

updates

The End of Alzheimer's Begins With You

Together we are an unstoppable force against Alzheimer's.

Join the Alzheimer's Association Walk to End Alzheimer's™, and unite in the movement to reclaim the future for millions. Together we can raise awareness and funds to enhance Alzheimer's care and support and advance critical research.

Since 1989, we've mobilized millions of Americans in the Alzheimer's Association Memory Walk®, now we're continuing to lead the way with Walk to End Alzheimer's. Join us as we advocate for the estimated 5.4 million people living with Alzheimer's disease.

If you haven't already, sign up today for a Walk to End Alzheimer's near you.



West Side Walk

Sept. 17, 2011
Lorain County
Community College

Downtown Walk

Sept. 25, 2011
Tower City Center

JOIN US

State Budget Emphasizes Home Care

by Nancy H. Hooker, Former Board Member

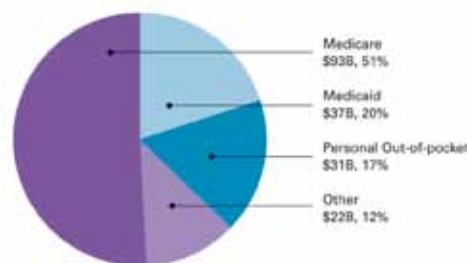
The recently passed Ohio budget for fiscal 2012 to 2013 changes the emphasis for senior care from an institutional care bias to a person centered, home care orientation.

That, indeed, is good news for seniors striving to maintain their independence. But the budget picture is complicated by the need to reduce overall spending to close an \$8 billion revenue shortfall. So, while overall dollars invested in home care for seniors will increase, as will the number of Ohioans that will benefit, the expenses per individual served will be cut. Thus, Ohio will be trying to accomplish the classic "more for less" problem.

continued on page 7

Aggregate Costs of Care by Payer for Americans Aged 65 and Older with Alzheimer's Disease and Other Dementias, 2011*

Total cost: \$183 Billion



*Data are in 2011 dollars.
Source: Alzheimer's Association 2011 Alzheimer's Disease Facts and Figures.

Senator Brown to Kick-off Alzheimer's Awareness Month

**Join us at Tower City
October 31, 2011 at 9:15 am
as Senator Sherrod Brown
addresses the
Alzheimer's epidemic**

Since its founding in 1980, the Alzheimer's Association has been the leader in making the fight against Alzheimer's a national priority, a call that resonates during November, which is National Alzheimer's Disease Awareness Month (NADAM).

Last year, President Obama issued a proclamation of National Alzheimer's Disease Awareness Month and called upon the people of the United States to learn more about Alzheimer's disease and what they can do to support their families, friends, and neighbors who care for those with the disease.

To commemorate the occasion this year, The Cleveland Area Chapter will be holding a kick-off event on October 31st, starting promptly at 9:15 am at the Grand Staircase inside Tower City, downtown Cleveland. Senator Sherrod Brown, a consistent champion of our cause, is scheduled to speak at the event. Additionally, the Tower itself will be illuminated in purple light for the month to assist in generating awareness for Alzheimer's.

For more ideas on how you can participate in ways to recognize NADAM, see **Go Purple!** on page 11.

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Strategies to take us forward

The Alzheimer's Association Cleveland Area Chapter held its annual meeting on June 22nd at the Ursuline Educational Center, where members of the Board of Trustees and staff shared the results from our fiscal year end, as well as the key strategic initiatives that both the local and national organizations are pursuing:

- **Increasing concern and awareness**
- **Advancing public policy**
- **Enhancing care and support**
- **Accelerating research**
- **Growing support of the mission**

While the national and local economic conditions continue to be a challenge, we were pleased to announce that the organization posted strong results in the areas of fundraising, programs and services. We are thankful to our families, advocates and donors for their continued support.

We were excited to announce several new initiatives at our meeting, but perhaps one of the most important pertains to our annual walk. The **Memory Walk** has been re-named the **Walk to End Alzheimer's**. While this may seem a small change, it enables our organization to brand the walk in a way that more clearly highlights the purpose of why we're walking. You will see improved communications about this event – including national advertising on television, print and radio.

Additionally, we announced that in 2011 we will be hosting two walks – our traditional walk in Cleveland at Tower City Center on Sept. 25 and a west side walk at Lorain County Community College on Sept. 17. Build a team and join us at one or both walks this year!

Sign up at www.alz.org/cleveland.

With the change in officers on the Board of Trustees, we express gratitude to those moving on and share excitement for the strong team of talented staff and trustees. While many are new to the organization, all share our passion for **A world without Alzheimer's disease**.

Over the next 24 months, we will be engaging this team to expand awareness of the Alzheimer's Association in Cleveland, provide new programs and services for families and individuals in our area and increase Board representation from the Corporate Community. At the same time, we will remain vigilant in securing the volunteers who are vital to our organization. **If you would like to join our efforts, please contact 216-231-1340 or email janie.chambers@alz.org.**

Lead the fight for a future free of Alzheimer's

Make a planned gift and become a member of the Founders Society!

The Founders Society is an honorary society recognizing those who have made an enduring commitment through planned giving to support the Alzheimer's Association.

Members of this prestigious group receive many important benefits not available to other Alzheimer's Association donors, such as exclusive updates about breakthroughs in Alzheimer research, special invitations, valuable charitable estate planning and income tax information and much more.

What is planned giving?

Quite simply, planned giving is a way for you to create a legacy for future generations by making a gift to a charitable organization in

a way that is integrated into your personal, financial and estate planning goals.

A planned gift:

- offers substantial tax benefits
- contributes to a cause you care about
- makes a difference for future generations

The Alzheimer's Association offers a wide variety of planned giving arrangements via will bequest, living trust, life insurance gift or charitable gift annuity.

For more information, contact Karen Bain, Development Director at 216-231-1333 or karen.bain@alz.org.

Our voices being heard

The 2011 Alzheimer's Association Advocacy Forum proved to be the largest in the event's 23-year history. More than 600 advocates from across the country gathered in Washington, DC, to learn, engage and inspire others in the fight against Alzheimer's.

The advocates met with elected officials and their staffs to ask for support of legislation to make Alzheimer's disease a national priority.

**The three bills we support are:
The Alzheimer's Breakthrough Act
Hope for Alzheimer's Act
National Alzheimer's Project Act**

The next national Advocacy Forum is April 21-24, 2012 in Washington.



Alzheimer's Advocates on Capitol Hill Gail Sands, Board Member and Mike Gillis, Public Policy Consultant. Photo courtesy of Steve Osgood, Public Policy Chair.

**Join us in fighting Alzheimer's
by advocating changes in public policy!**

To get involved, visit alz.org/join_the_cause_advocacy.asp
or contact Mike Gillis at 216.533.8542 or mpgillis@sbcglobal.net

Professional Advisory Board provides invaluable expertise



The Professional Advisory Board is an invaluable resource to the chapter and the professional community serving people with Alzheimer's and other dementias and their families. The members provide expertise, insight and guidance into all aspects of the disease to the staff and the board.

*Front row: Babak Tousi, MD; Gary Landreth, PhD; Stacey Rokoff, MSSA, LSW; Matthew Wayne, MD; James Campbell, MD, MS; William Schwab, MS, PHD, AGSF;
Back row: David Fox, MD; Erin Rader, MSN, PMHCNS-BC; Alan Lerner, MD; Bruce Lamb, PhD*

NEED A SPEAKER for a Meeting or Event?

Our Speakers Bureau provides community groups with information about Alzheimer's disease, its impact and assistance available. There are more than 30 volunteers who represent the Association at speaking events as well as at Health Fairs - but we could use more!

How Can You Help?

If you belong to a group or organization:

Build awareness by scheduling a presentation. Request a speaker from us!

Ask for volunteers to join the Speakers Bureau, form a Walk team or help in another way.

Become a Volunteer Speaker Yourself!

There is nothing more satisfying than meeting someone who needs our assistance and being able to help them.

This training is a great opportunity to learn more about the Association, current research and specific information on Alzheimer's disease and caregiving issues.

How to Request a Speaker?

Complete the request form at www.alz.org/cleveland and fax (216-831-8585) or mail it to 23215 Commerce Park Suite 300, Beachwood, OH 44122.

Call or email Gail Sands, Speaker's Bureau Coordinator at 216-231-1337 or gail.sands@alz.org

PRESENTATIONS AVAILABLE

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.

HOW WE HELP

Therapy for the soul

New Enrichment Programs Focus on Adding Quality of Life Through Art, Music, Imagination and Meditation

Quality of life is something we all strive for and for those living with Alzheimer's disease and their caregivers it is even more important to enjoy life's most pleasant experiences. For a little over a year now, the Alzheimer's Association has partnered with the Cleveland Museum of Art to offer Art in the Afternoon tours for individuals with Alzheimer's disease and their caregivers.

ART

Most recently, the Cleveland Clinic Arts & Medicine Institute has also created a similar program offering specialized tours of their art collections. Participants share that this afternoon of enjoying art is a welcomed experience which triggers memories and promotes sensory stimulation.

MUSIC

Music is another one of life's treasures that can have very positive effects on mood, memory, and function. The Music Settlement in Cleveland offers individual and group music therapy sessions for individuals with memory loss. These music therapy sessions can promote wellness, manage stress, alleviate pain, enhance memory improve communication and provide unique opportunities for interaction. Because music



therapy is a powerful and non-threatening medium, the use of melody and rhythm can produce unique outcomes that can be truly remarkable in the lives of those who experience it. For more information on these programs, please contact the Music Settlement at 216-421-5806 ext 140.

IMAGINATION

One aspect of our self that is truly unique is our creativity and imagination. The TimeSlips program focuses on these two abilities that can remain strong well into the later stages of dementia. TimeSlips stories spring from hour-

long, group storytelling workshops with people with memory loss. A facilitator begins a workshop with a provocative image, invites creative responses, and weaves all answers - from the profound to the nonsensical - into a story. There is no wrong answer! Charlie Farrell, a volunteer with the Alzheimer's Association, has been trained in the TimeSlips program and is forming groups of interested individuals to participate in this innovative program. For more information, contact Charlie Farrell at 440-552-2267 or visit movinginwithdementia.com.

MEDITATION

Enhanced quality of life can also be experienced through contemplative and meditative activities. One such meditation singing exercise called Kirtan Kriya has shown through scientific studies to increase blood flow to parts of the brain and stimulate the hippocampus and hypothalamus, parts of the brain that are used for memory and information storing, clarity and focus. Bill Socha, a volunteer with the Alzheimer's Association, has been trained in Kirtan Kriya and is also forming groups of interested individuals to learn how to use this form of meditation in their daily lives. For more information, please contact Bill Socha at 216- 554-0233.

A CURE IS THE GOAL. YOU ARE THE HOPE.

Introducing Alzheimer's Association TrialMatch™ – our Clinical Studies Matching Service.

Far too many Americans have Alzheimer's disease, currently more than 5 million people. That number is expected to triple by 2050. Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come. **Without volunteers, finding a cure is virtually impossible.** With so many new treatments being developed, chances are there are Alzheimer's clinical studies going on near you. Alzheimer's Association TrialMatch will help you find the right one; there's no cost and it's easy to use. Be a hero and get started today. Talk to your doctor, call 800-272-3900 or visit alz.org/trialmatch.

Do you know RDAD?

RDAD Program Makes a Difference for families (Reducing Disability in Alzheimer's disease)

RDAD is a 16 session, home-based program designed to teach individuals with memory problems and their caregivers how to do simple exercises to improve their overall health. The program also teaches family members about symptoms and how to care for individuals with memory problems. The program hopes to improve the ability of the person with memory problems to carry out activities of daily living while also helping family caregivers provide assistance.

This program is free of charge and is being funded by a grant from the Administration on Aging. Additional collaborative partners include Ohio Department on Aging and the Benjamin Rose Institute.

For more information about this program, please call the Helpline at (216) 721-8457 or (800) 272-3900.

New Comfort Zone Check-In™ offers affordable location management

The Alzheimer's Association is expanding its portfolio of safety services for people with Alzheimer's disease with **Alzheimer's Association Comfort Zone Check-In**, an affordable self-serve location management service. For as little as \$9.99 a month, Comfort Zone Check-In gives people living with Alzheimer's more independence and their caregivers more peace of mind.

Comfort Zone Check-In is a new entry-level service that sends a daily scheduled location update to busy caregivers and active people living with Alzheimer's. Additionally, those with the service can determine an individual's location by initiating a "Find Me" or a longer "Follow Me" session, which provides updates every two minutes for one hour.

Comfort Zone Check-In combines the latest technology with flexibility, allowing families to change devices and plans as a person's disease progresses and monitoring needs change. Using GPS and cellular technologies with online mapping, the entire



family can proactively determine the location of the person with Alzheimer's. Families log into a secure, password-protected website similar to logging into most email systems and proactively establish safety zones.

Comfort Zone Check-In is compatible with any Sprint phone, eliminating the need for an additional mobile device. It starts at \$9.99 plus the cost of the phone and data plan.

For more information or to purchase Comfort Zone Check-In, visit the Alzheimer's Association at www.alz.org/comfortzone.

What can a Support Group do for you?

Support Groups provide vital links to other caregivers and an opportunity to learn more about memory loss and ways to cope.

The Cleveland Area Chapter has approximately 30 support groups, led by trained facilitators in the five county service area of Ashtabula, Cuyahoga, Geauga, Lake and Lorain counties.

Joining a group of other caregivers can be one of the most rewarding things you will ever do for yourself. At the Support Group, you will receive encouragement, learn about the latest research and hear helpful suggestions for caring for your loved one.

Caring for a person with a form of dementia is very difficult and a support group can offer a caregiver much needed emotional nourishment for this journey.

Questions you might have concerning Support Groups

Do I need to call the facilitator before I attend?

No, you do not need to call the facilitator or make a reservation but Support Groups are subject to change. Please call 1-800-272-3900 to verify time and location.

What if I do not feel comfortable at a group?

Every group has a different personality. You may want to try a couple of different groups to find one that feels comfortable. You may attend more than one group.

What if I am not comfortable sharing?

Some people just want to sit and listen at first and that is perfectly acceptable. Listening can help you to gather and renew your strength.



What if I do not have anyone to stay with my loved one so I can attend a Support Group?

Please see the list of groups at the end of this newsletter. There are several support groups that offer care for the person with memory loss while you attend the Support Group.

When hospitalization happens

Staying at a hospital can make anyone feel anxious and upset. The experience can be especially traumatic for a person with Alzheimer's disease or another dementia. The change from home to an unfamiliar environment and the added stress caused by other medical treatments and possibly pain are likely to make the person more confused and disoriented than usual. Knowing what to expect can help you understand these changes and planning ahead can make hospitalization less difficult for everyone.

Some hospitalizations are expected, and others are unexpected. If there is a medical emergency, it may be necessary to take the person to the emergency room where he or she may be treated and sent home or admitted to the hospital. In any case, make sure doctors, nurses and others who care for the person know about his or her dementia and any safety concerns that may be present, for example wandering.

It is also important to avoid unnecessary hospitalizations. Ask the doctor if the procedure, test or treatment can be done in an outpatient clinic or if tests can be done before admission to shorten the hospital stay. Try to get a private room which will be quieter and less confusing.

Making hospital admission as easy as possible for the patient is the goal. If the patient is capable of understanding and handling stress, talk to him or her about the hospital admission and involve them in discussions and decision-making. It is also important to prepare for the hospital visit. Just before leaving the house, explain that the two of you are going to spend a short time in the hospital. Keep explanations simple. Consider bring a photograph or other favorite object to provide recognition and security.

As a caregiver it is helpful to make the person as comfortable as possible in the hospital. Remain with the person when you can and try to be in the room when the person wakes in the



morning, when medications are given, or when the doctor stops by. If possible, hire someone to be with the person 24 hours a day or when you cannot be there. This will provide the extra comfort and reassurance that they may need during this difficult time.

Preparing for the patient's return home after a hospitalization is just as critical. Work with healthcare providers to learn how the person's needs may have changed. For example, will the person tire more easily as a result of surgery? What activities the person will need extra help with? How long it will be before the person can resume normal activities? How long the person must wait before doing exercise, such as walking? How long the person will be in pain and what can be done to ease it?

Ask for an in-home nurse or other assistant. A social worker or care planner can help make arrangements that are within your means. Make sure you understand what must be done after hospitalization, including: medications, therapy, special procedures such as bandaging, signs of emergency and who to call and ask for help from family or friends whenever possible.

For additional information on how to prepare for hospitalization please call our Helpline at 800-272-3900.

Interested in Convenient Online Support and Resources?

Consider joining our Online Caregiver Coaching Program, specially designed for family members of individuals diagnosed with Alzheimer's disease or another dementia.



For information about the Online Caregiver Coaching Program, please visit www.alzcoaching.org or contact Kathy Koman at 216-231-1483.

Care for Seniors, continued from pg. 1

Medicaid, which includes the cost of nursing care for elderly Ohioans with financial need, is the single biggest program expense in Ohio's budget, accounting for 30% of the state's overall revenue spending. Nursing homes in Ohio are paid more than the national average on a per person basis, ranking 7th nationally, with monthly per person costs of \$4017. On the other end of the spectrum, Ohio ranks 32nd among states in the amount spent per person on in-home care. The state spends \$1344 per person per month on such care. Thus, the change in emphasis will bring Ohio more in line with national practice.

It is estimated that over the two year budget period, 13,000 more Ohioans will receive Medicaid home and community services. The percentage of funds directed to home care will rise from 36% of what the State spends on elder care assistance to 42% of what is spent. The funds for this increase will come from a shift in funds previously directed to nursing facilities.

Home care services are provided through **Ohio's Passport Program**, (see sidebar) a Medicaid waiver program administered by the

state Agencies on Aging. It provides services in home or in community settings to delay or prevent nursing facility placement for low-income Ohioans over the age of 60. (See box for information on eligibility and services). The process to determine whether an individual can take advantage of Passport assistance begins with a call to the Western Reserve Area Agency on Aging at 216-621-0303.

The bad news side of the story is that while the program will expand, aspects of funding will also be cut. Providers, who will be seeing increased demand, will have their rates cut by 3% and the operating expenses of the agencies that administer the program will be cut by 15%. It remains to be seen whether increased efficiencies in providing home centered care can offset these cuts.

But for seniors striving to maintain their independence and remain at home, the emergence of a new paradigm of person-centered rather than institutional elder care offered by the enhanced Passport program could be just the helping hand they need.

OHIO'S PASSPORT PROGRAM



Who is eligible?

- Must be 60 years of age or older
- Must be eligible for Medicaid
- Must live in a home or apartment
- Require help with daily activities in order to remain at home
- Obtain the agreement of the primary care physician
- Have needs that can safely be met by home care service

To obtain assistance, the entire package of services must cost no more than 60% of the cost of Medicaid nursing home care.

What services are available?

Adult Day Service
Assistance with chores
Emergency response systems
Home delivered meals
Home medical equipment and supplies
Homemaker services
Minor home modifications, maintenance and repairs
Personal Care
Social work/counseling
Transportation

SHARE program helps individuals and families with memory loss

SUPPORTING HEALTH, ACTIVITIES, RESOURCES & EDUCATION

Are you or a loved one concerned about changes in memory?



BENJAMIN ROSE
INSTITUTE ON AGING
SERVICE • RESEARCH • ADVOCACY

You may be eligible to participate in a new project with the Margaret Blenkner Research Institute of Benjamin Rose.

Research shows that staying active and planning for the future helps families who are dealing with memory loss. SHARE is designed to support individuals with memory loss and their families in preparing for the challenges that lie ahead.

If you or someone you care about is experiencing memory loss, you may qualify for enrollment in the SHARE project. All SHARE activities will take place in your home or another place of your choice over a 6-month period. You will be compensated for your time.

For more information about the SHARE program, please contact our Helpline at 1-800-272-3900.

- **Learn more about memory loss and symptoms that accompany it**
- **Improve communication skills**
- **Plan for the future**

GET INVOLVED

Walk to the End

The Cleveland Area Chapter is excited to present two opportunities to walk to end Alzheimer's this year:

Saturday, September 17, 2011
Lorain County Community College

Sunday, September 25, 2011
Tower City Center
Activities for both walks begin at 8:30 a.m.

Each walker who raises at least \$100 will receive a Walk to End Alzheimer's t-shirt! Sign up today at www.alz.org/cleveland.

Every 69 seconds someone develops Alzheimer's disease in the US. Among the top 10 causes of death in America, Alzheimer's is the only disease that currently cannot be prevented, cured or even slowed. 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 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 a national priority and an issue that matters to you.

Let Facebook fundraise for you!

Boundless Fundraising is a Facebook application that enables you to extend your fundraising beyond the Walk to End Alzheimer's website to reach all of your friends on Facebook! After you sign up for the Walk, simply click the "Fundraise with Facebook" button in your Walk HQ to download the application.

Tips to maximize fundraising

Create an event

Create an event on your facebook page for either the downtown or west side walk and invite your friends, both in and out-of-town. Make sure to include a link to your fundraising page and invite those who are unable to attend to make a donation to you. You never know

who is affected by the disease and will want to support you!

Tell a story

Why do you Walk? Share your story on your wall and tell your friends why this cause is important to you. You could also post on your friends and family's pages.

Say Thank You

Thank each of your friends on their Facebook wall after they make a donation to you. One of their friends may donate to you.



JOIN US

LORAIN COUNTY COMMUNITY COLLEGE - ELYRIA, OH 9.17.2011

TOWER CITY CENTER - CLEVELAND, OH 9.25.2011

alz.org/walk | 800.272.3900



Rebranding of Walk inspires purpose and action

Memory Walk - the nation's largest event to raise awareness and funds for Alzheimer's care, support and research - has always been a walk to end Alzheimer's. With the 2010 rebranding of Memory Walk, our national signature event has now been officially renamed the Walk to End Alzheimer's to help ensure everyone knows exactly why we are walking! Our new name is positive, action-oriented and designed to lead us to our vision of a world without Alzheimer's disease.

Walk to End Alzheimer's is a driving force of our entire strategic plan. This includes overall objectives to: expand geographies, increase participation, increase revenue, recruit Clinical Studies participants, recruit advocates, promote programs and mission activities.

Here is how the Cleveland Area Chapter aims to exceed the ambitious goals set by the national strategic plan:

- New walk added at Lorain County Community College
- Recruit more than 2,800 walkers in total to join us at our walks
- Encourage and assist each walker with raising at least \$125 - to help us reach our overall total goal of more than \$411,000 for care, support and research.

As the Walk to End Alzheimer's coordinator, I invite you to walk with purpose alongside hundreds or thousands of other Clevelanders, I promise that you will feel uplifted, inspired and hopeful in the face of this devastating disease.

Why I Walk

Cheryl Passov, Downtown Walk Co-Chair



I have missed my mom for 11 years now, yet she died only three years ago. Alzheimer's stole the other eight years from me. Her outside shell was here but the woman, who was so caring & full of life, was gone. To this day, when I visualize my mom, I can only picture her with that blank Alzheimer's look on her face (not knowing who I was) and it truly is heart breaking.

My mom was one of the sweetest people you'd ever meet. She always had a big smile on her face. She just loved her life which included ballroom dancing, knitting and yes playing poker, but most of all she loved her family. She would walk into a room of strangers and left behind a room full of friends. She was just that kind of person.

Slowly over time I started to notice behavior that wasn't typical of my mom. When the unusual behavior became more frequent, I made an appointment to see a specialist and that's when she was diagnosed with Alzheimer's. For the next 3 years, my dad was my mom's primary care giver at home. I saw how he mentally and physically suffered while he selflessly took care of her. After three years my mom stopped walking and my dad



could no longer care for her and that's when we had to put her into a nursing home. It absolutely broke our hearts to do this. During the time she lived at the nursing home, she forgot how to speak and how to feed herself, yet she still moved her feet to music like she was dancing and she never lost that beautiful smile on her face. She lived there for five years until she passed away in March 2008.

My mom's side of the family has suffered terribly by Alzheimer's. Besides my mom, her mother, two brothers and now her sister have been afflicted. After my mom died, I realized I had to become pro active and part of the solution to this problem. I am working diligently to raise awareness and funds in hopes of finding a cure. I have been a participant in the Walk to End Alzheimer's since 2006 when I formed our team "Geety's Gang" -- in memory of my mom, Gladys "Geety" Breen. I've served on the Steering committee since 2009 and this year I am one of the Co-chairs for the walk. I not only volunteer and walk to honor my mom but for all my other family members who have suffered from Alzheimer's and to hopefully



How to raise \$500 in 10 Days!

Add this to your "To-Do" List!

- Day 1** Donate \$25 yourself. That first donation is the hardest, so get yourself started on the right foot!
- Day 2** Ask 2 family members to donate \$25 each
- Day 3** Ask 5 friends to contribute \$20
- Day 4** Ask 5 co-workers to contribute \$10. That's eating out for lunch 1 less day this week.
- Day 5** Ask 5 neighbors to contribute \$10. The cost of a movie.
- Day 6** Ask 5 people from a book club, social club, young professionals group, place of worship, etc. to contribute \$10
- Day 7** Ask your boss for a company contribution of \$50 (better yet, find out if your company will match all of what you raise!)
- Day 8** Post a message and link on Facebook and ask for only \$5 from five friends.
- Day 9** Ask two businesses you frequent to personally contribute \$20 (hair salon, dry cleaner, insurance agent, auto mechanic, dentist, doctor etc.)
- Day 10** Hold a team fundraiser and raise \$60 (bake sale, car wash, raffle, etc.)

Congratulations!

You have reached your \$500 goal.

spare my children, my future grandchildren and other families from the painful trials and tribulations that come with this illness. I also want to give back to the Alzheimer's Association Cleveland Area Chapter for all their support and guidance. I don't know what we would have done without their help. The support they give to caretakers like my father and me got us through some very rough times when we were at our wits end.

There isn't a person out there who won't be touched somehow by this disease whether it is a family member, friend, acquaintance or co-worker. Finding a cure for Alzheimer's in my lifetime and that of my children is imperative. We need to wipe out this disease before it wipes out another generation of beautiful, talented people like my mother. We need to find a cure, and find it now.

A Celebration of Hope 2011

More than 550 people attended **A Celebration of Hope 2011** on May 5, 2011. Through generous individual and corporate donations, the event raised \$358,000! This included an incredible \$45,000 raised in a live auction to fund emergency respite care for families in need.



Pictured here from left are Tom and Chris Stevens, 2010 Champion Award Honorees and Nancy and David Hooker, 2011 Champion Award Honorees recognized during the event.



Special thanks to Platinum Sponsors Forest City Enterprises, Jones Day and Thompson Hine LLP for helping make the event such a success!

Fat Little 5K



The second annual Fat Little 5K in support of the Alzheimer's Association Cleveland Area Chapter was

held on June 18, 2011 at Fat Little Buddies in Olmsted Township. The event was a great success drawing nearly 500 participants and raising over \$15,000- doubling the funds raised from the previous year!

The Alzheimer's Association Cleveland Area Chapter would like to thank our buddies, Mo Loesch, Joe O'Malley and Dan Weaver, for organizing the family-friendly event which included a kid's corner, raffle and silent auction in addition to the race.

Third party events are an important piece of the puzzle when it comes to raising funds and awareness about Alzheimer's



disease. For more information on how you can host a Third Party event, please contact Kelly Morrell at 216.231.1481 or kelly.morrell@alz.org.

Young ProfessionALZ Helping the Cause

Do you know Clevelanders in their 20s and 30s who would like to get involved with one of the best local non profits?



The Cleveland Area

Chapter's Young ProfessionALZ group is a great way to meet new people, explore different places around town, volunteer in the community and support an important cause!

Events and programs are ongoing and vary from happy hours to volunteer projects with those affected by Alzheimer's.

If you or someone you know would like to get involved, please contact Sheryl Berman at 216.231.1466 or sheryl.berman@alz.org.

MARK YOUR CALENDAR

Daughter's Club

The Daughter's Club will host their next event on **Saturday, March 10, 2012 at The Club at Key**. Mary Ellen Geist, author of *Measure of the Heart*, will be our guest speaker.

Since the release of the book, Mary Ellen has been lecturing about the gifts of coming home to help take care of a loved one with Alzheimer's disease, and about the special connection music can create between caregivers and people living with Alzheimer's.

For more information or to register, please contact Kelly Morrell at 216.231.1481 or kelly.morrell@alz.org.

A Celebration of Hope

Save the date for **A Celebration of Hope 2012!** The event will be held **at the Renaissance Cleveland Hotel on Thursday, April 26th**. The Alzheimer's Association Cleveland Area Chapter raised over \$360,000 last year and hopes to make this



Chapter raised over \$360,000 last year and hopes to make this

year's benefit an even bigger success! Join us as we present the 2012 Champion Award to P. Kelly Tompkins, long-time supporter and former board member. Kelly is the Executive Vice President, Legal, Government Affairs and Sustainability and Chief Legal Officer at Cliffs Natural Resources, Inc.

For more information, please contact Kelly Morrell at 216.231.1481 or kelly.morrell@alz.org.

Cadillacs, Cowboys & Cocktails

The 2nd annual Cadillacs, Cowboys and Cocktails event is coming your way Thursday, January 19, 2012! This fun and casual affair raised an impressive \$25,000 last year, drawing new supporters and dear friends of the Alzheimer's Association.

Help us kick up a good time for a great cause! For more information or to volunteer, please contact Kelly Morrell at 216.231.1481 or kelly.morrell@alz.org.



GO PURPLE FOR THE CAUSE!

November is National Alzheimer's Disease Awareness Month. Help us raise awareness for the need to support those with Alzheimer's and advance research. Here are a few ideas how you can easily get involved!

Go Purple at Work

Encourage your co-workers to wear something purple, decorate a breakroom purple on a designated day in Nov.! Pass around a purple donation bucket.

Casual for a Cause

Order Casual for a Cause stickers for your office! Anyone who buys a sticker from you (\$5), can dress casually and the money can go to the Alzheimer's Association.

Visit alz.org

Send an e-card, buy a T-shirt, read about heroes, watch videos and discover many other ways to get involved!

How to Detect Alzheimer's Disease Prior to Memory Loss

24th Annual Foley Lecture

Wednesday, October 26, 2011

5:00 pm—Registration • 5:30-7:00 pm—Program

The Cleveland Area Chapter's annual Foley Lecture returns Oct. 26 at Tri C's Corporate College, 4400 Richmond Road, Warrensville Heights.

The event includes dinner and offers 1.5 CEUs.

Foley Lecturer: David M. Holtzman, MD, Chair, Washington University School of Medicine, Department of Neurology

Moderator: Matthew Wayne, MD, Medical Director, Geriatric Medicine, University Hospitals Richmond Medical Center

Panelists: Stephen Baum, MD, Geriatric and Internal Medicine, Mentor, OH

Christine Nelson, APRN, BC, Coordinator, Lakewood Hospital Senior Assessment Center

Paul Ford, Ph.D., Director of the NeuroEthics program, Cleveland Clinic

To register: Call 216.231.1486 and leave your name, address, phone number and email address or email mary.lambert@alz.org.

Local Scientist receives International Award

This July, more than 5,000 scientists from around the world gathered in Paris to report the latest advances in Alzheimer's research at the Alzheimer's Association International Conference 2011 (AAIC 2011). Scientists presented and discussed early detection, medical intervention and global standardization for the health epidemic of the 21st century – Alzheimer's disease and other dementias.



Bruce Lamb, Ph.D.

Among these scientists was our own Bruce Lamb, Ph.D., Department of Neurosciences, Lerner Research Institute of the Cleveland Clinic; Cleveland Clinic Lerner College of Medicine; and the Departments of Neurosciences and Genetics at Case Western Reserve University. Dr. Lamb received the 2011 Zaven Khachaturian Award which recognizes an individual whose compelling vision, selfless dedication and extraordinary achievement has significantly advanced the field of Alzheimer's science.

"This is a significant and well deserved award," said Nancy Udelson, Executive Director of the Alzheimer's Association Cleveland Area Chapter. "We consider ourselves lucky to count Dr. Lamb among the members of our Professional Advisory Board. His passion and commitment to finding a cure are exemplary," she said.

World's top experts explore innovative ways to further Alzheimer's research

In July, more than 5,000 scientists from around the world gathered in Paris to share the latest ideas, thoughts and theories in research at the Alzheimer's Association International Conference 2011 (AAIC 2011). Scientists presented and discussed early detection, medical intervention and global standardization.

"Alzheimer's is growing at an alarming rate around the world," said William Thies, PhD, Alzheimer's Association Chief Medical and Scientific Officer. "The good news out of the conference this year is that we are making advances toward earlier detection of Alzheimer's, often as a result innovative global scientific collaborations."

These advances are critical to helping people live longer, healthy lives free of the disability and death caused by Alzheimer's. Identifying the disease early in its process – even before symptoms start to become



His Excellency, Nicolas Sarkozy, President of the French Republic gave an address at AAIC and is welcomed here by Harry Johns, president and CEO of the Alzheimer's Association.

evident – and treating it early is how we will accomplish that.

Therefore, what's really important is for everyone to join the fight against Alzheimer's disease. In the U.S., the Alzheimer's Association is leading the public effort to inform and implement the recently passed National Alzheimer's Project Act. To learn more and get involved, go to www.alz.org,

Professionals: Join ISTAART to share info and network

When you become a member of The Alzheimer's Association ISTAART group (International Society to Advance Alzheimer Research and Treatment), you become connected with other dementia care professionals across the globe. ISTAART is a great place to share news, network and be part of the process.

ISTAART is the first group to represent all areas of Alzheimer's disease investigation and includes scientists, physicians and other professionals involved in the causes and treatments of Alzheimer's disease and related disorders.

Visit www.alz.org/ISTAART for more information.

ISTAART Benefits

- Annual subscription to Alzheimer's Dementia: The Journal of the Alzheimer's Association
- Online Career Center
- Reduced conference registration rates
- CME/CE discounts
- Monthly e-newsletter for members
- Travel grants
- Peer networking opportunities
- Early notification of grants and opportunities to be a grant reviewer
- Professional Interest Areas
- Car rental discounts
- Travel insurance

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, 125 E. Jefferson St.
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Cuyahoga County

Bay Village	4th Friday	2:30 pm	Dwyer Memorial Senior Center, 300 Bryson Ln.
Beachwood*	2nd Thursday	6:30 pm	Church of the Good Shepherd, 23599 Cedar Rd.
Brecksville	1st Thursday	7:00 pm	Brecksville Public Library, 9089 Brecksville Rd.
Brooklyn	1st Thursday	1:30 pm	Brooklyn Senior Center, 7727 Memphis Ave.
Chagrin Falls	4th Thursday	6:30 pm	Arden Courts of Chagrin Falls, 8100 E. Washington St.
Cleveland	4th Thursday	7:00 pm	Olivet Institutional Baptist Church, 8712-14 Quincy Ave.
Euclid*	3rd Thursday	6:00 pm	Gateway Retirement Comm. Family House, 1 Gateway Dr.
Hough/Glenville	4th Thursday	6:00 pm	Eliza Bryant Senior Center, 7201 Wade Park Ave.
Lyndhurst	2nd Thursday	7:15 pm	Lyndhurst Community Presbyterian Church, 5312 Mayfield Rd.
North Olmsted	1st Friday	2:30 pm	North Olmsted Senior Center, 28114 Lorain Rd.
Parma	1st Tuesday	7:00 pm	Health Education Center, 7300 State Rd.
Parma*	2nd Friday	1:30 pm	Health Education Center, 7300 State Rd.
Richmond Heights	1st Tuesday	6:00 pm	Homewood Residence, 3 Homewood Way, Bldg 1, 2nd Floor
Rocky River	4th Thursday	1:30 pm	The Wellness Center, 3035 Wooster Rd.
Solon	2nd Wednesday	1:00 pm	Advent Lutheran Church, 5525 Harper Rd.
Solon*	4th Wednesday	3:00 pm	Solon Senior Center, 35000 Portz Parkway
Westlake	2nd Thursday	7:00 pm	West Bay Care & Rehab Center, 27601 Westchester Pkwy

Geauga County

Chardon	3rd Wednesday	7:00 pm	The Church of St. Mary, 401 North Street
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Lake County

Madison	2nd Friday	6:30 pm	Cardinal Woods Skilled Nursing, 6831 Chapel Rd.
Mentor	2nd & Last Thursdays	1:00 pm	Mentor Senior Center, 8484 Munson Rd.
Mentor	3rd Thursday	2:30 pm	Alzheimer's Association Eastern Office, 8522 East Ave.
Mentor*	4th Monday	6:30 pm	Emeritus at Mentor, 5700 Emerald Ct.
Painesville	Last Thursday	10:00 am	Painesville Senior Center, 85 North Park Place

Lorain County

Amherst	3rd Wednesday	7:00 pm	Amherst Public Library, 221 Spring St.
Avon*	3rd Tuesday	6:30 pm	Avon Oaks Caring Community, 37800 French Creek
Avon	1st Wednesday	7:00 pm	Alzheimer's Association Western Office, 38440 Chester Rd.
Grafton	3rd Monday	6:30 pm	Grafton United Methodist Church, 973 Mechanic St.
Lorain*	1st Thursday	3:00 pm	Hearthstone Assisted Living, 3290 Cooper Foster Pkwy
Wellington	1st Tuesday	7:00 pm	LCCC Wellington, 151 Commerce Dr., #102

Speciality Support Group

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

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

Telephone Support Group 1st Tuesday 11:00 am (ET)
Pre-registration required. Contact: Kerry Lanigan at 216.231.1499 to receive the call-in number.

Online Support Groups 24/7 <http://www.alz.org/messageboards>

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

Follow Us

Follow our blog at www.alzcleveland.blogspot.com. We are also on Facebook and Twitter.

Interested in becoming a guest blogger? Contact Thomas Prevett at thomas.prevett@alz.org.



<http://www.facebook.com/alzcleveland>
<http://www.twitter.com/alzcleveland>
<http://alzcleveland.blogspot.com>

There is no charge for community and family education programs, but registration is requested.

Know the 10 Signs: Early Detection Matters

A one-hour workshop that will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers develop Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible. After the presentation questions will be answered by Dr. Swarnalatha Meyyazhagan, MD, Geriatrician, Internist. Co-sponsor: Wesleyan Senior Living.

Wed., Oct. 5, 6:00-7:30pm
Mary Lambert, Alzheimer's Association
Wesleyan Senior Living, 807 West Ave, Elyria
Register: 216.231.1486

Understanding Alzheimer's Disease and Related Dementias

This program is designed for diagnosed individuals and their family members who want to learn more about Alzheimer's disease, related dementias, and recommended treatments. Participants will have the opportunity to get their questions answered by a physician who has a special interest in caring for patients with dementia. Co-sponsors: St. John Medical Center, Parma Community General Hospital and Breckenridge Village.

Mon., Sept. 19, 6:00-7:30pm Register: 216.231.1486	Swarnalatha Meyyazhagan, MD, Geriatrician, Internist, St. John Medical Center, Bldg 2, 1st floor, Aud. A, 29000 Center Ridge Rd., Westlake
Tue., Oct. 4, 6:30-8:00pm Register: 440.743.4900	David Fox, MD, Psychiatrist, Parma General Hospital, John A Nelson Aud., 7007 Powers Blvd., Parma
Wed., Oct. 5, 1:00-2:30pm Register: 216.231.1486	Erin Rader, MSN, PMHCNS-BC, Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River
Mon., Nov. 14, 6:30-8:00pm Register: 216.231.1486	Ami Hall, DO, Geriatrician, Internist, Breckenridge Village - Osborne Comm. Plaza, 36851 Ridge Rd., Willoughby

Partnering With Your Doctor

This 60-minute workshop addresses the importance of partnering with the physician; assessing one's behavior when visiting the physician; and challenges in caregiver/physician interaction. Attendees will receive tools and handouts to assist with preparing for doctors visits. Presented by Alzheimer's Association staff. Co-sponsors: Villa at the Lake and UH Conneaut Medical Center.

Thurs., Sept. 15, 6:30-8:00pm Register: 440.599.1999	Villa at the Lake, 48 Parrish Rd., Conneaut
Wed., Sept. 21, 7:00-8:30pm Register: 440.886.5858	Middlefield Library, 16167 East High St., Middlefield
Mon., Oct. 17, 6:30-8:00pm To register call: 440.543.6766	Mentor Senior Center, 8500 Civic Center Blvd. (off of Rt 615), Mentor
Thur., Oct. 20, 7:00-8:30pm Register to: Christina Blair at 440.576.9052 by October 6th.	Jefferson Community Center, 11 East Jefferson St., Jefferson

Legal and Financial Issues for People with Dementia – Planning for the Future

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law. Programs are co-sponsored by Wesleyan Senior Living and LakeWest Medical Center.

Wed., Oct. 12, 1:00-2:30pm To register call: 216.231.1486	Gayle A Reeves, Attorney, Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River
Wed., Oct. 12, 6:00-7:30pm To register call: 216.231.1486	Elder Law Attorney, Wesleyan Senior Living, 807 West Ave., Elyria
Thur., Oct. 27, 6:30-8:00pm To register call: 216.231.1486	Patricia J. Schraff, Elder Law Attorney, LakeWest Medical Center, Lobby Conference Room, 36000 Euclid Ave., Willoughby

Film Screening: *You Are Here*

You are Here is an independent film focusing on early onset Alzheimer's and dedicated to filmmaker Tim Jeffrey's mother. The movie will be followed by a panel discussion to address the legal questions and care coordination decisions that are often part of the challenges one faces when caring for someone with Alzheimer's. Program sponsored by Smith and Condeni LLP.

Tuesday, November 15
Free of charge and Open to the public
For time and location, please call Linda Thurston at 216.574.2003 or email linda@smith-condeni.com

Film Screening: *Lovely, Still*

Lovely, Still is a movie which stars Academy Award winning actors Martin Landau and Ellen Burstyn. This poignant love story portrays the sacrifice of one family to keep their elderly family member at home and premiered at the annual AARP National Convention and Toronto International Film Festival. Panel discussion with elder care resource representatives to follow the 90-minute film. Co-sponsors: Arden Courts Westlake, Avon Senior Center, Home Instead Lorain County.

Thursday, September 22, 1:00pm
Avon Senior Center, 36784 Detroit Rd.
To register call: 440.934.2417

Late-Stage Dementia - What to Expect

This program is designed for families caring for someone with advanced dementia. Co-sponsor: Parma Hospital Seasons of Life.

Tue., Nov. 1, 6:30-8:00 pm	Timothy Gallagher, MD, Parma General Hospital, John A Nelson Auditorium, 7007 Powers Blvd., Parma To register call: 440.743.4900
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Communication & Behavior Changes in People with Dementia

This program is designed for caregivers of those with Alzheimer's disease or a related dementia. The presentation will include tips and techniques to improve successful communication, as well as information about common behavioral changes and how to intervene. Participants will have the opportunity to get their questions answered by an expert. Co-sponsors: LakeWest Medical Center.

Thur., Oct. 13, 6:30-8:00pm Adrienne Green, LISW-S, LakeWest Med. Center, Lobby Conference Rm, 36000 Euclid Ave., Willoughby
To register call: 216.231.1486

Wed., Oct. 19, 1:00-2:30pm Mary Lambert, Alzheimer's Association, along with an Individual living with Alzheimer's disease Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River
To register call: 216.231.1486

Now What Was I Saying?

This interactive workshop will explain the basics of how the brain works, the primary principles of memory, some techniques to improve memory, and things you can do for improving overall brain health. Presentations by Mary Lambert and members of the Alzheimer's Association Speakers Bureau. Co-sponsor: St. John Medical Center.

Wed., Sept. 7, 11:30-1:00pm	Wellington Place, 4800 Clague Rd., North Olmsted	Register: 877.597.6348
Wed., Sept. 14, 11:30am	Avon Senior Center, 36784 Detroit Rd., Avon	Open to public
Wed., Sept. 14, 7:00-8:00pm	Fairview Wellness Ctr., 3035 Wooster Rd. Rocky River	Register: 440.356.0687
Tue., Sept. 27, 6:00-7:30pm	St John Medical Center, Building 2, 1st floor, Auditorium B, 29000 Center Ridge Rd., Westlake	Register: 216.231.1486
Tue., Oct. 18th 12:30-2:00pm	Cleveland Public Library - Main Branch, 325 Superior Avenue NE, Cleveland, OH	Open to the public

Alzheimer's Disease: What You Need to Know

Come and learn about normal, age-related memory loss versus Alzheimer's-related memory loss. Today an estimated five million Americans are living with Alzheimer's, and with 78 million baby boomers approaching the age of greatest risk for this fatal disease, the need to know the difference is more important than ever. Presentations by Mary Lambert and members of the Alzheimer's Association Speakers Bureau. Co-sponsor: St John Medical Center.

Tue., Sept. 20, 2:30-3:30pm	Gardens of Westlake, 27569 Detroit Rd., Westlake	Register: 440.827.5440
Wed., Sept. 21, 12:30-2:00pm	Cleveland Public Library - Main Branch, 325 Superior Ave. NE Cleveland, OH	Open to the Public
Wed., Oct. 26, 7:00-8:00pm	Fairview Wellness Center, 3035 Wooster Rd., Rocky River	Register: 440.356.0687

Dementia Care Training

A six-hour class of basic dementia training provided monthly for both direct care workers and family caregivers. CEUs provided. Registration required. For more information and to register call Mary Lambert at 216.231.1485. Class takes place at the Alzheimer's Association main office if not listed otherwise. **To register for all courses here, call 216.231.1485.**

Wed., Sept. 7, 9:00-3:00pm	23215 Commerce Park Dr., Ste. 300, Beachwood
Friday, Oct. 21, 9:00-3:00pm	Geauga Sr. Center, 2nd floor, Rms 201 & 202, 12555 Ravenwood Dr., Chardon
Monday, Nov. 1, 9:00-3:00pm	Lake County Council on Aging, Large Conference Rm, 8520 East Ave., Mentor
Wed., Dec. 7, 9:00-3:00pm	Fairview Park Sr Ctr, 20777 Lorain Rd., Fairview Park
Tue., Jan. 17, 9:00-3:00pm	23215 Commerce Park Dr., Ste. 300, Beachwood
Thur., Feb. 23, 9:00-3:00pm	23215 Commerce Park Dr., Ste. 300, Beachwood
Wed., March 14, 9:00-3:00pm	Ctr. for Leadership Educ., 1005 Abbe Rd. N, Elyria
Thurs., April 19, 9:00-3:00pm	23215 Commerce Park Dr., Ste. 300, Beachwood
Tue., May 1, 9:00-3:00pm	Ashtabula Medical Center, 2420 Lake Ave., Ashtabula
Tue., June 5, 9:00-3:00pm	23215 Commerce Park Dr., Ste. 300, Beachwood

PROFESSIONAL COURSES

Meeting Spiritual Needs in the World of Dementia

This program will inform people in faith ministries about the basics of Alzheimer's and related dementias, the community resources available to people with memory loss and their families, how to support families and the larger community who may be concerned about memory loss, and how to identify and accommodate the spiritual needs of people with all types of dementia. Co-sponsor: Ohio Presbyterian Retirement Services. **To register:** Leave your name, address, phone number and email address by calling 216.231.1486 or email mary.lambert@alz.org

Tue., Oct. 18, 8:00am - 12pm Breckenridge Village North, Garden Grille Dining Rm
36500 Euclid Ave., Willoughby

Tue., Oct. 25, 8:00am - 12pm Church of the Savior
2537 Lee Rd., Cleveland Hts.

You Can't Take that Away from Me

Explains the stages of Alzheimer's and the losses associated with them. However the underlying message is to focus on what dementia patients can do, rather than what they cannot do. 1.0 CEU for social workers and nurses. Continental breakfast provided. Co-sponsor: St John Medical Center

Wed., Sept. 28, 7:30-9:00am Independence Village,
Register: 877.597.6348 345 Lear Rd., Avon Lake

Walking the Path of Dementia: An Interactive Approach

This interactive presentation offering a look into the disabilities of dementia and tips on how to provide support and care to people with dementia. 1 CEU for Nurses, Social Workers and Case Managers. Breakfast included. Sponsored by Arden Courts Westlake

Fri., Sept. 16, 7:00-8:30am Arden Courts
Register: 440.808.9275 28400 Center Ridge Rd., Westlake

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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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
- To reduce the risk of dementia through the promotion of brain health

OUR VISION

A world without
Alzheimer's disease

WILL IT START WITH YOU?

During the month of September, the Alzheimer's Association will observe the inaugural World Alzheimer's Month. You can join the observance. On September 21, Alzheimer's Action Day, we're asking you to wear purple and to take action in the fight of Alzheimer's.

Other ways to get involved now and throughout the year:

Write to Congress. Tell Congress to make Alzheimer's a national priority.



Wear it on your sleeve.

Show your determination to end Alzheimer's while at work. Encourage your colleagues to dress down at work in exchange for a small donation (usually \$5) for the Alzheimer's Association. Order *End of Alzheimer's Starts with Me* stickers and download posters to implement this idea in your work place.


9.21.11
alzheimer's action day

Participate in Walk to End Alzheimer's.

Walks are going on throughout the country right now!

Volunteer for a clinical trial. Recruiting and retaining trial participants is the greatest obstacle, other than funding, to developing the next generation of Alzheimer's treatments. Trials are recruiting people with Alzheimer's, as well as healthy volunteers to be controls.

Make a donation. Make a tax-deductible donation to the Alzheimer's Association and support vital research and essential support programs and services.

Visit www.alz.org for more information.