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### Jessica Duncan – Alzheimer's Association



Jessica Duncan has a degree from Creighton in Health Administration and Policy and she has her Certified Dementia Practitioner License. She is married, attended Lewis Central, and has two young boys. She was President of the CB Optimist Club and stated the

Optimist Creed was part of their wedding vows plus their reception and first dance were held at the Treynor Community Building.

Duncan helped open Memory Care in 2017 and is now a personal care giver too. Jessica shared the touching story of her father at age 53 in 2018 who started suffering from dementia. He was buff and active and suddenly couldn't spell, started missing every other word in a sentence. She sees herself being blessed to love on him.

Jessica loves on other people's grandmas and grandpas and now helps people in Western Iowa from Sioux City to Council Bluffs. Jessica wants people to know that free help is available at [www.alz.org](http://www.alz.org) and 515.325.5286.

The Walk to End Alzheimer's is an event she organizes which occurs in September and is free to sign up. It is a way to raise awareness and to raise funds.

The mission of the Alzheimer's Association is to lead the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection and maximizing quality care and support.

Dementia is the umbrella name for various diseases. Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. 60-80% of dementia falls in this category.

Other forms of dementia are: Vascular, Lewy Body, Frontotemporal, other (including Huntington's), and mixed dementia.

Alzheimer's is on the average a 10-12 year journey, but can be shorter. Vascular dementia generally happens in the 50-70 age range and is the result of some strokes. Lewy body is the hardest to take care of because of hallucinations.

Frontotemporal dementia is what Jessica's dad has. Shrinkage of the frontal lobe affects problem solving and emotions. Bruce Willis has this and the life expectancy is usually 5-7 years.

Women are at the higher risk of developing dementia during their life time, and it's because women live longer. Age 65 is the #1 risk factor for dementia.

Most research under the dementia umbrella is being done for Alzheimer's. It is a brain disease that causes problems with memory, thinking, and behavior. It is a progressive disease. New meds have just been introduced this week. Iowa is getting on the map with a really good clinician in the Des Moines area. Research is getting closer to having a blood draw that will predict if someone will have Alzheimer's within 20 years.

Ten Warning Signs of Alzheimer's:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities
10. Changes in mood or personality.

Jessica recommended taking charge of your brain health, stating your mind and your diet help your brain. Sleep between 9-12 pm is most valuable. Dementia is a physical imbalance. Mental health issues are a chemical imbalance in the brain. Is dementia genetic? Duncan stated that actually a genetic trigger is in just 5% of families. She recommended watching the movie, Limitless on Disney Plus.

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### Next week's Program:

**Bob Allen,  
Pott Co. Sheriff Deputy – Drug Division**

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### Famous Quote

**"I am guided by one lamp: experience."**

**Patrick Henry**

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### Meeting Minutes

Bill Vorthmann called the meeting to order. Fourteen members were present. Jessica Duncan was a guest.

The group recited the pledge and Dee Guttau offered the prayer.

**Jokes:** Bill Vorthmann and Keith Denton shared jokes.

**History:** On this day in 1797 Old Ironside, USS Constitution was launched. It is located in Boston and can still be toured. It is still a commissioned ship.

**50/50:** Chad Guttau won.

**Attendance:** Glenrose Meier

**Football Contest:** Dee Guttau won.

**Birthdays:** We celebrated Marsha Underwood's birthday and appreciate her bringing breakfast pizza for all.

**Anniversaries:** None

**Bragging Rights:** (Dollars are contributed to benefit local youth programs.)

- Jerry Hempel announced the high school girls cross country team qualified for state. His daughter-in-law, Jaylee Hempel, is the coach. They compete Friday in Ft. Dodge.
- Keith Denton stated his pug was run over, broke seven ribs but is doing fine.
- Judy Guttau shared that the Treynor High School Band got a I at State Marching Band Contest Saturday morning in Glenwood and went on to the Mid-Iowa Band Championships in the afternoon at Ankeny. The band placed second in their class. The color guard placed first in their class. Granddaughter Emmersen Fox is a co-captain of the color guard.

- Judy Guttau also paid to praise the Treynor Football team for their win last night in the first game of the Play-Offs. Jordan Campbell contributed to add that Ben Casey, QB broke records for the amount of his touchdown passes and Karsen Elwood had four touchdowns. Gary Guttau, Kevin Underwood, and Marsha Underwood also contributed.
- Gary Guttau shared a silver tray made by HC Riekmann, grandfather of his Grandmother (Saar) Guttau, made in 1821 in Germany. He also showed an ostrich egg, which he knows is older than himself. Both items are going to Gary's sister, Darsie.
- Judy Guttau contributed to announce that Lois Von Weihe, age 99, has passed. She will be remembered for her many years of work at Treynor State Bank and her wonderful fluffy chocolate angel food cake. Her sister Norma Storm is 101 and was able to be at the funeral.

### Community:

- Treynor Football – Play their second Play-Off game at Ida Grove against OABCIG.
- Treynor's Trunk or Treat is tomorrow from 1:30-3:30 outside at the Community Building. Over 200 kids are expected. Gary Guttau invited people to give away pumpkins.

### Business:

- John Klein invited all to drive through the elementary school drive and observe the beautiful trees. All the hard work from the Arbor Day programs in the past is paying off.
- The next can kennel sorting will take place on Sun., Oct. 29 at 3:00 pm.
- Jordan Campbell expressed that it is a good idea that we hope to be able to sort cans right after the meetings on Saturdays at 9:30 am going forward.
- Expanding the west wall of the Can Kennel was discussed. We will wait to hear more from Dale Willenborg who will talk with the city for approval.
- Optimist Dues are due to Gary Guttau.
- Bill Vorthmann requested that someone plan a program about the difference between a supplement and Medicare Part C as he finds the ads confusing. Our speaker stated she would get a speaker from Shipp to speak and

will provide the information to Jordan Campbell for the Nov. 11 meeting.

There being no further business the meeting was adjourned with the saying of the Creed.

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### HUMOR



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### Calendar

#### Events

Oct 29 Can Kennel Sorting 3 pm.

#### Birthdays

Oct 29 Bill Vorthmann

#### Anniversaries

#### Programs:

Oct Gary Gutttau (4<sup>th</sup> Sat)

Nov Jordan Campbell (1<sup>st</sup>/2<sup>nd</sup> Sat)  
Jerry Hempel (3<sup>rd</sup>/4<sup>th</sup> Sat)

Dec Judy Gutttau

#### Speakers

Oct 28 Bob Allen, Pott Co. Sheriff Deputy – Drug Division