

updates

THE ALZHEIMER'S ASSOCIATION: Its Research Mission

By Nancy H. Hooker, Board Member, Cleveland Area Chapter

At the Alzheimer's Association, research is front and center in its strategic agenda. Nothing makes that more clear than the initial words of its mission statement, which dedicates the Association "to the elimination of Alzheimer's disease through the advancement of research." Since the Association began making research grants in 1982, it has awarded more than a quarter of a billion dollars to researchers. This has resulted in the Association being the largest private, non-profit funder of Alzheimer's research.

Beyond the direct funding of specific research proposals, the Association leverages its impact in this critical area through sponsoring and facilitating the world's preeminent scientific conference on Alzheimer's and related dementias. The Association also advocates for greater federal funding of Alzheimer's disease-specific research. Collectively, these efforts are designed to fulfill the Association's vision of a world without Alzheimer's disease.

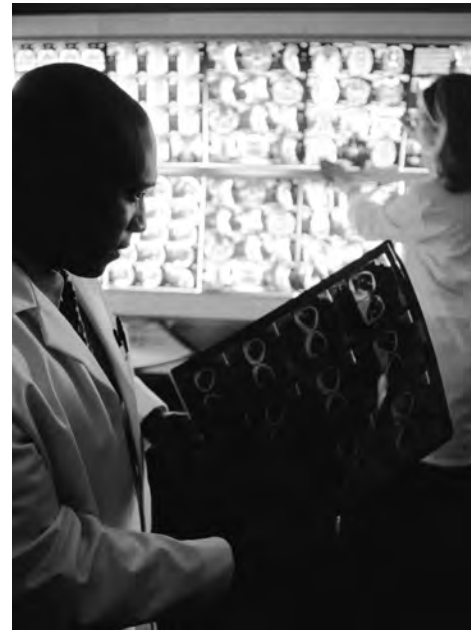
Direct Funding of Research: The Association Strategy and Process

In fiscal year 2009, the Alzheimer's Association funded more than \$28 million in research initiatives. The funded projects fall into four basic areas, all of which are aimed at some aspect of improving quality of life of those afflicted. The areas are: those related to the basic cellular science on causation, prevention and treatment; projects

aimed at development of social and behavior strategies for ameliorating the effects of the disease on individuals and their families and caregivers; support for clinical studies requiring human subjects in pilot programs evaluating testing and drug administration; and creation of smart technologies that enhance the cognitive capabilities and safety of those afflicted.

To make funding decisions among the hundreds of requests received, the Association refines its strategy by identification of high priority areas in which it actively seeks proposals related to the four basic areas of inquiry. Currently, the first priority is research in diverse populations because of the deficits about ethnic and cultural groups in most major research areas in Alzheimer's disease. The understanding of the root causes of the disease are limited by characteristics of those who have been included in investigations. By expanding the inclusiveness of the research data generated, the Association believes that the resultant scientific conclusions will be more reliable and valid. Secondly, the Association places priority on those social and behavioral projects that evaluate interventions and that translate those empirical findings into the daily care practices for people with the disease.

Proposals for funding are solicited at the beginning of each calendar year. The Association's Medical and Scientific Relations Division engages a panel of three



or four scientists from among a global community of about 3500 expert volunteers, and the identified panels review proposals to evaluate the merits. The Association's Medical and Scientific Advisory Council then reviews panel recommendations and determines individual funding awards so that the overall portfolio covers established research areas and moves the field forward in important new directions. Only about 20% of deserving projects can be supported with available resources, which are rewarded at mid-year. Projects are generally funded for 2 to 3 years, and project funding can range from \$100,000 to \$1 million, dependent upon the grant category.

continued on page 8

Board of Trustees

Robert L. Bazzarelli, *President*

Collette Appolito

Christine F. Branche

Craig M. Brown

Martin J. Burke, Jr., CFA

Paul D. Coulter, Ph.D.

Jan Culver, CPA

Linda G. DeBor

Robert A. Durham

Kimberly Gill

Nancy H. Hooker

Bonnie H. Marcus

Jason Peterson

Allen Pfenninger

Esther Potash

Brian J. Richardson

Gail L. Sands

Marsha Spitz

Christine B. Stevens

P. Kelly Tompkins

Sally R. Turner

Matthew S. Wayne, M.D.

Jill Whelan

Professional Advisory Board

Matthew S. Wayne, M.D., *Chairperson*

Stephen A. Baum, M.D.

Philipp L. Dines, M.D., Ph.D.

George L. Gelehrter, M.D.

Daniel R. Kendis, M.D.

Bruce Lamb, Ph.D.

Barbara Messinger-Rapport, M.D., Ph.D.

Paula K. Ogrocki, Ph.D.

Erin Rader, MSN, APRN, BC

Stephen M. Rao, Ph.D.

William S. Schwab, M.D., Ph.D., AGSF

Executive Director

Nancy B. Udelson

A Committed Board and Staff

This column marks my first as the new President of the Board of Trustees for the Cleveland Area Chapter of the Alzheimer's Association. I am very fortunate to serve with so many dedicated board and staff members who go above and beyond the call of duty daily to serve those clients and families afflicted with Alzheimer's disease.

I believe the reason why there is such untiring devotion by board and staff to serve those in need is because most of us have personally been touched by Alzheimer's. We know what it's like to start down an unknown and often winding road – but we also know that it is a journey we need not take alone. For me the journey began when my dad was diagnosed with Alzheimer's disease about ten years ago. From the very beginning, the Alzheimer's Association staff was there along the journey offering support, guidance and advice. But most importantly, the staff reached out with compassion and a sympathetic ear. For this I will always be thankful.

I am also thankful for the strong and committed leadership from the Cleveland Area Chapter Board of Trustees. In no small measure, this has occurred because of the outstanding efforts of Chris Stevens, whose term as President of the Board ended in June 2009. Chris and her husband Tom have been stalwarts in support of this Chapter and have been devoted volunteers on behalf of the Association for a decade. Chris and Tom's outstanding efforts will be recognized at our Annual Dinner in 2010, but in the meantime, I want to offer a heartfelt thank you to Chris for her extraordinary service. Chris will remain on the Board as a trustee in the coming year.

I also want to thank Chuck Adler and Judge Ronald Adrine for their service as members of our Board. Chuck, a partner with Schneider, Smeltz, Ranney and LaFond, served on the Board since 2000, and his wise counsel while serving on our executive, governance and development committees has been invaluable. Judge Adrine joined the Board in 2006 and brought his expertise to our public policy committee. I thank both for their dedicated service.

With the commencement of our new fiscal year, the Cleveland Chapter welcomes three new Board members. Joining the Board are Allen Pfenninger, Vice President at Edward Howard & Co., Esther Potash, Chief Information Officer with Olympic Steel, and Jill Whelan, Director of Customer Service with Swagelok Company. I am also pleased that Marsha Spitz, the recipient of the Chapter's 2009 Arlene L. Ellis Volunteer Service Award, will return to the Board. These individuals bring their excellent leadership, communication and management skills and, most importantly, their own passion to serve the tens of thousands of Northeast Ohioans afflicted with Alzheimer's Disease. I look forward to working with them in the coming years.

Finally, I want to recognize the outstanding efforts of Program Director, Sean Shacklett. Sean left the Chapter to become the Executive Director of the Non-Profit Academic Centers Council. The thoughtful planning and strategic vision he provided during his tenure will continue to benefit our Chapter, and we thank Sean for his fine service.

I am very proud of the commitment of our Board members and the excellence of our professional staff. Working collaboratively, I am confident that the Cleveland Area Chapter will continue to serve with compassion the pressing needs of those in our area affected by Alzheimer's.



Chapter Advocates Succeed in State Budget Effort Respite Funding Maintained Throughout Budget Battle

The efforts of our chapter advocates, Board and Public Policy Committee have paid off in a big way, as the state legislature and Governor Strickland have finally reached an agreement on the state's two-year budget. Due to the economic downturn and dwindling state revenues, policy makers in Columbus were faced with making significant cuts to state programs, including the Alzheimer's respite program, which provides funding for respite and respite related services for caregivers and those with AD. The Chapter made this its first public policy priority this year, and the effort has ended with a successful outcome.



In a budget environment that saw dozens of state programs cut, the Alzheimer's respite line item maintained the level of funding from the previous two year-budget. This is quite a feat when you consider the multitude of hurdles that have faced our advocacy effort over the past nine months. The Public Policy Committee engaged a number of tactics to bring the full force of our advocacy effort to decision makers in Columbus, including direct advocacy, grassroots mobilization, and public education and media outreach. From the early days in the process when caregivers held direct meetings with legislators in their district offices and in Columbus, to the tireless efforts of our volunteer advocates who made calls to their representatives and participated in our media outreach campaign, this was an all-hands-on-deck effort that ended on a positive note. The Alzheimer's respite line item not only held its own, but it received a 2% increase over the previous biennium in what has been perhaps the most challenging fiscal situation in Ohio history.

This is testament that ordinary people can do extraordinary things when given a chance to be heard. This year our voice was heard loud and clear, and the passion with which our effort carried forward was the driving force. Congratulations and thank you to all who participated. This year's achievement will definitely be studied as a "how to" in state budget advocacy in the future of our public policy efforts.

The Alzheimer's Association Cleveland Area Chapter serves the northeast Ohio counties of Ashtabula, Cuyahoga, Geauga, Lake and Lorain, with offices in Ashtabula, Avon, Chardon, Cleveland and Mentor.

OUR MISSION

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected in Northeast Ohio; and to reduce the risk of dementia through the promotion of brain health.

OUR VISION

A world without Alzheimer's disease.

Help Us Go Green!

It is our plan to be able to share future newsletters in a more cost-effective and environmentally responsible way. If you have access to the internet and a personal e-mail address and would like to receive our newsletter via e-mail, please let us know. Just call 216-231-1330 to share your e-mail address with us or send an e-mail to eabram@alzclv.org. We appreciate your support of this endeavor and look forward to hearing from you.



Helpline 800-272-3900

The Alzheimer's Association Helpline operates 24 hours a day, seven days a week, in 140 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer's disease. Call us if you have questions about:

- Alzheimer's disease or memory loss, medications and treatment options, brain health, and care options
- How the Association can help you
- Caregiving tips and respite care options
- Services available in your community and referrals

You can also call us for emotional support – as often as you need. We know that living with Alzheimer's can be overwhelming at times. Remember, we are here for you – all day, every day.

Alzheimer's Disease Research in Cleveland

By Alan J. Lerner, M.D.

Cleveland has been a major hub in the study of Alzheimer's disease (AD) since the 1970's. Researchers associated with Case Western Reserve University and area medical centers have contributed to all areas of research involving AD, including developing treatments based on the finding of decreased levels of neurotransmitters in the brain (such as acetylcholine), the genetics of AD, changes in brain levels of beta-amyloid protein (the protein deposited in the brain in AD), social consequences of the disease, and new theories about its cause. According to a recent analysis by Mark Smith, Ph.D., of the Department of Pathology at CWRU, research performed by Cleveland area researchers ranks fifth *worldwide* in terms of frequency of citations by other researchers, the equivalent of forming the basis for new research in various aspects of AD.

Studies supported by both federal funding (such as the National Institute of Health) and pharmaceutical companies that are currently enrolling include Dimebon and Gamma Globulin. Dimebon is an antihistamine first developed in Russia which is now being tested in Cleveland and many other locations. Gamma Globulin is being tested because it appears to contain a naturally occurring antibody to beta-amyloid.



We are also conducting research on new ways to detect AD early using various forms of cognitive testing.

Basic laboratory research by Dr. Mark Smith and colleagues explores the biology underlying the development of AD. Dr. Smith's research has ranged from the effects of "oxidative stress" on AD development to discovery of new compounds that may slow down the disease process at a fundamental level within nerve cells. Aided by grants from many sources, including the Alzheimer's

Association, these lines of research may lead to the development of new therapies for AD, which are sorely needed.

Studies in the laboratory of Gary Landreth, Ph.D., and colleagues have focused on changes in proteins that regulate the process of inflammation which also appear to be important in AD development. Some of these ideas have progressed to being tested in human clinical studies in Cleveland, nationally and internationally.

Dr. Kathleen Smyth and colleagues have

continued on page 11

The Daughters' Club Holds Annual Luncheon and Lecture

The Daughters' Club of the Alzheimer's Association, Cleveland Area Chapter held its third annual luncheon and lecture at The Club at Key Center on Saturday April 4, 2009.

Dr. Bruce Lamb from the Department of Neurosciences at the Cleveland Clinic enlightened the group of 50 attendees with his speech and video presentation, "New Insights into Alzheimer's

Disease Using Animal Models." Special thanks go to Donna Fallon and Marsha Spitz, who co-chair the Daughters' Club.

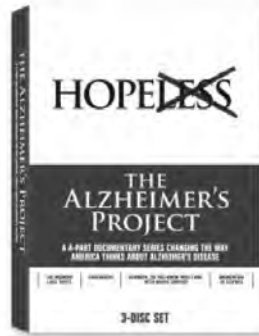
The Daughters' Club is an auxiliary group whose mission is three-fold: to honor loved ones who have been "lost" to Alzheimer's disease; to foster education and investigation regarding Alzheimer's disease and related dementias; and to support the Alzheimer's Association and its efforts to serve families and advance research. The programs offered through this unique group are open to anyone interested in its mission.

The Alzheimer's Project

In May 2009, HBO aired a groundbreaking, multipart documentary called *The Alzheimer's Project*, which has since been nominated for an Emmy award in several categories. Called by a review in *The New York Times* a “sober, deeply affecting” series, the project was developed in collaboration with the National Institute on Aging at the National Institutes of Health, the Alzheimer's Association, Fidelity Charitable Gift Fund and Geoffrey Beene Gives Back Alzheimer's Initiative. The message conveyed by the series is that, despite the current lack of a cure, there is finally hope that a breakthrough in prevention and treatment is entirely possible.

The first of the four part series, “The Memory Loss Tapes,” provide an up close look at seven individuals living with Alzheimer's across the full spectrum of the disease, from onset to death. “Momentum in Science” takes the viewers inside the laboratories and clinics of 25 leading sci-

entists and physicians. Topics presented include the role of amyloid plaques and neurofibrillary tangles in the progression of the disease, the impact of genetics, the causal relationship of inflammation and the



immune system with disease development, and the use of imaging to trace the impact of the disease as it develops and progresses. “Grandpa, Do You Know Who I Am?” narrated by Maria Shriver, captures what it means to be a child or grandchild of someone with the disease. And the final segment,

“Caregivers,” highlights the sacrifices, triumphs and emotional costs to those individuals caring for someone afflicted with the disease.

The Alzheimer's Project has provided a singular opportunity to raise awareness of the prevalence and devastating impact of this disease by personalizing the experience of those afflicted. The Cleveland Area Chapter has provided screenings of portions of the documentary throughout the summer, followed by staff facilitated discussions. To date, 167 persons have participated in these events. Because of the importance of this project, both HBO and the Alzheimer's Association continue to provide the ability to view the series online free. HBO also has 15 supplemental videos of information not included in *The Alzheimer's Project* that provide an in depth look into scientific advances being made in research and medical understanding of the disease. The videos may be found at www.alz.org and www.hbo.com/alzheimers.

How You Can Help

People often ask us what they can do to help us raise money to support the programs and services we offer. Besides attending our annual dinner, *A Celebration of Hope*, and Memory Walk, here are ideas if you want to host a fundraising event to benefit the Cleveland Area Chapter. For more information, go to our website www.actionalz.org or contact Mary Lambert at 216-231-1485.

If you are planning a wedding or other milestone celebration:

- Ask guests to make donations instead of gifts.
- In place of favors, make a donation in honor of your guests.
- Incorporate a service project into your shower or engagement party – Ask guests to make donations instead of gifts.

Lifecycle Events

Remember or acknowledge someone special in your life with a memorial or tribute donation. We have provided an envelope within this newsletter for your convenience.

Neighborhood block party

Set up games like cornhole, badminton or volleyball. Collect donations to play or entry fees for teams.

Garage sale

Donate half the proceeds – and let your buyers know it!

Golf outing

Invite your friends and family to play a Round to Remember

Clubs

Collect contributions at a few meetings. Then use half the funds to treat the group and donate the other half.

Poker or bridge

Split the winning pot with the Alzheimer's Association. Maybe the winner will donate back to the cause!

Dunk Alzheimer's at Memory Walk 2009!

Join our Memory Walk Honorary Mission Champions Jaynee and Larry Nance as we put the *full court press* on Alzheimer's disease. Former Cleveland Cavalier forward Larry Nance and his family have been touched by this disease and they're joining our team to *dunk* Alzheimer's!

Memory Walk is Sunday, October 4, at Tower City Center in Cleveland, Ohio. We are expecting over 1700 walkers from Ashtabula, Cuyahoga, Geauga, Lake and Lorain counties to participate in Memory Walk and help us reach our goal of \$260,000!

Registration and family-friendly activities begin at 8:30 am. The program and walk start at 10:00 am. Before and after the walk, enjoy "Dunk Alzheimer's" themed activities such as Kids Zone, community expo, entertainment, and more! The walk route is 2 miles (1 mile course also available) and is wheelchair and stroller accessible. All walkers receive free parking in designated parking lots.

By participating in Memory Walk, you, your family, friends and co-workers will have the opportunity to be part of a movement bringing help and hope to millions of Americans living with Alzheimer's – and millions more at risk. This cruel disease must be stopped, and your participation will help make the difference.


Join the Cleveland Memory Walk and help the Alzheimer's Association MOVE

toward our mission of one day living in a world without Alzheimer's.

To learn more and register your team, please visit at www.alzclv.org/walk.

For questions or information about sponsorship and community expo, please contact Kelly Rudloff, Development Associate, at 216-231-1466, or email MemoryWalk2009@alzclv.org.



Nationally presented by
Genworth Financial 

Foley Lecture

Thursday, November 5, 2009

11:00 am to 3:00 pm

Montefiore

**1 David N. Myers Parkway
Beachwood Ohio 44122**

| | |
|----------------------|--|
| 10:30 to 11:00 am | Registration |
| 11:00 am to 12:30 pm | Foley Lecture |
| 12:30 to 1:00 pm | Boxed Lunch (No Charge) |
| 1:00 to 2:00 pm | HBO Alzheimer's Project Screening – "Caregivers" |
| 2:00 to 3:00 pm | Panel Discussion |

This year's speaker is Dr. Maria C. Carrillo, Director of Medical and Scientific Relations of the Alzheimer's Association, who will discuss current issues in Alzheimer's research.

Dr. Carrillo has a wide range of responsibilities, including oversight of the Association's grant-making process and communication of scientific findings within and outside the organization. Dr. Carrillo also manages several important science related initiatives: the Alzheimer's Association Research Roundtable, which provides a forum for pharmaceutical companies to discuss trends in Alzheimer's research and therapeutic targets, and the World-Wide Alzheimer's Disease Neuroimaging Initiative (WW-ADNI), a multi-country initiative aimed at finding biomarkers for early detection of Alzheimer's. In addition, Dr. Carrillo is involved with the Working Group on Technology, which aims to promote the use of technologies to assist individuals affected by Alzheimer's disease retain their independence as long as possible.

For more information and reservations, please contact Kathy Koman at 216-231-1483.

Please RSVP by Friday, October 30, 2009.

A Celebration of Hope 2009

On April 30, 2009, the Cleveland Area Chapter's annual *A Celebration of Hope* Dinner was held at the Cleveland Marriott Downtown, attracting over 500 guests who enjoyed an evening of dining and spirited bidding on an exciting array of auction items.

The evening was chaired by Lindsay and Jason Peterson, and hosted by Executive Director, Nancy Udleson. This year's honorees included Marsha Spitz, who received the Arlene L. Ellis Volunteer Service Award, and Hospice of the Western Reserve, recipi-



Jason and Lindsay Peterson, Event Chairs

ent of the Jennifer B. Langston Community Service Award. A first time Champion Award was presented to Gary Shamis for the continued support provided to the chapter by his company, SS&G Financial, through their annual golf outings, raising more than \$300,000 over the past 12 years.

A first this year, the Fund-a-Need live auction, raised \$24,000 from the enthusiastic crowd and will support respite services. Through all the efforts of our steering committee and those who attended, \$275,000 was raised, which will be used to support the programs and services we offer to those throughout Northeast Ohio.



Gary Shamis, Champion Award Recipient



*David Simpson and Marsha Spitz,
Langston and Ellis Award recipients*

Save the Date!

A Celebration of Hope 2010

**Honoring
Chris and Tom Stevens**

April 29, 2010

For more information including corporate sponsorship opportunities, contact Karen Bain, Development Director, at 216-231-1333, or kbain@alzclv.org

A special thank you to our corporate-level sponsors:

Platinum

RPM International,
Cathy & Kelly Tompkins

Gold

Calfee, Halter, & Griswold LLP
Frantz Ward LLP

Silver

Baker Hostetler
Jones Day
KeyBank

Bonnie & Steve Marcus
Littler Mendelson
National City
Marsha & Jim Spitz
Thompson Hine LLP

Bronze

Aon Risk Services
Benjamin Rose Institute
CGI Federal Inc.
Paul D. Coulter
Crowe Horwath
Deloitte
Ernst & Young
Fairmount Minerals Foundation
Grant Thornton LLP
HKM Direct Market
Communications
Hospice of the Western Reserve
Huntington Bank
Kemper House
Meritech, Inc.
Pricewaterhouse Coopers LLP
Barbara & Alan Rosskamm
The Sherwin-Williams Company
Squire, Sanders & Dempsey LLP
SS& G Financial Services, Inc./
Mary Ann & Gary Shamis
Summa Foundation
Ulmer & Berne
University Hospitals Extended Care
Campus – The Dolan Center

Research Mission, *continued from page 1*

One of the critical foundations of the Association's funding philosophy is its belief in the necessity of investing in the next generation of scientists, those who have earned their doctoral degrees within the last ten years. According to Dr. Maria C. Carrillo, the Association's Director of Medical and Scientific Relations and featured speaker at the Chapter's November Foley Lecture (see page 6), the Association is unique in its funding of new investigations. This seed money is needed as a predicate to developing the preliminary data and hypotheses required to qualify for federal funding. "By supporting early career development of researchers, the Association is paving the way for future, significant scientific developments," says Dr. Carrillo.

The Association's research investment is supporting important research activities being conducted in Northeast Ohio. Since 2007, eight research projects proceeding at Case Western Reserve University, the Cleveland Clinic Foundation and the Benjamin Rose Institute have received multi-year grants that total nearly \$1.7 million. The role of Cleveland in Alzheimer's research is detailed on page 4.

According to Dr. Carrillo, "We are at a critical time because the many research dollars that have already been invested have put us on a path of accelerated knowledge, and the Alzheimer's Association is proud of the role it has played in advancing our understanding."

Fostering A Research Community

Beyond the direct investment into specific research projects, the Association plays a unique role by sponsoring and facilitating the annual International Conference on Alzheimer's Disease, or ICAD, the pre-eminent scientific symposia for Alzheimer's research. Attracting nearly 4,000 researchers, physicians and advocates, ICAD offers a forum to explore and advance the current frontier of research. When projects around the world are focusing on a broad array of

fronts, including investigation of genetic implications, risk factors, brain imaging, the role of beta-amyloid proteins, tau tangles and inflammation, it is critical to provide an open forum for the direct sharing of information on developments. ICAD serves as a catalyst for generating new knowledge about dementia and fostering a vital, collegial research community. The 2009 meeting in Vienna in mid-July included some 2,000 plenary, symposium, oral and poster presentations. A highlight of each ICAD gathering is the opportunity for the Association to recognize and honor scientists whose work has led to significant advances in our understanding of the disease, which helps build awareness about the important work taking place.

To continue the exchanges begun at ICAD's annual meeting, the Association also sponsors ISTAART, the International Society to Advance Alzheimer Research and Treatment, a 1500 member professional society of physicians and scientists involved in the causes and treatments of Alzheimer's disease. This dynamic online forum is designed to bridge the knowledge gaps occurring in the many separate fields of investigation.

Public Advocacy For Research

The federal government is the only body capable of investing the significant resources necessary to continue advancing the science needed to find a treatment and cure. The National Institute on Aging, part of the National Institutes of Health, is the body designated by the federal government to lead its Alzheimer's research efforts. Funding at both NIH and NIA doubled from 1998 to 2003. But since that time, funding has stagnated and, in terms of the present value of funding, it has actually declined after inflation. The Alzheimer's Association has made this funding dilemma its number one federal advocacy priority.

The fiscal 2009 NIA budget allocates nearly \$437 million to Alzheimer's and

related dementia research. The Association is urging that such annual funding be increased by \$250 million, with a target to reach \$1 billion in annual spending in the next two years. The immediate increase in funding is needed to move from basic biological science to real applications. Clinical trials of the more than 70 developmental drugs currently in the research pipeline are time consuming and expensive, costing \$10 to \$30 million each. And the NIA brain imaging project, designed to improve early detection, is severely underfunded and proceeding much more slowly than anticipated. Yet the current proposed budget for fiscal year 2010, which will be legislatively considered this Fall, is projecting only a \$4.6 million increase in funding to a total of \$441 million, far short of what is considered necessary. The Association will continue to address this critical issue.

Momentum Collides With Economic Realities

Experts agree that the many advances that are fueling a growing sense of optimism about potential, effective treatment options stem from the research funding decisions made five to ten years ago. But problems in maintaining and expanding the resources committed to research efforts threaten this progress because of the overall state of the economy. Not only is federal funding constrained, but the fiscal 2010 research grant awards by the Alzheimer's Association will fall by about 33% because of the lack of available resources. As stated by Dr. Ralph Nixon, Vice Chair of the Association's Medical and Scientific Advisory Council, the many current research efforts "have the potential to change the landscape of Alzheimer's in our lifetime. How fast we get there depends on investment in research. We need more government and private dollars for research now if we are to capitalize on the exciting work already taking place."

SUPPORT GROUP MEETING SCHEDULES

We encourage you to take part in our free support group gatherings of caregivers, family and friends. It is a great opportunity to meet for mutual emotional support, to exchange ideas and information, and to develop coping skills. Dates are subject to change. Contact our *Helpline* at 1-800-272-3900 for more information about support groups and other programs.

Ashtabula County

| | | | |
|-----------|----------------|---------|-----------------------------------|
| Ashtabula | Last Wednesday | 6:30 pm | Ashtabula County District Library |
| Jefferson | 3rd Thursday | 7:00 pm | Jefferson United Methodist |

Cuyahoga County

| | | | |
|-----------------|---------------|----------|---|
| Bay Village | 4th Friday | 2:30 pm | Dwyer Memorial Senior Center |
| Beachwood | 1st Wednesday | 3:00 pm | Alzheimer's Association Central Office |
| Beachwood* | 2nd Thursday | 6:30 pm | Church of the Good Shepherd |
| Berea | 3rd Tuesday | 2:00 pm | Berea Recreation Center |
| Brecksville | 1st Thursday | 7:00 pm | Brecksville Public Library |
| Brooklyn | 1st Thursday | 1:30 pm | Brooklyn Senior Center |
| Brookpark | 3rd Tuesday | 7:15 pm | Brookpark Library |
| Fairhill/Shaker | 2nd Tuesday | 11:00 am | Care and Caregiving Center, Fairhill Center for the Aging |
| Chagrin Falls | 4th Thursday | 6:30 pm | Arden Courts of Chagrin Falls |
| Cleveland | 4th Thursday | 7:00 pm | Olivet Institutional Baptist Church |
| Euclid* | 3rd Thursday | 6:00 pm | Gateway Retirement Comm. Gateway Family House |
| Hough/Glenville | 4th Thursday | 6:00 pm | Eliza Bryant Senior Center |
| Lyndhurst | 2nd Thursday | 7:15 pm | Lyndhurst Community Presbyterian Church |
| North Olmsted | 1st Friday | 2:30 pm | North Olmsted Senior Center |
| Parma | 1st Tuesday | 7:00 pm | Health Education Center |
| Parma* | 2nd Friday | 1:30 pm | Health Education Center |
| Rocky River | 4th Thursday | 1:30 pm | The Wellness Center |
| Solon | 2nd Wednesday | 1:00 pm | Advent Lutheran Church |
| Solon | 3rd Wednesday | 6:30 pm | Stratford Commons |
| Westlake | 2nd Thursday | 7:00 pm | West Bay Care & Rehab Center |
| Westlake* | 2nd Wednesday | 2:00 pm | Westlake Senior Center |

Geauga County

| | | | |
|-------------|---------------|---------|------------------------------|
| Bainbridge | 2nd Tuesday | 6:30 pm | Lord of Life Lutheran Church |
| Chardon | 3rd Wednesday | 7:00 pm | Chardon Library |
| Chardon | 1st Thursday | 6:30 pm | The Liberty |
| Chesterland | 2nd Wednesday | 7:00 pm | Mayfield Church |

Lake County

| | | | |
|-----------------|------------------------------|---------|--|
| Fairport Harbor | 3rd Wednesday | 1:00 pm | Fairport Harbor Senior Center |
| Mentor | 3rd Thursday | 2:30 pm | Alzheimer's Association Eastern Office |
| Mentor | 2nd Thursday & Last Thursday | 1:00 pm | Mentor Senior Center |
| Mentor* | 4th Monday | 6:30 pm | Summerville Assisted Living |
| Madison | 2nd Friday | 6:30 pm | Cardinal Woods Skilled Nursing |
| Willoughby* | 1st Wednesday | 7:00 pm | Arabica |

Lorain County

| | | | |
|------------|---------------|---------|--|
| Amherst | 3rd Wednesday | 7:00 pm | Amherst Public Library |
| Avon | 1st Wednesday | 7:00 pm | Alzheimer's Association Western Office |
| Avon* | 3rd Tuesday | 6:30 pm | Avon Oaks Caring Community |
| Grafton | 3rd Monday | 6:30 pm | Grafton United Methodist Church |
| Lorain* | 1st Thursday | 6:30 pm | Hearthstone Assisted Living |
| Wellington | 1st Tuesday | 7:00 pm | Heartland Circle House |

Telephone/On-Line Support Groups for Alzheimer's Caregivers

| | | | |
|-------------------------|--------------|---|----------------|
| Telephone Support Group | 1st Tuesday | 11:00 am | 1-800-272-3900 |
| Telephone Support Group | 3rd Thursday | 2:00 pm | 1-800-272-3900 |
| Online Support Groups | 24/7 | http://www.alz.org/messageboards | |

*Denotes locations providing care for loved ones

EDUCATIONAL PROGRAMS

Early Stage Education and Support Programs

Early Stage I (4-part series): Programs this Fall in various locations. Please call 216-231-1484 or 800-272-3900 for details.

Early Stage II: Early Stage monthly education and support program. (Attendance at Early Stage I required.)

| | | | |
|-----------|---------------|---------|---|
| Avon | 3rd Wednesday | 6:30 pm | Avon Oaks Caring Community |
| Beachwood | 2nd Wednesday | 1:30 pm | Alzheimer's Association Central Office |
| Mentor | 1st Tuesday | 1:30 pm | Mentor United Methodist Church |
| Parma | 4th Tuesday | 6:30 pm | Health Education Center of Parma Hospital |
| Westlake | 1st Monday | 1:30 pm | Westlake Porter Public Library |

Educational Programs

Just the Facts (3-part series): Education and information from professionals for caregivers. Please call 800-272-3900 for details or to RSVP.

Session 1: Understanding Memory Loss

Session 2: Legal and Financial Planning

Session 3: Practical Tips for Communication and Behavior.

| | | |
|---|---|----------------|
| East Cleveland Library 14101 Euclid Avenue East Cleveland | Thursdays September 3, September 10 and September 17 | 5:30 – 7:00 pm |
|---|---|----------------|

| | | |
|--|--|----------------|
| Ashtabula County Medical Center 2420 Lake Avenue Ashtabula | Tuesdays September 8, September 15 and September 22 | 6:30 – 8:00 pm |
|--|--|----------------|

| | | |
|--|--|----------------|
| University Hospitals Geauga Medical Center 13207 Ravenna Road Chardon | Tuesdays September 29, October 6 and October 13 | 6:30 – 8:00 pm |
|--|--|----------------|

| | | |
|--|--|----------------|
| LakeWest Hospital 36000 Euclid Avenue Willoughby | Wednesdays October 7, October 14 and October 21 | 6:30 – 8:00 pm |
|--|--|----------------|

What You Need to Know (4-part series): Education on Alzheimer's disease and related dementias for people diagnosed with memory loss and their family members and professionals. Please call Sheryl at 440-934-7750 x1335 or 216-231-1335 for details or to RSVP.

Session 1: Understanding Memory Loss

Session 2: Legal and Financial Planning

Session 3: Living with Memory Loss

Session 4: Latest Research

| | | |
|--|--|----------------|
| Parma Hospital Health Education Center 7300 State Road Parma | Tuesdays September 8, September 15, September 22 and September 29 | 6:30 – 8:00 pm |
|--|--|----------------|

Other Informational Sessions:

Alzheimer's Disease: What You Need to Know

| | | |
|---|---------------------|------------------|
| Parkside Villa 7040 Hepburn Road Middleburg Heights | Thursday, October 8 | 10:00 – 11:00 am |
|---|---------------------|------------------|

Difficult Behaviors

| | | |
|---|-----------------------|----------------|
| Fairview Hospital Wellness Center 3035 Wooster Road Rocky River | Tuesday, September 29 | 6:00 – 8:00 pm |
|---|-----------------------|----------------|

Memory Loss: What's Normal, What's Not

| | | |
|---|-------------------------|----------------|
| Devon Oaks 2345 Crocker Road Westlake | Wednesday, September 23 | 6:30 – 8:00 pm |
|---|-------------------------|----------------|

Ernfelt Senior Center
18100 Royalton Road
Strongsville

Wednesday, September 30

10:00 – 11:00 am

Independence Village
345 Lear Road
Avon Lake

Thursday, October 15

6:30 – 8:00 pm

Informal Caregiver Training

This is a five hour training for caregivers who want to enhance their caregiving experience. Please call 1-800-272-3900 for details. Topics include: *Overview of Alzheimer's disease and related dementia, Improving Communication, Ideas for Activities, and Techniques for Managing Challenging Behaviors.*

Alzheimer's Association
8522 East Avenue
Mentor

Wednesday, September 9

9:00 am – 2:30 pm

Alzheimer's Association
23215 Commerce Park, Suite 300
Beachwood

Wednesday, November 18

9:00 am – 2:30 pm

Research in Cleveland, *continued from page 4*

done groundbreaking work in caregiving in AD and ways to educate caregivers, with the ultimate goal to reduce caregiver stress and improve quality of life for AD patients. These studies, like some of those described above, would not be possible without the extraordinary courage shown by our AD patients and their families. Therefore, the focus on funding, while always important, is

only a small part of the equation for successful clinical research.

While space limits the number of researchers highlighted here, the importance of ongoing research, encapsulated by the motto "The cure from Cleveland," remains possible because of the large number of researchers formerly and currently working on the fundamental problems in AD.

In order to obtain more information on clinical drug studies, please go to the Alzheimer's Association website at www.alz.org or visit www.clinicaltrials.gov, which contains an encyclopedic listing of clinical studies in AD and many other medical conditions.

Dementia Care Training

The Education team at the Alzheimer's Association is now conducting monthly Dementia Care trainings at various sites throughout the service area. Participants receive five hours of quality dementia care training. Because caring for individuals with dementia requires specialized skills and exceptional sensitivity, off-site training will create a more suitable environment for learning. Attendees will learn how dementia affects the brain, learn verbal and non-verbal communication techniques, and learn care practices in understanding and responding to behaviors. Participants will leave the interactive training sessions aware of residents' social needs and meaningful ways of interacting with people at all stages of dementia. Five CEUs are provided to social workers and nurses.

Know Your Charity

Please know that unless you see

alzheimer's  **association**

your donation is NOT going to the Alzheimer's Association.

The following organizations are not affiliated with the Alzheimer's Association:

- Alzheimer's Foundation of America - AFA
- Alzheimer's Society
- Alzheimer's Disease Education & Referral Center

If you have any questions, please call the Cleveland Area Chapter at 216-721-8457.

Call Helpline
24/7, toll free:
1-800-272-3900

Central Office
23215 Commerce Park
Drive, Suite300
Beachwood, Ohio 44122
216-721-8457
Fax: 216-831-8585
M-F 8:30 a.m.-4:30p.m.

Ashtabula Office
4632 Main Avenue
Ashtabula, Ohio 44004
440-998-6750
Fax: 440-974-5199
Wed. 9 a.m.-4p.m.

Avon Office
37500 Harvest Drive
Avon, Ohio 44011
440-934-7750
Fax: 440-934-7751
M-F 8:30 a.m.-4:30p.m.

Chardon Office
12555 Ravenwood Drive
Chardon, Ohio 44024
440-285-2222
Fax: 440-974-5199
Thurs. 9 a.m.-4p.m.

Mentor Office
8522 East Avenue
Mentor, Ohio 44060
440-974-7785
Fax: 440-974-5199
M-F 8:30 a.m.-4:30p.m.

You can donate online to the Alzheimer's Association Cleveland Area Chapter at www.alzclv.org!

alzheimer's  association

23215 Commerce Park Drive, Suite 300
Beachwood, OH 44122

Non-Profit Org.
U.S. Postage
PAID
Cleveland, OH
Permit No. 2253

Cleveland Joins National Effort To Preserve Memories

On June 29, StoryCorps, a nonprofit organization whose mission is to inspire people to record their story, visited our central office. StoryCorps is a national initiative that seeks to document American history through individual stories.

In 2006, StoryCorps began a special project focusing on the stories of people with memory loss. We were most fortunate to collaborate with StoryCorps on this special memory loss initiative. They spent an entire day at our office and facilitated six interviews between individuals with memory loss and their loved ones. These interviews featured three married couples, a father and son, a mother and daughter, and a brother and sister. Although each of the six families arrived for their appointment feeling anxious about this new endeavor, they left full of joy and pride.

As one caregiver said, "Participating in StoryCorps was the best thing that has happened to us since my husband was diagnosed with Alzheimer's disease. This recording is

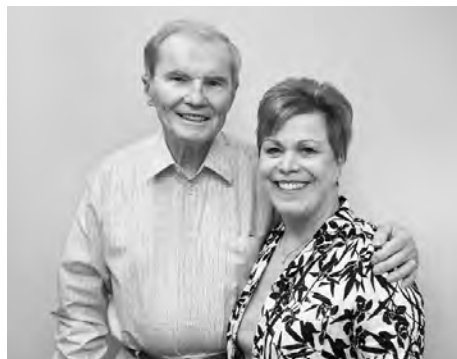
such a gift to our family because it includes a special message for his grandchildren and insights about how valuable our marriage has been."

Two copies of each recording were created, one for the family to save as part of their personal legacy, and the other to be archived at the American Folklife Center at the Library of Congress. A few of the recordings are selected to be broadcast on National Public Radio (NPR) on Fridays during "Morning Edition." A local repre-

sentative of NPR visited our office during the StoryCorps sessions and one of our recordings was already played during their broadcast! If you are interested in learning more about StoryCorps, please visit their website at www.storycorps.com.



Brother and Sister, Cleveland Reeder & Linda Jordan



Warren & Anne Goodwin



George & Sue Roby