



B.E.C.O.N.

Date: 9/06/19

Guests:

Carol Fleming – Steve Staebler (yes Mikey did not introduce her)
Gary Jensen (Lisa's Husband)– Dan Singer
Joy Gordon – Jim Gordon (his wife)
Grace - Harold Farrand (his wife) .
Cortlynn Cartonia (VISTA for The Family Tree Center) – Stacey Dreesen
Lynn Mullowney Cabrera (speaker) & her husband Mario

Announcements:

- Dina Harmon received the Distinguished Secretary Award for our her outstanding service as Club Secretary last year! Way to go Dina.
- Challenge Coins for the USS Billings are available for purchase from Rene until Dennis Pittman returns to present in early October. \$20/coin, nice looking colored coin.
- Coles Pantry – (2) tickets available for banquet on 9/14, please contact Rene if you are interested in attending.
- Next Meeting Business meeting please no guests.
- Tanner – Social Committee All Club Social 9/13 in Laurel help at Healing Field then retire to Golf Course for dinner & drinks.
- Phil Bauer asked for BEC representative for his company thanks to the community on 9/8.
- Kent had (2) tix to UM Griz game this weekend for anyone interested.

Presentation: Lynn Mullowney Cabrera from the Alzheimer's Association (AA)

- "Public Health Challenge of our generation"
- Mission of AA is to eliminate Alzheimer's & Dementia.
- Every 65 seconds someone in US develops Alzheimer's or Dementia
- There are over 100 types of Dementia. 60%-70% of these cases are Alzheimer's.
- In Seniors, 1 in 3 dies from a form of Dementia.
- From 2000-2017 there has been a rise of 145% in cases of Dementia.
- Currently, there is no way to slow, cure or prevent any type of Dementia.
- 5 million currently living with Alzheimer's, by 2050 that is expected to be 14 million (in US).
- If you or someone you know needs assistance, please look at alz.org or call 800.272.3900. This helpline is free to use.
- Communication class provided by AA is most important class. Focus on stress and frustration in dealing with sufferers.
 - "right or kind" when dealing with victims of Alzheimer's.
 - Communication can be effective through touch, smell, art as these skills remain in those affected.
- 82% of seniors think important to check thinking & memory while only 16% actually get checkups.
- AA teamed up with Yellowstone Art Museum for the Art of Memory 3rd Friday of each month. Register at 800.272.3900
- AA largest non-profit for Alzheimer's & Dementia research.
- 2006 funding for Alzheimer's & Dementia was \$250 million/yr, now over \$2billion/yr
- Could use help in Clinical Trials, usually phone interview and email involvement.

- Reduce risk factors by reading, don't smoke, exercise, maintain healthy heart function, eat well, sleep, protect head from trauma, converse with people.
- Walk to End Alzheimer's 9/22 at ZooMT see attached.

2019 WALK TO END ALZHEIMER'S

**ALZHEIMER'S DISEASE IS RELENTLESS.
SO ARE WE.**

Billings
Sunday 9/22/19

Bozeman
Sunday 9/15/19

Great Falls
Saturday 9/21/19

Helena
Saturday 9/7/19

Kalispell
Sunday 9/8/19

Missoula
Saturday 9/28/19



Every year, more than 500,000 people come together in over 600 communities across the nation for the Alzheimer's Association Walk to End Alzheimer's®. Participants carry flowers representing their connection to Alzheimer's — a disease that can't be prevented, cured or even slowed. But one day we will end Alzheimer's - with your help.

By taking part in Walk to End Alzheimer's - and by urging others to get involved - you support a cause that affects over 21,000 Montana families and millions more across the country. This inspiring event calls people of all ages and abilities to join the fight against the disease.

2018 NATIONAL PRESENTING SPONSOR

Edward Jones®

Help lead the way! We need Team Captains, Walk Sponsors, community members to serve on the planning committee and more!



Lynn Mallowney Cabrera
Executive Director

Learn more at www.alz.org/walk
or contact us at montana@alz.org or
406.252.3053

alzheimer's  association®

alz.org/walk | 800.272.3900

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