Party in January and monthly happy hours
Follow BvBColumbus on Facebook, Instagram, and Twitter

Discussion

Brewery District, Form a team and have a schedule to go to each bar on the crawl. T-shirt
Saturday, 2pm-7pm the JC will be on a team. Come join!
Contact Adam Puterbaugh

Discussion

Is Alzheimer's and Dementia the same thing? No, dementia is the umbrella term and ALZ is a cause of dementia. ALZ is the leading cause of dementia.

Biggest risk factor in getting Alzheimer's: Age

How many cases of ALZ are familial (directly passed through genes): 5%

Earliest symptoms of Alzheimer's show: in your 20's

Altogether, every hour, how much does Alzheimer's disease cost taxpayers: \$18.3million

HOPE for Alzheimer's Act: Will provide reimbursement for doctor's who provide Alzheimer's care planning and require doctor's to put an Alzheimer's diagnosis in a patient's medical records

PCHETA: provides training on palliative care

Caregivers get sick 5 times more often than the ALZ patients they care for

1998-2011: 101 medicines have been approved by the FDA to treat ALZ, still no cure

Hillary Clinton produced a plan for Alzheimer's:

Doubling budget for research, \$2B per year, establish plan of action with NIH, care planning, technology for wandering patients, early detection, Medicare and Medicaid reimbursement, plan to cure ALZ by 2025

Donald Trump's father had Alzheimer's disease