



| MINUTES

Wednesday 4/19/2017 6:00 PM | Alzheimer's Association Central Ohio Office

Type of meeting	JC Monthly Meeting	<u>Attendees</u>	
Facilitator	Adam Puterbaugh	Adam Puterbaugh	Matt Garrido
Note taker	Kelly Parnell	Jena Callahan	Kelly Parnell
Highlights:		Kaitlin Watterson	Hayley Mardis
April 21: Hip Hop BvB Fundraiser		Maya Gosztyla	Dan Bendig
May 4: Wine on High BvB Fundraiser		Brittany Hablitzel	Michael Peecock
May 2: Spin BvB Fundraiser		Lindsay Collins	Andrew Spurling
May 17: Member Appreciation @ Pins		Megan Brouillette	Kristin Dahlquist
June 21st: Longest Day		Andrew Huffman	Meghan Mason
June 23: BvB Draft Party			
June 24: BvB Game Day			
June is Brain Health Awareness month!			

AGENDA TOPICS

6:00-6:05pm | Meet & Greet |

Discussion
Meet & Greet

6:05-6:10 | Mission Moment | Maya

Discussion
<ol style="list-style-type: none"> 1) Apo4 gene linked to ALZ 2) Asymptomatic Alzheimer's disease: those with asymptomatic Alzheimer's had lower unsaturated fats, especially omega 3 3) Probiotics effect on memory and cognition: Those who drank probiotics did have improvement in memory and healthier overall. Small study, but interesting results.

Discussion

Four steps to prevent Alzheimer's Disease

- 1) Diet: Eat less inflammatory foods especially bread and sugar
- 2) Exercise
- 3) Cranio-sacral therapy: body work to bones around head, spinal column, and sacrum.
- 4) Centering exercising like yoga and tai chi

Glen Campbell's last album is coming out June 9, called Adios. Glen is in final stages of Alzheimer's Disease, diagnosed 6 years ago.

Facts and Figures Video. alz.org/facts

Discussion

April 24: Glenwood @ 6pm-7:30pm

May 3: First Community Village @ 6pm-7:30pm

Ganzhorn Suites opportunity will be coming as well

Memories in the Making: Art Program

Painting program for Alzheimer's patients

Need helpers to facilitate painting

10:00-11:30am on Fridays: April 28, May 12 & 26, June 23, July 21, August 25

Discussion

Alzheimer's Advocacy Forum in DC March 27-29. Meet with Congressmen and Senators to advocate on behalf of the Alzheimer's Association. 1,300 advocates attended this year

Alzheimer's will cost \$259 Billion this year

Medicare is spending 1 in 5 dollars on Alzheimer's patients

Medicaid spends 23 times more on seniors with Alzheimer's than seniors without the disease

In 2016, the U.S. only spent \$100 on research for every \$16,000 spent on care

The two asks this year are:

- 1) \$414 million increase in research funding per year. Goal is to have Alzheimer's cured by 2025.
- 2) PCHETA: Palliative Care and Hospice Education and Training Act. 44% of nursing homes do not offer palliative care. Without this care, patients are more likely to be hospitalized and/or die. This bill will help provide funding for proper palliative care and hospice care.

Discussion

Advocacy doesn't happen once a year, advocacy can happen every single day.

Memory Day is May 3 at the Ohio Statehouse. There is a luncheon at 11am with a speaker and you have the opportunity to meet with state congressmen and state senators.

Registration: cpurk@alz.org Caitlin Purk

6:40-6:45pm | BvB | Jena & Kaitlin

Discussion

\$21,672 raised so far (about \$10,000 more than this point)

71 participants including 6 Team Purple

Team Purple is for those to fundraise or help out without playing or coaching

Hip Hop Dance Fundraiser: April 21, 6-8pm. Whetstone Community Center, \$10

Wine Away Alzheimer's: May 4, 6-9pm, Wine on High

Spin for Alzheimer's: May 21, 12:15pm, CycleBar Easton

6:45-6:46pm | Association | Lindsay

Discussion

Volunteer appreciation event will be held May 11, 8-9am at Dublin Retirement Village

6:46-6:47pm | Community Outreach | Adam

Discussion

Membership Appreciation Event is replacing our May meeting!!!!!!

Pins @ 6-8pm: 2 lanes have been donated for our use.

We are trying to plan something for the Longest Day as a Junior Committee: Stay Tuned

Ideas:

BeyFit: Fitness class where there is a suggested donation. Potential Longest Day event. Saturday 10am

Brunch

Alzheimer's Awareness Clipper's Game

Wolfsridge give-back?

Discussion

Central Ohio Alzheimer's Association Board Committees

- 1) Growing Revenue
- 2) Increasing Concern and Awareness
- 3) Advancing Public Policy and Advocacy
- 4) Enhancing Care & Support and Accelerating Research

The Junior Committee will be structuring our upcoming board positions to align with the Central Ohio board. The Central Ohio Board also aligns with the National Board. The purpose is to work together for the same goals and objectives as well as enhance involvement between the Central Ohio office and the Junior Committee.

Junior Committee Executive Board positions 2017-2019

- 1) President
- 2) Vice President of Development
- 3) Vice President of Awareness
- 4) Vice President of Advocacy
- 5) Vice President of Volunteerism and Research
- 6) Vice President of RivALZ
- 7) Vice President of RivALZ

All positions are available to active Junior Committee members (6 months plus 4 events attended included monthly meeting). President must have served on the board previously, VP of RivALZ must have served on Blondes vs Brunettes committee previously.

Elections will be held at the June 2017 monthly meeting, June 21

Please nominate members using the nomination form! Due June 7

You can apply using the application provided at the meeting! Due June 14

Contact Adam Puterbaugh for more questions ajputer@gmail.com