



SUBMITTED PHOTO

## Chili Bowl Contests proceeds benefit food pantry

Proceeds from the Dallas Harvest Festival Chili Bowl Contests from 2006 and 2007 were recently presented to the Back Mountain Food Pantry to help purchase food for the more than 150 food orders that went out of the pantry for

Thanksgiving this year. The check for \$225 was presented by Dallas Borough Manager Joe Moskovitz on behalf of the Festival Steering Committee. From left, are Joe Hardisky and Lena Baur, food pantry board members; Joe Mosko-

vitz, Dallas Borough Manager; Rev. Michael Bealla, board chairman and pastor at Trucksville United Methodist Church; and Beverly Butler, board member and pastor at Lehman/Idetown United Methodist Church.

## ALZHEIMER'S PRAYER VIGIL



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Families, friends and Alzheimer's patients gathered at the Meadows Center in Dallas for a prayer vigil. From left, are Amy Zeiss, Nancy Eveland, John Daily, Maryann Daily and Arlene Daily. The vigil was sponsored by the Northeastern Regional Office Greater Pennsylvania Chapter of the Alzheimer's Association.

## ALZHEIMER'S

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cook a meal. Even that would be a relief; every gesture is still appreciated," she says.

Or, Fairley suggests friends ask for a list of suggestions that might help an Alzheimer's family.

2. Seek early interventions, read and keep searching for answers.

In 1995, David Fairley began taking a drug called Exelon, which slows the progression of the disease. Since his diagnosis and early treatment, Fairley has built a house, of which he is very proud, and suffered only mild memory loss. He was, and still is at 76, in good physical condition. The couple visited many physicians and learned about the disease.

"I really dug around, found people that could help but you have to go looking for them and be your own advocate," Kay Fairley says. Fortunately, David was cooperative.

"New drugs like Neumenda and Aricept were not available five years ago," says Estelle Parker Killian, of the Alzheimer's Association in Wilkes-Barre.

Laws and funding for home health care are changing every day so it can help to pay attention and contact your legislator or local aging office for new details. A good website for general information is [www.Alz.org](http://www.Alz.org).

The illness will affect three percent of the 65 to 74-year-old population and half of people over 85, the Alzheimer's Association projects. Locally, the Office for the Aging in Luzerne and Wyoming counties is 822-1158 or 1-800-252-1512

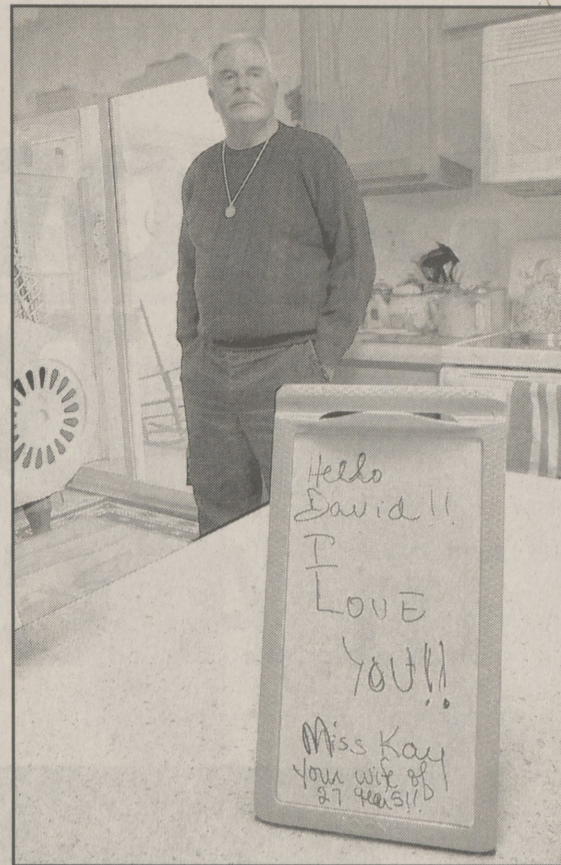
The Alzheimer's Association number is 822-9915 or 1-800-559-0404.

3. Ask for and seek the help you need.

Today, the Fairleys get along with the help of nurse aides in the morning to assist in bathing, dressing and feeding.

"I can't even get breakfast for him because he will stand right next to me because he is hungry and gets agitated; then he wants to touch and taste everything and I'm afraid he'll get burned or hurt in the kitchen," Kay says.

She used to enjoy taking David for walks around the



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

A message board is just one way Dave and Kay Fairley communicate with each other. Kay writes notes on the board each morning to stimulate and inspire her husband, who suffers from Alzheimer's disease.

neighborhood but he would wander, so now a male nurse aide comes in the afternoon to provide some outdoor field trips, companionship and entertainment.

Kay's sister lives with the Fairleys and helps in the evening hours.

"It's like having a 2- or 3-year-old living with you; you can't leave him alone for a minute," Kay says of David while she wears a fanny pack and a ring of color-coded keys for each door in the house.

"We are in lock down here all the time," she explains.

If not for the help of these caregivers and a support group she attends once a month in Dallas, Kay could not care for her husband at home. The support group in Dallas meets at 11 a.m. the first Thursday of every month at the Meadows Center.

"It (the support group) was and has been a blessing to me," she says.

Kay receives financial reimbursement for the caregivers through the county Office for the Aging caregiver program. Programs are always changing so she suggests people call or keep in contact with legislators or local offices for the aging. Non-medical at-home care can cost between \$8 and \$20 an hour and full-day care programs are \$40 to \$60 an hour.

Support groups, churches, friends and family all are avenues of support for a caregiver who can sometimes feel

overwhelmed and isolated.

4. Urge churches, community groups and agencies to organize and maintain adult day care facilities.

Kay tried unsuccessfully to place her husband in a nursing home.

"Unfortunately, he was easily able to disconnect the alarm system and escape and that was when I realized that I needed to keep him home," she says. That is one reason why 75 percent of Alzheimer's patients are cared for in their homes. Kay wishes that area churches could get involved and provide adult day-care with appropriate facilities for Alzheimer's patients.

The need will continue to grow, according to Annette Grella, planning and program development director at the Wyoming and Luzerne County Office for the Aging. As the baby boom generation ages, she expects a huge surge in the next 10 to 15 years in the need for adult day care centers and nursing home care. Now, only a handful of centers and nursing homes are approved for Alzheimer's care in Wyoming and Luzerne counties.

Despite feeling isolated, overwhelmed and exhausted and being under-served in her rural environment, Kay Fairley feels blessed and is cheerful.

She says, devotedly, of her husband, "I've had him for a long, long time and God has provided for us somehow."

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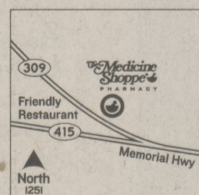
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