



| MINUTES

Wednesday 4/20/2016 6:00 PM | Alzheimer's Association Central Ohio Office

Type of meeting	JC Monthly Meeting	<u>Attendees</u>	
Facilitator	Kristin Dahlquist	Adam Puterbaugh	Matt Garrido
Note taker	Kaitlin Watterson	Jena Callahan	James Balch
Highlights:		Hayley Jones	Sarah Arp
3 New Members!		Kaitlin Watterson	Andrew Huffman
Headshots for Hope April 23		Suzy Casey	James Balch
Cinco De May BvB Event April 30		Kristie Ackerman	Joe Trela
2 monthly volunteer opportunities		Katherine Schultz	Patrick Huang
JC 2017 Budget announced		Maya Gosztyla	Megan Gochneaur
Spike ALZ returns in August		Michael Peacock	Brittany Hablitzel
		Ameerah Harris	Breanna DeFrank

AGENDA TOPICS

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

Discussion

3 New Members!

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

Discussion

Busy month for Alzheimer's.

- Biggest study is research saying that ALZ patients continue to make short term memories, they just can't access them. This was tested on mice.

- Another recent study was looking at stiffness of arteries. Young adults (30-40) who had very stiff arteries have cognitive decline in the some areas associated with ALZ.

Food and exercise choices may start your brain on that path early on.

- Synaptic pruning was a popular topic this month, too. Your brain cuts down on

Discussion

connections when you are a baby. This is good during that period, but Alzheimer's may actually be this re-activating as an adult in your brain. Mice were tested for this - Hayley watched a documentary the other day that was very educational. WOSU - Nova Series - can we stop Alzheimer's? A lot of additional information about plaques and tangles.

6:15-6:20 | Upcoming Events |

Discussion

Headshots for Hope - sign up, attend, register! Map will be sent to you once you register. Location is close to water tower, just southwest of the water tower at Audobon park. 10 a.m. -12 p.m. \$10 professional photos, Chris emails them to you very quickly.

Cinco de Mayo BvB event: only for players to volunteer, but everyone should come participate in the beer tasting to break the world record!! More details on Facebook.

6:20-6:25pm | Blog | Kaitlin

Discussion

Two posts up so far, everyone go read it! Two additional posts coming soon.

Contact Kaitlin.watterson@gmail.com if you want to contribute. Also follow us on [medium.com @ALZ Cbus JC](https://medium.com/@ALZ_Cbus_JC).

6:25-6:35pm | DC Advocacy Forum Recap |

Discussion

Great trip, record 10 people went with our group. It's important that we know what the ALZ associations needs from our federal government. We need 2 billion every year to find a cure and we're only halfway there. Our first request was an additional 400 million in funding. Without research, we can't do anything toward a cure. Out of every five Medicare dollars, 1 whole dollar is being spent on Alzheimer's but the research doesn't match. Second ask was Hope for Alz act, this helps newly diagnosed Alz patients to receive care planning from their doctor. Right now, if people have Alz, doctors don't really have a lot to tell them. Third ask was PCHETA, establish palliative care and hospice training programs, create a national wellness campaign, no pain in the last week of life.

Everyone Google Alz advocacy 101, also read Hayley's blog post.

6:35-6:45pm | Memory Day Recap | Joe

Discussion

Joe went to memory day. This year, we mainly just thanked politicians for their support, didn't really have a lot of new asks. House bill 50 is trying to maintain the state's budget for respite care (2 million dollars currently) so it doesn't get cut. This is still in progress. At memory day, a lot of older people in the room, need more young professionals using their voice to make a difference! Reps say even just having the advocates come talk to them is huge. Tweet at them, use social media, etc.

6:45-6:55pm | Miscellaneous |

Discussion

JC Budget for FY17 is 9K – this is awesome!

We will be playing a Spike ALZ tournament again at Flannagan's Dublin. Let Adam know if you are interested in being on the planning committee for this. It will be an all-day tournament in August.

Elephants in the room screenings in progress. Still waiting on grant yes or no. If you have ideas for other spaces, please let us know!

We're getting a podcast channel! If you know people in the community that we can interview, submit ideas to Kristin!

6:55-7:00pm | Volunteering |

Discussion

Monday, April 25 at 6 p.m. at Glenwood in Dublin

Wednesday, May 4 at 6 p.m. at First Community Village

Great way to put a face to the disease that we are trying to get rid of, share our insights with the community, brighten the lives of dementia patients, etc.