

Why I Walk: 2010 Memory Walk Co-Chairs Share Their Personal Stories

Mom was the sweetest, kindest and most patient and understanding lady I ever knew.

In the 1960's, when I was in junior high, mom suffered from agoraphobia before anyone knew what it was. She was afraid to leave the house. But she fought very hard to overcome her fears and eventually learned how to drive.

In 1982, after Allen and I were only married a couple of years, mom's appendix burst. She was in intensive care and we didn't know if she would make it. But she was a fighter and she pulled through just fine. But in 1999, Mom was diagnosed with Alzheimer's disease, a disease she could not fight.

Dad was in denial and spent the next three years caring for her and protecting her. He died suddenly in 2002 from a heart attack. He was trying to take care of her on his own, and this took its toll on him, but I believe he died from a broken heart.

Mom spent the next four years in a nursing home slowly slipping away. The one way Allen and I connected with her was through music. We would sit with our iPod and three sets of ear phones and listen to every kind of music you can imagine. She would sing along and when she couldn't remember the words any longer she would hum along. Even when she no longer knew our names, we still felt she knew we were someone who cared about her and loved her, because she would always give us a big grin when we came to visit. Mom finally lost the battle in July, 2006.

In 2007, two important events occurred.



Lynn & Allen Pfenninger

First, I changed careers from a bookkeeper behind a desk for over 30 years to a more rewarding job as an Activities Assistant at Arden Court Assisted Living for residents with dementia and Alzheimer's disease. Every resident is my mom, and every day I try to live in their moment and live in their world. Second, with encouragement from Marsha Spitz, board member with the Alzheimer's Association Cleveland Area Chapter, I joined my first Steering Committee for the Memory Walk and I have participated every year since.

I know there are a lot of diseases that have no cures. These diseases affect many people and their families, but Alzheimer's disease is the one that affected me and my family.

I would walk a million miles to someday find a cure so that no mom, dad, grandma, grandpa, aunt, uncle, child or friend would have to live with this devastating disease.

That's why Allen and I are involved today – for my mom – to finish the battle she couldn't fight.

*~ Lynn (and Allen) Pfenninger
Memory Walk 2010 Co-Chairs*

Alzheimer's Disease has been a part of my life since I was 8 years old.

Growing up, I admired my great grandmother. She had 12 children, baked the best strawberry rhubarb pie and had the most captivating smile. Watching Alzheimer's defeat such a strong woman was devastating. Her death brought on a lot of anger and resentment towards the disease.

After my great grandmother's death, I engulfed myself in research about the disease in the hopes of one day reading about a miracle cure. (I'm still anxiously waiting for that article.) With time, my anger transformed into passion and determination. It was when I returned from college for winter break 7 years ago and my grandmother showed the same behaviors as my great grandmother did that the anger manifested. I was reliving it all over again. The devastation, heartbreak and fear were back.

I graduated from college in 2006 and



Ashley Hill

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Our annual meeting was held June 15 at Ursuline Educational Center with special guest, Harry Johns, President and CEO of the Alzheimer's Association. For those of you who weren't able to join us, highlights of both Mr. Johns' remarks and the State of the Chapter address are listed below. To read the complete State of the Chapter address, please visit our web site, www.alz.org/cleveland.

As our nation has navigated through the current recession, we have faced many opportunities as well as challenges. The immense challenge of maintaining our level of care and support, while reconstructing our financial picture was a daunting task. Our response involved the expertise of Board members and senior staff, and we were fortunate enough to have received a large bequest that afforded us the time needed to thoroughly plan and carry out a reorganization of the Chapter. We eliminated middle-management positions, reduced part-time staff, have moved to a smaller space in Lorain County, have enhanced our volunteer capabilities, and reconfigured the program department to maximize efficiencies. By streamlining our services to families, we were able to identify an annual savings of nearly \$200,000.

With the help of our Professional Advisory Board, we have been working to educate physicians on the disease, early detection, and the importance of contacting the Association for education and support. We initiated two Early Stage Advisory Councils, east and west, composed of 24 individuals living with a diagnosis of Alzheimer's disease. These councils were modeled after the National Alzheimer's Early Stage Advisory Council. Individuals on the Councils feel they now have a voice in our program, advocacy, and outreach efforts. We have begun an exciting relationship with the Cleveland Art Museum and the Cleveland Clinic's Arts & Medicine program to create specially guided tours for individuals with memory loss and their families. We believe there is a huge opportunity within the rich arts & cultural environment of University Circle to expand these kinds of opportunities. We continue to support the promotion and funding of new research initiatives and continue to strengthen relationships with researchers funded by the Alzheimer's Association.

From our national office, Mr. Johns reported that with the steep upsurge to a projected 16 million people with the disease by mid-century, we have a long way to go to increase awareness. He asked that we talk about the disease any time we have a chance. On the research front, the Alzheimer's Disease Neurological Initiative (ADNI) is aimed at diagnosing the disease before symptoms appear. Early diagnosis also intensifies the need to find treatments to slow or stop progression or onset of the disease. The Association's Research Roundtable is the one place where scientists from the academic world and the Food and Drug Administration (FDA), and the EMEA (the European version of the FDA) come together with the pharmaceutical industry and device makers to discuss what the regulatory agencies really need to get something approved. The Alzheimer's Association is the only organization in a position to make that happen. In July, the Association hosted the International Conference on Alzheimer's Disease (ICAD) in Hawaii. An estimated 4,000 researchers from around the world met to exchange ideas and the latest advances in Alzheimer's research.



Alzheimer's Breakthrough Ride

Nancy H. Hooker, Board Member, Cleveland Area Chapter

Do you recall the tale of the boy who held back the sea? You know...the Dutch tyke who stuck his finger in a dike. Well, that image aptly characterizes the federal government's readiness to deal with the expected explosion in the incidence of Alzheimer's disease.

With the aging of the baby boomer generation, the number of Americans afflicted with Alzheimer's disease is expected to more than triple by 2050. The costs for caring for those with the disease are generally three times greater than for others without dementia. As a result, Alzheimer's is quickly becoming the country's biggest, broadest and most expensive health problem. Total costs of care for afflicted individuals will soar from \$172 billion in 2010 to more than \$1 trillion in 2050. The cumulative costs of care over the next 40 years is estimated at \$20 trillion, with much of that burden to be borne by the American taxpayer through dramatically increased Medicare and Medicaid expenses. Yet, over the last six years, federal funding for Alzheimer research has declined in real terms. In fact, for every dollar the government spends on the costs of Alzheimer care, it invests less than a single penny in research to find a cure. This is a proverbial drop in the bucket, to continue

the water based imagery. President and CEO of the Alzheimer's Association, Harry Johns, stated, "Given the magnitude and the impact of this disease, the government's response has been stunningly neglectful."

But some federal legislators have begun to swim against this current of neglect. Two pieces of legislation have been introduced that are designed to make Alzheimer's disease a far greater priority: the Alzheimer's Breakthrough Act of 2009 (S.1492 & H.R. 3286) and the National Alzheimer's Project Act of 2010 (S.3036 & H.R. 4689). All of the federal legislators from Northeast Ohio (Sen. Brown and Reps. Fudge, Kaptor, Kucinich, LaTourette, Ryan and Sutton) except Senator Voinovich have signed on as sponsors to the original Breakthrough Act, making our community strongly united in seeking to redress this tide of indifference.

The Breakthrough Act

The Alzheimer's Breakthrough Act is bipartisan legislation that calls for a significant increase of funding for Alzheimer's at the National Institute on Aging. It proposes to invest \$2 billion annually, rising from the current level of \$400 million. Further, it requires an increasing emphasis on conducting disease prevention trials and ensures that Alzheimer's is maintained as a high priority for the National Institute of Health neuroscience initiative. Equally important as investing in research, the Act also calls for the establishment of a coordinating center to facilitate collaborative research and directs the Secretary of Health and Human Services to convene a National Summit on Alzheimer's Disease.

However, since its introduction in 2009 and its referral to Congressional committees

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; and to reduce the risk of dementia through the promotion of brain health.

OUR VISION

A world without Alzheimer's disease.



Bruce Lamb, Ph.D. and the Breakthrough Ride.

NEED A SPEAKER for a Meeting or Event?

Contact our Speakers Bureau to provide your group with an informative presentation on one of the following topics:

Alzheimer's Disease: What You Need to Know: A comprehensive presentation that includes a clear explanation of changes that occur in the brain, normal age-related memory loss vs. Alzheimer's-related memory loss, the ten warning signs of Alzheimer's disease, and how to live a brain-healthy lifestyle.

What Was It I Said? An interactive presentation that gives an overview of how the brain and memory work, techniques for improving memory function, and reasons to live a brain-healthy lifestyle.

Contact Mary Pat Sullivan at 261.231.1337 or marypat.sullivan@alz.org.

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Alzheimer's Association Unveils Clinical Studies Matching Service

In July, the Alzheimer's Association released a new program called Trial-Match - a confidential and free interactive tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer's disease and related dementias. In addition to matching those afflicted with the disease, the program seeks healthy volunteers without the disease who are also needed in such trials.



Clinical trials are essential to advancing Alzheimer's disease research at a time when Alzheimer's is reaching epidemic proportions. Through clinical studies conducted over the last 20 years, scientists have made tremendous strides in understanding how Alzheimer's affects the brain. More than 100 Alzheimer's clinical trials are now recruiting participants. Today, the field needs 50,000 volunteers, both with and without Alzheimer's, to participate. It is only through clinical studies that we will develop and test promising new strategies for treatment, prevention, diagnosis, and ultimately a cure for Alzheimer's disease.

TrialMatch can be accessed online at www.alz.org/TrialMatch or by calling 800-272-3900.

Support Available for Frontotemporal Dementia

Frontotemporal dementia (FTD), also commonly referred to as Pick's disease or Frontotemporal Lobar Degeneration (FTLD), is a term for a group of degenerative brain disorders that cause progressive deterioration in behavior, motor, and/or language skills. It is estimated that FTD affects 250,000 Americans and represents 10-20% of all dementia cases.

FTD is different from other forms of dementia in two important ways. One is that onset of FTD often occurs in persons in their 50's or 60's and can affect work and family dynamics in a way other dementia's may not. The other important difference is that the hallmark of FTD is a gradual, progressive decline in behavior and/or language rather than memory. As the disease progresses, these deficits cause significant impairment in social and/or occupational functioning and result in an increasing dependency on caregivers.

Last year, the Alzheimer's Association and University Hospitals Memory and Cognition Center developed the first Frontotemporal Dementia (FTD) Caregiver Support Group in North-

east Ohio. More than 50 caregivers have already benefited from this group, some travelling more than two hours to participate. As one group member said, "I finally feel as though I found my group! My husband was diagnosed 6 years ago and I have spent years attending various Alzheimer's and research groups where I was the age of the children of the person with dementia". The Cleveland Area FTD Caregiver Support Group is also recognized and supported by the Association for Frontotemporal Dementias.

In February, as part of a national awareness effort, group facilitator and staff member, Lauren Tortorici, LSW, MSSA, caregiver, Carol Maglich, and Dr. Alan Lerner were interviewed by Monica Robins for a WKYC feature story on FTD. Lauren and her co-facilitator, Marianne Sanders, recently created a Facebook page for members to socialize outside of the group meetings and an email support network for the teenage and young adult children of people with FTD. They hope to one day organize respite care for the individuals with FTD during the support group meeting.

New Avon Office Location

We are pleased to announce that our western office has relocated. The new office is located at 38440 Chester Rd., Avon 44011. Office hours will be M-F, 8:30-4:30. You are welcome to drop by during business hours. Contact: Mary Lambert, 216.231.1485

Helpline Volunteers in the Spotlight

Last year, the Alzheimer's Association Cleveland Area Chapter spoke to 2674 callers through our Helpline! The ability to take this amazing number of calls is made possible by the wonderful Helpline volunteers who give generously of their time and expertise.

Our chapter is very fortunate to currently have seven talented and dedicated Helpline volunteers who speak to callers and answer their questions and concerns about Alzheimer's disease. "Our volunteers have varied backgrounds, many were professionals in the aging community or had a family member with the disease," says Kathy Koman, Helpline Specialist. "The

volunteers refer to their own knowledge and experience when helping the caller and have all been specially trained on our Helpline resources and procedures."

Helpline volunteers typically take a Helpline shift one morning or afternoon per week and assist Kathy with answering calls and putting together individualized packets of information to be sent to the callers. Some of our Helpline volunteers have been volunteering for the Alzheimer's Association for many years, one as long as almost 24 years! To speak with someone in our Helpline, day or night, please call 800-272-3900.

Our Helpline Volunteers:



Beryl Burko

Sally Rich

Susan Wagner

Nan Gisser

Diane Scholnik

Gloria Levine

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.

Why I Walk, *continued from page 1*

my grandmother was there to watch me receive my diploma. At our dinner table after the ceremony she asked me, "Why am I here?" I held back tears and watched how proud she was of me every time I repeated to her, "I just graduated from college Deedee!"

After graduation, I wasn't sure what I wanted to do professionally and I was given an opportunity to work for a senior home care agency in Beachwood. At the time, I knew nothing about senior home care, but I accepted the opportunity and I quickly learned to love my job. Within months, my job allowed me to act on my

passion for fighting Alzheimer's by implementing a memory enhancement program for all of our clients with memory impairments. For the past four years I have been able to work with families in the community that are going through the same situation as my family. I am able to assure them that they are not alone and they don't have to fight this disease alone.

Today my grandmother's life is consumed by Alzheimer's. She spends most of her day shadowing my grandfather in a state of anxiety and confusion. She has gone from a woman who dressed to impress to wearing the same lilac sweater, blue dress pants and Velcro sneakers every time I see her. She refuses to eat and becomes angry

when the topic of money or war is brought up. She is a prisoner to the disease and so is my family. It's becoming increasingly hard to sit at our Sunday dinner table and watch my mother fight back tears. I wonder if someday she'll be fighting the same battle and I just don't know how I could possibly handle that. My mother told me at a young age that, "Everything happens for a reason." I would never want Alzheimer's disease to be a part of my family but I know that it is the reason I have met some of the most incredible people who I volunteer, work and walk with every October.

~Ashley Hill
Memory Walk 2010 Co-Chair

Memory Walk 2010

www.alz.org/cleveland

Sunday, October 3, 2010

Tower City Center

Activities Begin at 8:30 am

It's Time To Walk!

If each of our 2,000 walkers raises a minimum of \$125, we will reach our goal of \$250,000.

Grab a friend, family member or co-worker and participate in the Alzheimer's Association Memory Walk® and join the nationwide fight against this devastating disease.

Every 70 seconds an American develops Alzheimer's, a fatal, progressive brain disease, currently with no cure. But there is something we can all do. We can walk with a purpose to end Alzheimer's.

When you walk, you raise critical funds that benefit the care, support and research efforts of the Alzheimer's Association. Your steps move us closer to better treatments, prevention and a cure.

When you walk, you raise awareness that encourages people to seek an accurate and early diagnosis.

When you walk, you send a message to government officials that Alzheimer's disease is an issue that matters to you.



Presenting Sponsors:





Announcing a New Way to Raise Money For Your Memory Walk Team Through Facebook!

Boundless Fundraising is a Facebook application that enables you to extend your fundraising beyond what you see on the Memory Walk web site.

When you register for an event, you are given the option to add the Boundless Fundraising Facebook application with a few simple clicks. It is so easy! Once you have added the Boundless Fundraising application, your fundraising progress is displayed on your Facebook page with a special badge. Friends can easily see your

progress and donate to your efforts right from the badge.

As the walk gets closer, you will also receive notifications via Facebook with tips on how to make the most out of your fundraising efforts for this year's Memory Walk event.

Participants who use the Boundless Fundraising application raise, on average, 40 percent more than their peers, send more e-mails and bring in more new donors to the organization. Will you be one of them?



Team Up To End Alzheimer's

Join together to form a Memory Walk team. Work together to raise awareness and funds. Walk together to make a difference in the fight!

Here's how:

1. Choose a team captain and name for your group.
2. Register and recruit 10 – 12 team members. If you invite three people, and ask them to invite three people, before you know it, you'll have a team.
3. Raise money to support the cause. Use your collective brainpower to develop some creative fundraising concepts.

Our chapter is here to support you every step of the way. Teams receive coaching and tools from us to meet their fundraising and recruitment goals. Remember, participants who raise \$100 or more receive a Memory Walk T-shirt!

It's easy to register. Everything you need is online at www.alz.org/cleveland. Start your team today and help us reach our goal of 2,000 walkers! Questions? Contact Sheryl Berman at 216-231-1466 or sheryl.berman@alz.org.

A Celebration of Hope 2010

A hardworking Steering Committee, an outstanding Corporate Committee, a tireless Auction Committee, an energetic Host Committee, plus 500 of our greatest supporters equaled one of our most successful special events! The Renaissance Hotel hosted this year's dinner where we honored Chris & Tom Stevens with the Champion Award, Barbara Rosskamm with the Arlene L. Ellis Volunteer Service Award, and Barbara

Messinger-Rapport, M.D. with the Jennifer B. Langston Community Service Award. The guests were deeply moved by the heartfelt story shared by Harold Scott about the years he spent taking care of his wife with Alzheimer's disease and the help he received through our chapter. The event raised close to \$270,000, which will be used to support the many programs and services offered through our chapter.



Event Co-Chairs: Gail Sands, Bonnie Marcus, Marsha Spitz, with Chair Jan Culver



Event Honorees: Tom Stevens, Chris Stevens, Barbara Messinger-Rapport, Barbara Rosskamm



Harold Scott and Family

New Online Coaching Resource Available for Caregivers

Beginning in September, caregivers can access a new online coaching resource through the Alzheimer's Association's local web site to help manage the care of themselves and their loved one with memory loss. The alzcoaching.org web site will connect a caregiver with a staff member of the Alzheimer's Association who will act as their personal coach to provide individualized support, education, guidance, and care planning assistance. The online availability of the coach through a secured web site will ensure that questions and needs are addressed on the caregiver's time schedule, with the coach usually responding within

24 hours. This support tool is perfect for working or busy caregivers who are comfortable in an online environment and benefit from access to support at their convenience around the clock.

The site features a "Library" that can store information and educational resources to be referred back to at any time, as well as a "Journal" which can be used to keep a daily log of experiences. In addition, there is a "Health Center" that contains health related information and screenings to help a caregiver assess themselves for important risk factors such as changes in sleep patterns, depression and stress.

For more information about this new resource, please contact our Helpline or connect to alzcoaching.org directly through our web site at www.alz.org/cleveland.

Join our New Group of Young Professionals

The Alzheimer's Association Cleveland Area Chapter is in the process of establishing a Young Professionals Group. We are looking for Clevelanders in their 20's and 30's who are passionate about our cause. The kick-off event will be held on Thursday, September 16th. The fun will begin at 6pm at The Old Angle Tavern, 1848 West 25th Street in Ohio City. To RSVP, contact Sheryl Berman at 216-231-1466 or sheryl.berman@alz.org.

World Alzheimer's Day

Mark your calendars!

World Alzheimer's Day, September 21st, is a day when the Alzheimer's Association and other organizations around the globe unite their efforts to raise awareness about the disease and its impact on our families, communities and nations.

Go Casual for a Cause in your workplace on Sept. 21. Dress down or wear jeans in exchange for a small donation (usually \$5) to the Alzheimer's Association.

"Go Purple" in your workplace — deck out the cafeteria in purple, use a purple font in e-mails, or dress in purple for Casual for a Cause.

We need 5 million Champions — one for each person living with Alzheimer's disease — to support our cause and spread awareness. Sign up to be a Champion and to learn more about how you can make a difference at www.actionalz.org.

National Alzheimer's Disease Awareness Month

November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month.

According to the Alzheimer's Association 2010 *Alzheimer's Disease Facts and Figures* report, there are more than 5 million Americans living with Alzheimer's and as many as 10 million family caregivers.

Get more information and help move the cause forward by going to www.alz.org and clicking on Upcoming Events.

2010 Annual Foley Lecture

The 24th Annual Foley Lecture will be held Thursday, November 4th, at Montefiore (1 David Myers Parkway, Beachwood).

This year's program will feature Dr. Jeffrey Cummings, Professor of Neurotherapeutics and Drug Development in the Neurological Institute at the Cleveland Clinic. He is

also the Director of the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas, Nevada and Cleveland, Ohio. The event, beginning at 5pm with a light dinner will be followed by a lecture and Q&A session, and will end at 6:45pm. Dr. Cummings will be speaking on "Alzheimer's Disease: Emerging Research Themes". For reservations, contact Mary Lambert at 216-231-1485 or mary.lambert@alz.org.

Daughters' Club

In addition to the stress and emotional burdens presented by Alzheimer's, the disease presents tremendous monetary costs to families as well as state and federal governments. This crisis will magnify in the coming years unless we as a nation implement an aggressive plan to change the course of this disease. Join us at the next Daughters' Club event when Guest Speaker, Robert Egge, Vice President, Public Policy & Advocacy, for the National Office of the Alzheimer's Association will speak. Mr. Egge will outline the dimensions of the crisis, what needs to be done and how we can drive elected leaders to action. This evening program will be held on Tuesday, November 9th, at the Visiting Nurse Association. For more information or to register, please contact Sheryl Berman at 216-231-1466 or sheryl.berman@alz.org.

Thank You Lutheran Hospital

We want to thank the Lutheran Hospital Senior Behavioral Health Department for their fundraising efforts in support of our chapter. Through their ongoing and creative events, this extraordinary group of women raised over \$2500 for our chapter. We sincerely thank Mary Lemermeier, Sue Haire, Cindy Wojtasik, Kelly Day, Fran Passano, and Pat Ehrbar for supporting our mission.



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.

*Denotes locations providing care for loved ones

Ashtabula County

Jefferson	3rd Thursday	7:00 pm	Jefferson United Methodist
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Cuyahoga County

Bay Village	4th Friday	2:30 pm	Dwyer Memorial Senior Center
Beachwood*	2nd Thursday	6:30 pm	Church of the Good Shepherd
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
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. Family House
Fairhill/Shaker	2nd Tuesday	11:00 am	Care and Caregiving Center, Fairhill Center for the Aging
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
Richmond Heights	1st Tuesday	6:00 pm	Homewood Residence
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

Geauga County

Bainbridge	2nd Tuesday	6:30 pm	Lord of Life Lutheran Church
Chardon	3rd Wednesday	7:00 pm	The Church of St. Mary
Chardon	1st Thursday	6:30 pm	The Liberty

Lake County

Kirtland	3rd Tuesday	2:00 pm	Golden Living Center
Madison	2nd Friday	6:30 pm	Cardinal Woods Skilled Nursing
Mentor	2nd & 4th Thursdays	1:00 pm	Mentor Senior Center
Mentor	3rd Thursday	2:30 pm	Alzheimer's Association Eastern Office
Mentor*	4th Monday	6:30 pm	Emeritus at Mentor
Painesville	Last Thursday	10:00 am	Painesville Senior Center

Lorain County

Amherst	3rd Wednesday	7:00 pm	Amherst Public Library
Avon*	3rd Tuesday	6:30 pm	Avon Oaks Caring Community
Avon	1st Wednesday	7:00 pm	Alzheimer's Association Western Office
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	LCCC Wellington

Speciality Support Group

Frontotemporal Support Group	1st Wednesday of the month	6:00-8:00 pm
Alzheimer's Association	Contact: Lauren Tortorici	216-231-1484
23215 Commerce Park Drive, #300 Beachwood, OH 44122		

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

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

Online support community for people with memory loss, caregivers and professional

Breakthrough Ride, *continued from page 3*

for review, the legislation has stalled. It is perceived as being difficult, given heightened concern for the federal budgetary deficit, to require such a large increase in funding. So, concerned legislators have moved to Plan B, the National Alzheimer's Project Act.

The Project Act

If the point of contention is increased dollars, the second piece of legislation seeks, at a minimum, to ensure an enhanced federal role in developing a strategic vision for fighting Alzheimer's. Today there is no single government entity in the United States whose sole purpose is to mount a full campaign against Alzheimer's. Such is not the case in a number of other countries where all efforts are coordinated and supported by a comprehensive government effort. The Project Act creates a National Alzheimer's Project Office at the Department of Health and Human Services and an inter-agency Advisory Council that would be responsible for creating a national plan to confront the escalating crisis of the expected surge in diagnosed cases. The Council would address efforts on research, care, institutional services and home and community based programs. One of the bill's sponsors, Senator Evan Bayh stated, "Creating the National Alzheimer's Project Office will ensure we get better research, improved patient care and

hopefully a cure for this devastating disease. At a time when medical research dollars are too scarce, it is critical that every dollar spent be used to get the best possible care for patients."

How You Can Help

If either the Breakthrough Act or the Project Act is to become law, legislators will need to see that this is an issue about which constituents care. Some concerned activists are taking extraordinary steps to make their concern known, as reflected in the accompanying article about the Breakthrough Ride. But you don't need to travel further than to your computer to take a stand. Simply visit the homepage at www.alz.org. At the bottom of that page is a box labeled "Get Involved." Click the "Write Congress Now" option and you will be taken to a page with a prepared email that automatically will be addressed and sent to your designated federal legislators. In a matter of minutes and a few clicks, your voice can be heard. Let us not let just a few committed people be the ones trying to stick their fingers in the dike. Let us all take action to let the federal government know that this is a watershed moment if we are to be ready to deal with the wave of Alzheimer's cases that will swamp our health care system in the very near future.



Invest in a world without Alzheimer's. And discover the financial benefits you'll get in return.

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Every significant discovery in the fight against Alzheimer's disease has occurred within the last 20 years.

With continued support, one day we will achieve our goal of a world without Alzheimer's. You can make a difference in our mission through planned giving. Planned gifts allow you to make charitable contributions through your estate toward Alzheimer's research, care, and support programs, while benefiting from tax savings and steady income opportunities. To learn how to leave a legacy of support for millions of families living with this disease, call us at 866-233-5148 or visit alz.org/plannedgiving.



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

Central Office
23215 Commerce Park
Drive, Suite 300
Beachwood, Ohio 44122
216-721-8457
Fax: 216-831-8585
M-F 8:30 am - 4:30 pm

Ashtabula Office
4632 Main Avenue
Ashtabula, Ohio 44004
440-998-6750
Fax: 440-974-5199
1st Wed. of the month
9 am - 4 pm

Avon Office
38440 Chester Road
Avon, Ohio 44011
440-934-7750
Fax: 440-934-7751
M-F 8:30 am - 4:30 pm

Chardon Office
12555 Ravenwood Drive
Chardon, Ohio 44024
440-285-2222
Fax: 440-974-5199
1st Thurs. of the month
9 am - 4 pm

Mentor Office
8522 East Avenue
Mentor, Ohio 44060
440-974-7785
Fax: 440-974-5199
M/F 8:30 am - 4:30 pm

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

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Memory Day

On April 13th, seventeen advocates from the Cleveland Area Chapter of the Alzheimer's Association travelled to Columbus to join with the other Ohio Chapters at Memory Day. This day is set aside each year for Ohio residents to advocate for increased funding and legislation benefiting the many Ohio families living with Alzheimer's disease.



Know Your Charity

Please know that unless you see

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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.