

Fabulous 50 to SEXY at 60

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What is The CALL TO ACTION?

The CALL TO ACTION Coalition is part of a **national** strategy to reach and educate African Americans both about disease conditions and the importance of participating in new drug discoveries. In 2008, NPFR PROJECT, networking with over 103 partners from around the U.S, developed a national Field Research called C.E.D.R.I.C.T. (Coalition to Eliminate Disparities and to Research Inclusion in Clinical Trials) for African Americans. The collective national coalition, called The AACT (African Americans in Clinical Trials) Coalition partners with existing local medical groups to engage African American communities in health discussions. Health advocates, church ministries and networks whose advocacy focuses upon health and disease education are invited to address racial disparities in health care and clinical trials. And, form city-by-city replicable MODELS whose purpose is to educate our communities through unified programs that offer quarterly resources and programs for better understanding of critical diseases and about participation in clinical research trials.

Alzheimer's Disease and African Americans



Ester Davis- MODERATOR

Ester Davis hosts the weekly "Ester Davis Show" in 9 major markets on ION Media Networks, the nation's largest television network. Her weekly column, "My Day," appears in four newspapers across the south with a combined viewer- readership of 8 million. Ester currently chairs the Senior Affairs Commission for the City of Dallas and serves on an advisory board for Dallas County Community Colleges. An advocate for women's issues and world literacy, she has a world-wide influence.



Lecture Series INVOCATION



Pastor Rodney Derrick, God has elevated this mighty man of God to become pastor in May 2006 under the tutelage of Bishop T. D. Jakes and First Lady Serita Jakes. Pastor Derrick is responsible for the pastoral oversight of the Bereavement Ministry, Golden Vessels, and the Professional Ministry Technicians (Ushers/Greeters) Hospital Ministry. Pastor Rodney Derrick is a devoted family man and father. He and his lovely wife, Ramona, have been married for over 30 years, and both share in his call to ministry.

How about Dinner and Movie to start? African-Americans are among those in the highest category of risk for developing Alzheimer's disease, yet there is little information on how families can best deal with the disease. This highly informative, video sensitively addresses this issue, providing much-needed information.



Alzheimer's and African Americans: Echoes from the Past -- This outstanding documentary was created to help educate African American families caring for a loved one with Alzheimer's disease. The video offers advice from doctors, shares caregivers' stories and provides valuable information for families, whether they have just received an Alzheimer's diagnosis or are caring for a family member with the disease. Topics include: Denial & Grief, Diagnosis & Treatment, Genetics & Research, Financial Toll, Support, and Stress. (Duration: 27 minutes)

University of Michigan Alzheimer's Disease Center How your body can work for or against Alzheimer's

Since 2008, **Dr. Edna Rose** has assisted the Michigan Alzheimer's Disease Center (MADC) with connecting to minority communities to provide education about the risk factors associated with dementia and the benefits of participating in research. She has successfully enhanced minority inclusion in our MADC supported studies through linkages at local churches, sororities and other social organizations. Dr. Rose received her MSW and PhD from Clark Atlanta University in Social Work Planning and Administration, and her undergraduate nursing degree from Kennesaw University in Atlanta, GA.



U.T. Southwestern

Nation's foremost Alzheimer's Disease Center setting the pace for Care

Dr. Mary Quiceno, Assistant Professor of Neurology & Neurotherapeutics at the University of Texas Southwestern Medical School, completed her Neurology training at UTSW, followed by a fellowship in Neurobehavior and Dementia. She is Board Certified in Neurology by the American Board of Psychiatry and Neurology. Certified in Behavioral Neurology and Neuropsychiatry by the United Council for Neurologic Subspecialties, and Director of the Cognitive Disorders & Memory Clinic at UTSW. Dr. Quiceno is leader of the Education & Information Core of the Alzheimer's Disease Center at UTSW where she is active in clinical research. She is a board member of the Greater Dallas Chapter of the Alzheimer's Association.



ALZHEIMER'S RESOURCES



Caring with Grace, LLC – Helping those you love live with dignity

Caring with Grace was founded by Angela Thomas, nurse and certified geriatric care manager. CWG provides care management, private nursing services to families facing the challenges of aging. They conduct a thorough assessment of medical history, medications, activities, diet and nutrition, memory and mental status. A personalized care plan is developed according to the client and family's financial and legal situation to determine appropriate and affordable care.

Fabulous 50 to SEXY at 60 Program

6:00–6:30: **Welcome**

Opening PRAYER – **Pastor Rodney Derrick**

Dinner Service Begins

Panel and moderator served

6:30 – 6:55: Film- **“Echoes from the Past”** Alzheimer’s and African Americans

6:55-7:00: **Ms. Ester Davis- Introduction of Panel**

7:00 – 7: 15: Your Body- is it for or against Alzheimer’s: **Dr. Edna Rose**

7: 15 – 7: 30: Alzheimer’s the medical Facts: **Dr. Mary Quiceno**

7: 30 – 7:45: ALZHEIMER’S RESOURCES

Alzheimer’s Association of Dallas: Ms. Frances Vasquez, Director of Diversity
Caring With Grace: Ms. Angela Thomas, CEO

7:45 – 8:00: OPEN FORUM- Q&A- Audience

8: 00 – 8: 10 Panel Wrap-Up

8:10 – 8: 25: Recognition of Caregivers (Certificates)
3-minute limit

Surveys COLLECTED for PRIZE tickets (in background)

8:25 – 8:45

Speaker, Guest Recognitions

Ester Davis: Introduction of VIP Visiting Doctors

ANNOUNCEMENT GIFTS & PRIZES FOR SURVEYS – Portia Tucker
Adjourn

Ed and Pat Sanders: Thanks to Ester Davis, Panel, Potter’s House of Dallas, Advisory, Partners
(Methodist, Parkland, MLK Medical Center, UT Southwestern)

Certificates, gifts for Panel, **Introduction of Advisory Team,**
Gifts and prizes: DRAWINGS + Special Surprise DRAWING
Caretakers (self-introduction)

A Special Thanks to A&J Caterers for the beautiful meal!

Please Complete the Evaluation Form and leave on table

Thanks to all who made Fabulous 50 to Sexy at 60 possible

Ester Davis Panel The Golden Vessels Advisory Team* University of Michigan Alzheimer’s Disease Center,
UT Southwestern 50 Hoops/NPFR Staff Volunteers “Pieces of My Dreams” Centerpieces
A&J Caterers (Jazz and Andrew) Kim McGrew- The Potter’s House of Dallas Alzheimer’s Association of Dallas
Ron Boggs, Television Cameraman

Stage 1: No impairment (normal function)

The person does not experience any memory problems. An interview with a medical professional does not show any evidence of symptoms of dementia.

Stage 2: Very mild cognitive decline (may be normal age-related changes or earliest signs of Alzheimer’s disease)

The person may feel as if he or she is having memory lapses — forgetting familiar words or the location of everyday objects. But no symptoms of dementia can be detected during a medical examination or by friends, family or co-workers.

Stage 3: Mild cognitive decline (early-stage Alzheimer’s can be diagnosed in some, but not all, individuals with these symptoms)

Friends, family or co-workers begin to notice difficulties. During a detailed medical interview, doctors may be able to detect problems in memory or concentration. Common stage 3 difficulties include:

- Noticeable problems coming up with the right word or name
 - Trouble remembering names when introduced to new people
 - Having noticeably greater difficulty performing tasks in social or work settings
 - Forgetting material that one has just read
 - Losing or misplacing a valuable object
- Increasing trouble with planning or organizing

Stage 4: Moderate cognitive decline (Mild or early-stage Alzheimer’s disease)

At this point, a careful medical interview should be able to detect clear-cut symptoms in several areas:

- Forgetfulness of recent events
 - Impaired ability to perform challenging mental arithmetic — for example, counting backward from 100 by 7s
 - Greater difficulty performing complex tasks, such as planning dinner for guests, paying bills or managing finances
 - Forgetfulness about one’s own personal history
- Becoming moody or withdrawn, especially in socially or mentally challenging situations

Stage 5: Moderately severe cognitive decline (Moderate or mid-stage Alzheimer’s disease)

Gaps in memory and thinking are noticeable, and individuals begin to need help with day-to-day activities. At this stage, those with Alzheimer’s may:

- Be unable to recall their own address or telephone number or the high school
- or college from which they graduated
- Become confused about where they are or day
- Have trouble with less challenging mental

arithmetic; such as counting backward from 40 by subtracting 4s or from 20 by 2s

- Need help choosing proper clothing for the season or the occasion
- Still remember significant details about themselves and their family

Still require no assistance with eating or using the toilet

Stage 6: Severe cognitive decline (Moderately severe or mid-stage Alzheimer’s disease)

Memory continues to worsen, personality changes may take place and individuals need extensive help with daily activities. At this stage, individuals may:

- Lose awareness of recent experiences as well as of their surroundings
- Remember their own name but have difficulty with their personal history

- Distinguish familiar and unfamiliar faces but have trouble remembering the name of a spouse or caregiver

- Need help dressing properly and may, without supervision, make mistakes such as putting pajamas over daytime clothes or shoes on the wrong feet

- Experience major changes in sleep patterns — sleeping during the day and becoming restless at night

- Need help handling details of toileting (for example, flushing the toilet, wiping or disposing of tissue properly)

- Have increasingly frequent trouble controlling their bladder or bowels

- Experience major personality and behavioral changes, including suspiciousness and delusions (such as believing that their caregiver is an impostor) or compulsive, repetitive behavior like hand-wringing or tissue shredding. To wander or become lost.

Stage 7: Very severe cognitive decline (Severe or late-stage Alzheimer’s disease)

In the final stage of this disease, individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement. They may still say words or phrases.

At this stage, individuals need help with much of their daily personal care, including eating or using the toilet. They may also lose the ability to smile, to sit without support and to hold their heads up. Reflexes become abnormal. Muscles grow rigid. Swallowing impaired.