



# | MINUTES

Wednesday 2/15/2017 6:00 PM | Central Ohio Alzheimer's Association Office

<b>Type of meeting</b>	JC Monthly Meeting	<u>Attendees</u>	
<b>Facilitator</b>	Adam Puterbaugh	Adam Puterbaugh	Matt Garrido
<b>Note taker</b>	Kelly Parnell	Jena Callahan	Kelly Parnell
<b>Highlights:</b>		Kaitlin Watterson	Kristin Dahlquist
1 New Member!		Katherine Schultz	Hayley Mardis
March 27-29: ALZ Forum in DC		Maya Gosztyla	Tim Allen
May 4: Memory Day @ Ohio Statehouse		Brittany Hablitzel	Delaney Barlas
<u>Upcoming BvB Events</u>		Lindsay Collins	Megan Renner
February 26: Hot Yoga @ Modo Yoga		Deborah Taylor	Nick Walstra
April 21: Hip Hop Dance @ TBD		Kristina Bosse	Chris Bosse
May 4: Wine Event @ Wine on High			
May 21: Spin @ CycleBar Easton			

## AGENDA TOPICS

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

<b>Discussion</b>
1 New Member! Delaney!

6:10-6:25 | Ganzhorn Suites Speaker | Deborah Taylor

<b>Discussion</b>
Ganzhorn Suites: dementia care facility on Sawmill Rd, open for 1 year
64 Private Suites in Households: 16 residents in each Household, Each household is a different stage of dementia
Offers more medical care than assisted living, 1:5 staff ratio, staff have to be dementia certified.
Planning to create a monthly volunteer event for the JC at Ganzhorn. Would love to set up other events as well.
Ganzhorn throws events on the 3 <sup>rd</sup> Tuesday of each month, community members are welcome with RSVP.
SourcePoint: Hosts support groups for ages 50-55+. Ganzhorn is a host site.

## Discussion

Provides respite care for a few days or more

Families eat with the resident for free. Family interaction is expected if you are going to be a resident at the Ganzhorn.

Networking breakfast tomorrow at Ganzhorn Suites from 8:30am-10am.

Residents are allowed to go outside, wear a wrist monitor.

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6:25-6:30pm | Mission Moment | Maya

## Discussion

Amyloid beta vs. tau. Which protein should you get rid of? Mice get tau in brain, turn off gene for tau post-development of ALZ, mRNA. It did remove the tau. They did not test for other potential ALZ problems including amyloid beta. Amyloid beta does things you need, so you can't just get rid of all of it. Tau seems potentially a redundant protein

Buckeyes Against Alzheimer's: Maya has become president. 50-ish students involved. Most are pre-med and most have ALZ connections. Would like to try to get the JC involved into some of their events. Volunteer at Inn at Olentangy on Sundays. Host speakers 2-3 times per semester. Brain healthy cooking workshop in the works. They also partner with other groups. Don't fundraise very much, are going to help fundraise for BvB.

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6:30-6:35pm | Association | Lindsay

## Discussion

Caitlin is the new Advocacy and Volunteer Coordinator at the Central Ohio Alzheimer's Association

Merideth was also recently hired, she will be in charge of Longest Day

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6:35-6:38pm | ALZ Articles | Adam

## Discussion

ScienceAlert: 6 Ways to decrease risk of Alzheimer's Disease

- 1) Food/Diet
- 2) Stay Active
- 3) Decrease Stress
- 4) Sleep
- 5) Socially Active
- 6) Read, Play Games, Stimulate Mind

Fox: 6 pantry staples to ward of Alzheimer's Disease

## Discussion

- 1) Beans
- 2) Coffee
- 3) Chocolate
- 4) Peanuts
- 5) Sunflower seed
- 6) Green tea

6:38-6:40pm | Volunteering | Matt

## Discussion

1<sup>st</sup> Wednesday of Month: First Community Village in Dublin @ 6-7:30

4<sup>th</sup> Monday of Month: Glenwood Alzheimer's Care Center @ 6-7:30

6:40-6:43pm | Advocacy | Hayley

## Discussion

2-3 Day Forum where you learn to advocate, meet with legislators

Scholarships are closed, but you can absolutely still attend.

DFD: District-Forum-District Scholarships have been provided to those who applied from the JC for the ALZ forum. We meet with our congressmen and congresswomen locally and in DC. Anyone is welcome to join in these meetings regardless of whether they are going to DC.

AIM: Alzheimer's Impact Movement

Allowed to lobby on behalf of the Alzheimer's advocacy cause

Last year we were successful in getting passed the HOPE for Alzheimer's Act: Provides reimbursement for doctor's who provide Alzheimer's care planning and requires doctor's to put an Alzheimer's diagnosis in a patient's medical records.

PCHETA: provides training on palliative care

Memory Day: State level meetings and presentation, similar to the national Alzheimer's Forum albeit on a smaller scale. May 4 at the Ohio Statehouse.

Go to the Central Ohio Alzheimer's Association Website to find educational programs

6:44-6:46pm | BvB | Hayley

## Discussion

BvB is the Junior Committee's signature fundraiser, a flag football fundraiser. We raised over \$44,000 in 2016 for the BvB event

**Discussion**

Registration is at 69 as of today. Over \$4.8k raised in the first month.

Game day is June 24 at DeSales High School

Have regular happy hours and fundraisers

Upcoming Fundraisers:

February 26: Hot Yoga @ Modo Yoga

April 21: Hip Hop Dance @ TBD

May 4: Wine Event @ Wine on High

May 21: Spin @ CycleBar Easton

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6:46-6:47pm | Communications | Hayley

**Discussion**

Meet the JC blog: Brittany will be sending out an e-mail request for information in the March E-News

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6:48-6:49pm | Events | Katherine

**Discussion**

Member Appreciation Event: April 19

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6:50-7:00pm | Valentine Cards | Adam

**Discussion**

Decorate Valentine's cards for residents at Ganzhorn Suites