

Thousands Benefit from Family Planning Sessions

Wouldn't it be great if everyone could have a job that resulted in being able to help at least one person each and every day? Well, that is exactly what Joan Scharf, an Alzheimer's Association Care Consultant, has done for the last 14 years. Since coming to the Association in 1993, Joan personally has been involved in 1550 family planning sessions involving 6200 individuals. If you do the math, that is helping an average of 1.2 people every day for 14 years. And if you are lucky enough to speak to one of those 6200 individuals, you would discover that their interaction with Joan has been a meaningful experience in preparing for the care of a loved one with Alzheimer's or a related dementia.

Developing Alzheimer's disease symptoms is a transforming event, not only for those afflicted, but also for those closely related. Over time, as it progresses, it changes the nature of traditional relationships between spouses and between parents and children. And any change of such extreme magnitude can be difficult to navigate. Helping families come to terms with the disease, its progression and the support that will be required is the function of Joan and the four other Association staff members who provide care consultations. And Joan Scharf's experience in this area has truly made a difference in many lives.

Joan first came in contact with the Association in 1982 when she was

STAFF PROFILE

Joan Scharf, *Care Consultant*



seeking support to deal with her mother's early-onset dementia. Joan quickly learned that resources were not widely available at that time. Always a doer, Joan became an activist on the Association's behalf. Her masters degree in social work and her experience as a licensed social worker, first as a program director and then as overall director of Menorah Park's adult day center, helped her make valuable volunteer contributions. She led a support group and spearheaded development of educational workshops for caregivers. When a position opened at the Association in 1993 to lead "Getting Started," a program of family meetings, Joan jumped at the chance to become an Association staff member. Her passion for caring for families of those touched by Alzheimer's has been a foundation in the evolution of the Association's care consultation services.

The family planning sessions that

Joan and the other care consultants conduct accomplish a variety of objectives. The most important of these is to come up with an agreed upon, individualized plan of care that is designed to suit the functional level of the individual with Alzheimer's or related dementia. This plan must capitalize on the family's strengths. Thus, it is critical that all family members participate, which means that often times family members residing outside of the Cleveland area join the discussions by phone.

During the discussions, which occur without the person having the disease in attendance in order to promote a free exchange of concerns, it always becomes clear that family members possess different expectations and concerns. These differences must be identified and managed in order to face the challenge of jointly caring for someone with progressive memory loss.

The families need help in getting family members on the same page. They need help in finding alternatives when all the responsibility of caregiving has fallen on one person. Often times, it is concern for the constant stress on the primary caregiver that prompts the family discussion. They need help in handling or preventing behavioral challenges. They need to learn about options designed to provide stimulation and activity to maintain functionality of the afflicted family member, and they need to develop realistic expectations about the progression of

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Dear Friends and Supporters:

This is a time of challenge, momentum and transition at the Alzheimer's Association. The challenge arises with the projected explosion in the number of individuals likely to be afflicted by the disease. With 330 baby boomers turning 60 every hour, there is growing recognition that Alzheimer's is a chronic and devastating disease without proven methods of diagnosis and with no known cure. With one American developing Alzheimer's every 72 seconds, the need for greater research funding and for enhanced programs and services is clear. The staff and volunteers of the Cleveland Area Chapter are working hard to be prepared to meet the current and future challenges of providing needed support for families affected by this disease in Northeast Ohio.



The good news is that the growing public awareness of, and national media attention to, Alzheimer's disease has created a great deal of momentum, both within the research and medical communities and within the Associations devoted to supporting research, providing services, advocating for resources and educating the public. The national office and many of the local chapters of the Alzheimer's Association, including the Cleveland Area Chapter, have entered into a more collaborative, shared fundraising relationship designed to better leverage the financial resources available to accomplish our mission of envisioning a world without Alzheimer's disease. Every dollar raised, locally or nationally, in unrestricted revenues will be shared to support research, awareness education, family care and support and advocacy. (Gifts that are explicitly restricted in use and nature are not shared and are honored strictly according to donor wishes.) One recent example of the power of sharing resources was the national awareness campaign of ads in major media outlets, a campaign that could not have occurred without the pooling of resources. With this more unified approach, the Alzheimer's Association has become the center of help and hope in communities nationwide.

This is also a time of transition for our chapter. I am starting my first year as president of the board of trustees, we are embracing the greater collaboration with the national office, and we are moving toward a change in leadership in the executive director position. I would like to recognize and thank our immediate past board chair, Debbie Neale, who provided leadership and service to our Association for

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.

many years. Her knowledge and expertise in the public advocacy arena has been invaluable, and I am so grateful that Debbie has agreed to continue to lead the public advocacy efforts for our chapter. I would also like to thank Mary Schwendeman, our past executive director, for helping this chapter to obtain sound financial footing. Finally, I am extremely grateful for the incredible passion and commitment that is characteristic of each member of the staff and volunteer corps.

As we face the challenges of the future, we need the support from our community. We ask that you consider volunteering your time and resources, as we have volunteer opportunities for all skill sets at each of our offices. Please call me at 216.321.1339 to learn more about these volunteer openings. And please consider participating in our October 7, 2007 Memory Walk as a member of a team or individually. This is not only a fun way to help increase awareness of this disease among your family members, friends and acquaintances, but also a way to support the activities and services the Alzheimer's Association provides. We look forward to seeing you at Tower City on Sunday, October 7th!

Thousands Benefit *(continued from page 1)*

the disease and the changes that will be experienced over time. These sessions, which last approximately 1 1/2 to 2 hours, demand that the care consultant demonstrate a number of skills. As Joan reflects, "I am a combination facilitator, mediator, educator and counselor" as she attempts to help the family reach a consensus about a customized care plan.

As the consultation unfolds, Joan offers suggestions about options for dealing with the family's particular needs. This might involve providing suggestions about getting regular household help in order to free the caregiver of some responsibility. It might involve scheduling family members to share supervision on an ongoing basis. The possibility of utilizing the services of an adult day facility may be a solution. And in advanced cases, residential facilities may be discussed. Whenever recommendations are made about utilizing outside services, Joan assists families in highlighting available resources, giving information about providers that are geographically convenient or who are known for specialization in needed areas.

But the job is not done at the conclusion of these discussions. Joan initiates a follow up phone conversation on a monthly basis, generally averaging at least three conversations with a family representative over the next four months. And, as the issues and challenges change over time, Joan often has renewed contact with families in order to update the care plan.

Joan notes that a hallmark of the service offered by the Alzheimer's Association is the flexible approach of its care consultants. Not only is the service provided free of charge, but also the care consultant makes the needs of the families the most important factor in setting up the sessions. Joan states, "One unique aspect of our service is our flexibility on where and when we meet. Because it is critical to get the whole family together, we adjust the time and place of the discussions in order to ensure that we get the participation needed for a successful planning session resulting in a care plan which can be carried out by the family."

After 1550 discussions with 6200

*The Alzheimer's Association
Cleveland Area Chapter
serves Ashtabula, Cuyahoga,
Geauga, Lake, Lorain coun-
ties, which are located in
Northeast Ohio, with offices
in Avon, Ashtabula,
Cleveland and Mentor.*

OUR MISSION

*To eliminate Alzheimer's
disease through the advance-
ment 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.*

individuals, you might wonder how someone can keep a fresh outlook that treats each family situation as unique. Joan says that it is easy. "The families continue to be my inspiration.

It is so rewarding to work with their strengths and to help them come together and plan. I feel enriched by the diversity of families with whom I come into contact. I simply love what I do!"

After 14 years of service helping the families the Association serves, it is clear that all of us are very lucky to have someone like Joan Scharf as part of the Association staff. Her work is just one example of the important support the Association provides. Thank you, Joan, for all you have done, and thank you to all the staff!

If you or someone you know would benefit from the care consultation services, please contact the Alzheimer's Association 24 hour help line at 800-272-3900.

Brain Health and the Mediterranean Diet

A review of the Alzheimer's Association website, www.alz.org, reveals that there is much that can be done proactively to keep a brain healthier as you age and diet is one factor that you can control. A brain healthy diet is one that reduces cardiovascular risk both by limiting intake of foods high in fat and cholesterol and by increasing intake of protective foods like those with antioxidants and omega-3 fatty acids. Two recent studies suggest that a Mediterranean diet meets these criteria.

According to the American Heart Association, a Mediterranean diet has the following characteristics: high consumption of fruits, vegetables, breads and other cereals, beans, nuts and seeds; emphasis on olive oil as an important source of monounsaturated fat; and moderate consumption of fish and poultry with little consumption of red meat. A study presented at the March 2007 American College of Cardiology conference found that a Mediterranean diet is as good as the American Heart Association low fat diet in reducing cardiovascular risk. And a study conducted at Columbia University Medical Center and reported in the *Archives of Neurology* in December 2006 suggested that those whose food choices were closest to a Mediterranean diet were less likely to have Alzheimer's disease than those whose diets were least like it.

A primary factor in the potential health benefits of a Mediterranean diet relates to greater consumption of monounsaturated fats. According to the



Harvard School of Public Health, a critical foundation for healthy nutrition is the elimination of bad fats (saturated and trans fats) by replacement with good fats (polyunsaturated and monounsaturated fats) which have a beneficial impact on cholesterol. Cholesterol plays a number of vital roles in the body and cholesterol must be transported from the liver through the blood stream to the body's cells by lipoproteins. The Low Density Lipoproteins (LDL) take the cholesterol from the liver through the bloodstream to the cells and the High Density Lipoproteins (HDL) pick up the circulating cholesterol and return it to the liver for reprocessing or elimination. Too much LDL in the bloodstream can build up on artery walls as plaque and the HDLs help clean out the excess. Monounsaturated fats help this process by lowering LDL and raising HDL. Foods high in monounsaturated fats include olive oil, olives, canola oil, cashews, almonds, peanuts and avocados.

A second important part of the Mediterranean diet is its inclusion of a wide variety of foods that are antioxidants. Antioxidants play an important role in keeping cholesterol from

becoming arterial plaque by preventing the oxidation needed to turn cholesterol into plaque. The Cleveland Clinic Heart Center web site (<http://www.clevelandclinic.org/heartcenter/pub/guide/prevention/nutrition/antioxidants.htm>) has an extensive list of antioxidant foods. But in general such foods include dark green, red and orange vegetables (i.e. broccoli, spinach, carrots) and colorful fruits like berries, apricots and citrus fruit. It is recommended that 5 to 10 servings of such foods be consumed daily.

The third reason that a Mediterranean diet provides health benefits is that such a diet includes greater consumption of fish that include omega-3 fatty acids. According to the American Heart Association, omega-3 fatty acids lower triglyceride levels in the blood, decrease the growth rate of plaque and slightly lower blood pressure. Foods high in omega-3 fatty acids include salmon, herring, mackerel, anchovies, sardines, tuna, flaxseed oil, and walnuts. The March 2007 study referenced above recommended 3 to 5 servings of such food a week.

It cannot be said that a Mediterranean diet prevents the onset of Alzheimer's disease. What can be said is that studies have suggested that diet, exercise, control over cholesterol and blood pressure appear to be beneficial to the brain. Recent studies demonstrate that a Mediterranean diet does lower cardiovascular risk. And certainly, a more healthy lifestyle and adoption of a diet that may provide future health benefits can benefit us all.

More information on nutrition and activities designed to maintain brain health can be found at www.alz.org.

What is Mild Cognitive Impairment (MCI)?

Q: I noticed that my aunt, who was widowed last year, is having trouble remembering names and keeping appointments. She always kept a calendar, but now she makes extensive notes and puts them everywhere – the refrigerator, the calendar, the bathroom. She leaves extra time to get places and puts extra effort into getting dressed properly. She sometimes asks the same question repeatedly. Is this normal aging?

A: You have pointed out that she is having more difficulty remembering names and organizing herself, but that with extra effort and planning she is able to manage at or close to the same level that she did before. As a person ages, processing time lengthens, and it may take an older person longer to accomplish a mental task, like memorization, planning, and problem solving. However, he or she can compensate for increased processing time with other aspects of their cognitive abilities, such as creativity, organization, etc. So it may be normal for someone to put extra time into planning because they know that it takes them longer to actually accomplish the task. However, it sounds as if she is struggling to maintain her level of function. Also, the repeated questions suggest that this is more than aging alone.

Q: If this isn't normal aging, what is going on?

A: Many medications can impair cognition, and your aunt should bring in all her bottles of medications to her doctor. For example, medications that contain benadryl (diphenhydramine) all impair cognition, and these are found in a variety of over-the-counter sleeping

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aides and allergy pills. The same is true for cimetidine (Tagamet), an over-the-counter acid-reducing medication. Prescription medications such as clonidine can slow processing speed, and high doses of medications for urinary incontinence such as oxybutinin (ditropan) or detrol (tolterodine) can cause confusion and even hallucinations, as well as dry mouth.

Your aunt has experienced a recent bereavement with the loss of her husband, and she may have some subtle

signs of depression such as weight loss, poor sleep, and withdrawal from social activities. Persons with depression may concentrate poorly but improve with treatment of depression through medication, better nutrition, exercise, and socialization.

Medical conditions such as high blood pressure, diabetes, or heart failure are associated with cognitive deficits. In particular, poorly controlled blood pressure is associated with progression to dementia, and treatment of high blood pressure protects individuals from dementia to some extent.

A diagnosis given to persons with subtle cognitive problems who are maintaining their functional level by compensating (such as with extensive note-taking or extra preparation) is “mild cognitive impairment,” or MCI. Persons with this diagnosis are evaluated for medication problems and depressive

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LIFESTYLE MODIFICATIONS


The following recommendations for changes in lifestyle have been shown in some studies to reduce the risk of cognitive decline in otherwise healthy and cognitively intact adults.

- Participate in regular physical activity – even just walking 30 minutes for 4 or more days of the week
- Manage stress
- Treat depression and any sleep problems
- Stay socially active

In some studies, participation in the following activities has been shown to be beneficial in reducing the rate of cognitive decline in adults. There are likely other activities that have this effect that are not listed. The important point is to keep your mind and body active.

- Crossword Puzzles, Jigsaw Puzzles, Playing Cards, Checkers
- Learning Languages
- Reading (newspapers, magazines, books)
- Right-handers writing with Left hand
- Playing and/or learning a Musical Instrument
- Dancing (ballroom)

alzheimer's association
memory walk[®]
Taking steps to end Alzheimer's

Nationally presented by
Genworth Financial 

**Sunday,
October 7, 2007**
Registration: 9:00 am
Walk Start: 11:15 am
Tower City Center



**WE'RE ON THE
MOVE
TO END ALZHEIMER'S**

Join us as we “Stroll Down Memory Lane” celebrating each decade of important achievements in Alzheimer’s research and care!

Don’t miss out on family-friendly activities, entertainment, and the chance to win great prizes!

Ways to Participate

- Register, Pledge & Give Online at www.alzclv.org
- Recruit a Team and Fundraise!
- Become an Individual Walker!
- Become a Corporate Sponsor – packages available
- Host a Booth at the Community Expo – sponsorships available
- Volunteer on the Planning Committee

Approximately 50,000 individuals have Alzheimer's disease in Northeast Ohio. Another 150,000 family members are directly affected by the disease.

Proceeds from the Memory Walk provide support, information and education to thousands of families affected by Alzheimer’s disease in Ashtabula, Cuyahoga, Geauga, Lake & Lorain counties.

For more information go to www.alzclv.org or contact Eleanor Abram, Development Manager, at 216.231.1330 or e-mail memorywalk07@alzclv.org



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Memory Walk on the Move with a New Venue and New Options

The 2007 Memory Walk is on the move to end Alzheimer's disease in a new venue. The Walk will be held on Sunday, October 7 at Tower City Center. "This exciting new location offers tremendous flexibility and new opportunities," says Walk co-chair, Maureen Ordman-Fike. Walkers will have the opportunity to choose from several walk routes and the option to walk any or all of the designated routes. There will be a 1.3 mile outdoor route around Tower City Center which has been designed to have a minimal number of curbs and street crossings to navigate. For individuals preferring an indoor walk, or in case of inclement weather, routes will be available throughout the many levels at Tower City. The availability of public transportation makes this location more convenient, too.

This year the Walk will feature a *Stroll Down Memory Lane*, a new experience for participants. Featuring interactive, educational and information exhibits, the Stroll highlights important achievements in Alzheimer's research and care. "Memory Lane is designed to offer a fun way to trigger conversation between generations or to spur reminiscences. We want this to be a day filled with fun and togetherness for families that also supports a great cause," said Cathy Palmer, Walk co-chair.

To foster a friendly sense of competition, incentives and rewards are slated for those teams and team captains raising the most funds. Teams can compete for prizes including pedometers, iPod headphones, CD players, digital printers, cameras, camcorders and 15 inch LCD TVs. So, enlist your family and friends to join you by walking to end Alzheimer's on October 7 at Tower City Center and perhaps you will walk away a winner. Everyone will be a winner when we find a way to cure Alzheimer's disease!

FACTS AND FIGURES

Did you know...

- That every 72 seconds someone in the United States develops Alzheimer's?
- That the number of Ohioans with Alzheimer's and other dementias will jump by 15% in the next five years?
- That the number of people who die in the US each year from Alzheimer's is equal to the death toll from breast cancer and prostate cancer combined; yet, the annual federal funding for Alzheimer's research is nearly \$230 million less than is allocated for these other diseases?
- That in 2005, Medicare spent \$91 billion on beneficiaries with Alzheimer's and other dementias and that by 2010 that spending likely will explode to \$160 billion a year?
- That Alzheimer's is the third most expensive illness after heart disease and cancer, but unlike those diseases, the majority of costs incurred in the treatment and care of those with Alzheimer's are not covered by private health insurance?

SAVE THE DATE! 2007 Foley Lecture

Thursday, November 8, 2007

Rachelle S. Doody, M.D., Ph.D., will present the 2007 Foley Lecture entitled "What Do We REALLY Know About Alzheimer's Disease" at the Fairhill Center on Aging (12200 Fairhill Rd., Cleveland, Ohio) at 5:00 pm on Thursday, November 8,



2007. Dr. Doody is the Effie Marie Cain Chair in Alzheimer's Disease Research and Professor of Neurology at Baylor College of Medicine. Since

joining the faculty at Baylor, Dr. Doody has pursued her research interests in cognitive behaviors, including dementia and aphasia. She has spoken widely to lay audiences as well as to medical professionals across the country, and was recognized for her clinical, scientific and community work in the field of Alzheimer's disease with the first Harry E. Walker Award for Professional Excellence. Please plan to join us for an exciting evening of dialogue and information sharing on November 8th.

In addition, the Alzheimer's Association Cleveland Area Chapter and the Fairhill Center on Aging will be co-sponsoring a Caregiver Fair prior to the Foley Lecture that will feature community service providers and additional information and educational breakout sessions. A brochure outlining this exciting event will be available in September. If you would like to be included on the mailing list for this event, please contact our Helpline at 1-800-272-3900.

Celebrating Our Hope For Finding A Cure

On Thursday, April 19, 2007, the Alzheimer's Association, Cleveland Area Chapter, held its annual dinner and benefit, A Celebration of Hope, at the InterContinental Hotel & Conference Center. Attended by more than 500 supporters, the event generated over \$325,000 that will be used to provide programming and services for the 50,000 individuals in Northeast Ohio who suffer from Alzheimer's disease.

Months of hard work by volunteers and staff go into planning for this annual benefit. Many thanks go to Event Chair Nancy Hooker and Co-Chair Gail Sands. The Association also extends its gratitude to an outstanding Corporate Committee, chaired by David Hooker and including Marc S. Byrnes, Neil Cawsey, Robert A. Durham, Scott Durham, David Janus, Donald T. Misheff, Patrick S. Mullin, Daniel J. Mullinger, Harold (Kip) Reader, Michael Shaut and Thomas C. Stevens.

The evening began with a cocktail reception and spirited bidding on the many silent auction items donated by so many supportive individuals and corporations. Among the truly unique auction items were the opportunity to have Cleveland mystery author Les Roberts name a character in his next book after the winning bidder, a New York City package offering tickets to Broadway's *Jersey Boys*, and a behind the scenes peek at the production of the evening news with Channel 5 news anchor and the Celebration of Hope Mistress of Ceremonies, Lee Jordan. Particularly touching was the auction of two works of art by local, prize winning artist, Alice Sands, whose artistry was featured on the event invitation and who succumbed to Alzheimer's in the summer of 2006. Special thanks to raffle prize donator, Continental Airlines, who



Harry Johns, National President and CEO of the Alzheimer's Association (left). Arlene L. Ellis Volunteer Award Winner Bonnie H. Marcus and Mistress of Ceremonies Lee Jordan.

provided two roundtrip tickets to any of its domestic destinations.

Harry Johns, National President and CEO of the Alzheimer's Association, delivered a keynote address that was a message of hope for the future. He highlighted the momentum that is gathering in seeking diagnostic tools and beneficial therapies in dealing with Alzheimer's disease. Johns described the important role that the national Alzheimer's Association is playing in bringing together at the International Conferences on Prevention of Dementia the most preeminent doctors and scientists focused on seeking a cure.

Special recognition went to two valued individuals who have made significant contributions to the Association. Robert P. Friedland, M.D., a clinical and research neurologist and professor of neurology at the Case Western School of Medicine, was honored with the Jennifer B. Langston Community Service Award for his research into life style determinants in Alzheimer's disease. Bonnie H. Marcus, a member of the Association board of trustees since 1998, a past president of the Association and a member of the board of the national Association, was honored with



Bidders anxiously scan bid boards of silent auction.

the Arlene L. Ellis Volunteer Service Award for her unflagging energy in supporting the many activities of our Association.

The evening concluded with a buffet dinner featuring Mediterranean foods. The menu was selected to highlight the beneficial effects that a Mediterranean diet can provide for heart and brain healthy living as is described more fully in another article in this issue.

The Association extends its thanks to all the sponsors and supporters who made this evening possible. Your support has made, and will continue to make, a difference in serving the needs of those with Alzheimer's disease in the Greater Cleveland area.

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symptoms as described above, and also tested for metabolic problems such as thyroid and parathyroid disease, liver or kidney problems, and vitamin B12 deficiency.

Q: *Is MCI the same as dementia?*

A: No, MCI is not the same as dementia. In dementia, persons have cognitive problems which impair functioning. In other words, they can no longer compensate (by note-taking or other methods) to maintain function as before: paying bills, organizing medications, keeping appointments, driving safely. Between 6% and 25% of persons with MCI progress to dementia each year, with an average of 12% yearly. On the other hand, some persons with MCI, between 25% and 44% depending upon studies, return to normal within one year of diagnosis! At this time, there is no specific blood, urine, or imaging study that will predict who will progress, stay the same, or return to normal. However, the persons most likely to progress to Alzheimer’s disease, which is the most common type of dementia, are the persons whose impairment is primarily “amnesic,” i.e. short term recall.

Q: *Is there a treatment for MCI?*

A: There is no specific treatment for MCI. Donepezil (Aricept) was tested in a large trial of persons with MCI. Although the results at 12 months of testing appeared promising, with fewer persons progressing from MCI to dementia while on donepezil compared with placebo, by the third year the same percentage of adults had dementia in each group. Other related medications, such as rivastigmine and galantamine, have not performed better.

The most effective interventions to maintain cognition in someone with MCI are:

1. Identify and treat any problem affecting cognition such as depression, thyroid or parathyroid disease, liver or kidney function, or vitamin B12 deficiency.

2. Review all medications carefully, including over-the-counter pills, and remove any inappropriate medications.

3. Exercise regularly and eat well.

4. Maintain socialization.

5. Keep blood pressure controlled.

Medications such as calcium channel blockers, ace-inhibitors, ace-receptor blockers, and thiazide diuretics have been shown to reduce the risk of stroke, heart disease, and even the development of dementia or cognitive impairment.

Doctors and family members encountering someone with MCI should look at that diagnosis as an opportunity to reassess overall health, looking at medications, blood pressure control, exercise, nutrition, etc. They should also evaluate end of life planning, such as living will, durable power of attorney for health care, financial and home issues, and long-term care insurance. Many persons postpone advance planning until, unfortunately, they are no longer able to make decisions for themselves or express their desires carefully. Important decisions should be made early and shared with family and physicians in the event that they cannot express themselves as well later.

Q: *Where can I find out more information?*

A: The Alzheimer’s Association has an excellent summary at: www.alz.org/resources/topicindex/mci.asp).

Drs. Messinger-Rapport and Schwab are members of the Alzheimer’s Association Cleveland Area Chapter’s Professional Advisory Board.

The opinions and assertions contained herein are the private view of the author and are not to be construed as reflecting the views of Ohio Permanente Medical Group.

SUPPORT GROUP MEETING SCHEDULES

We encourage you to take part in our free support group gatherings of caregivers, family and friends. It is a great opportunity to meet for mutual emotional support, to exchange ideas and information, and to develop coping skills. Dates are subject to change.

Contact our Helpline at 1-800-272-3900 for more information about support groups and other programs.

Ashtabula County

| | | | |
|-----------|---------------|---------|-----------------------------------|
| Ashtabula | 3rd Wednesday | 3:00 pm | Country Club Retirement Community |
| Geneva | 2nd Friday | 3:30 pm | St. John's Lutheran Church |
| Jefferson | 3rd Thursday | 7:00 pm | Jefferson United Methodist Church |

Cuyahoga County

| | | | |
|--------------------|---------------|----------|-----------------------------------------|
| Berea | 3rd Tuesday | 7:15 pm | Berea Library |
| Brecksville | 1st Thursday | 7:00 pm | Brecksville Public Library |
| Brooklyn | 1st Thursday | 1:30 pm | Brooklyn Senior Center |
| Fairhill/Shaker | 2nd Tuesday | 11:00 am | Fairhill Center on Aging |
| Chagrin Falls | 4th Thursday | 6:30 pm | Arden Courts of Chagrin Falls |
| Cleveland | 4th Thursday | 7:00 pm | Olivet Institutional Baptist Church |
| Euclid | 3rd Thursday | 6:00 pm | Gateway Retirement Community |
| Hough/Glenville | 4th Thursday | 3:00 pm | Eliza Bryant Senior Center |
| Lyndhurst | 2nd Thursday | 7:15 pm | Lyndhurst Community Presbyterian Church |
| Middleburg Heights | 1st Tuesday | 6:00 pm | Brookside Estates |
| North Olmsted | 1st Friday | 2:30 pm | North Olmsted Senior Center |
| Parma | 1st Tuesday | 7:00 pm | Health Education Center |
| Rocky River | 4th Thursday | 1:30 pm | The Wellness Center |
| Solon | 2nd Wednesday | 1:00 pm | Advent Lutheran Church |
| Westlake | 2nd Thursday | 7:00 pm | Harborside Healthcare |
| Westlake | 2nd Wednesday | 2:00 pm | Westlake Senior Center |

Geauga County

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

Lake County

| | | | |
|----------|--------------|---------|----------------------------------------|
| Mentor | 3rd Thursday | 3:00 pm | Alzheimer's Association Eastern Office |
| Mentor | Last Tuesday | 1:00 pm | Mentor Senior Center |
| Eastlake | 4th Tuesday | 6:30 pm | JFK Senior Center |
| Madison | 2nd Friday | 6:30 pm | Madison Senior Center |

Lorain County

| | | | |
|------------|---------------|---------|----------------------------------------|
| Amherst | 3rd Wednesday | 7:00 pm | Amherst Public Library |
| Avon | 1st Wednesday | 7:00 pm | Alzheimer's Association Western Office |
| Elyria | 2nd Thursday | 1:00 pm | Wesleyan Village |
| Grafton | 3rd Monday | 6:30 pm | Grafton United Methodist Church |
| Lorain | 1st Thursday | 6:30 pm | Hearthstone Assisted Living |
| Wellington | 1st Tuesday | 7:00 pm | Heartland Circle House |

Telephone Support Groups for Alzheimer's Caregivers

| | | | |
|-------------------------|--------------|----------|----------------|
| Telephone Support Group | 1st Tuesday | 11:00 am | 1-800-272-3900 |
| Telephone Support Group | 3rd Thursday | 2:00 pm | 1-800-272-3900 |

Early Stage Education and Support Programs

Learning Together I 4-part Series. Programs this Fall/Winter in various locations. Please call 1-800-272-3900 for details

Learning Together II – Early Stage Monthly Education and Support Program (Attendance at Learning Together I required.)

| | | | |
|-----------|--------------|---------|--------------------------------------|
| Avon | 3rd Tuesday | 6:30 pm | Avon Oaks Caring Community |
| Beachwood | 2nd Thursday | 6:30 pm | Church of the Good Shepherd |
| Mentor | 4th Monday | 6:30 pm | Summerville at Mentor |
| Parma | 4th Tuesday | 6:30 pm | Health Education Center |
| Westlake | 2nd Monday | 6:30 pm | Westlake Dept. of Community Services |

Community/Family Education Programs

Just the Facts 4-part Series. Education and information on Alzheimer's disease and related dementias. Please call 1-800-272-3900 for details.

| | | | |
|---------------------------|-----------------------------------|-----------------|-----------------------------------------|
| Conneaut | Sept. 12, 19, 26 (no 4th session) | 6:00 - 7:00 pm | Conneaut Medical Center |
| Cleveland Heights | Sept. 12, 19, 26 and Oct. 3 | 6:00 - 7:00 pm | Cleveland Hts./University Hts. Library |
| Lakewood | Oct. 9, 16, 23, 30 | 7:00 - 8:30 pm | Lakewood Hospital |
| Willoughby | Oct. 4, 18 and Nov. 1, 15 | 6:30 - 7:30 pm | LakeWest |
| Highland Heights | Oct. 11, 25 and Nov. 8, 29 | 12:00 - 1:00 pm | Highland Heights Community Center |
| Parma | Sept. 10, 17, 24 and Oct. 1 | 7:00 - 8:30 pm | Parma Community General Hospital |
| Special Panel Discussion: | Sept. 11, 2007 | 6:00 - 8:00 pm | Fairview Park ADC – The Wellness Center |

New Tax Savings Available While Giving to Your Favorite Charities

It is never too early to contemplate your annual tax strategies or your charitable gift giving. Any individual that has reached age 70 ½ is eligible to take advantage of legislation under the Pension Protection Act of 2006. This law allows for the unique and time limited opportunity of utilizing some or all of the required minimum distribution from any Traditional IRA or Roth IRA as a charitable gift. Congress enacted this provision to encourage increased charitable giving by rewarding Americans with this effective tax treatment. For those individuals who have reached age 70½, the Act provides for their required IRA distribution to be directed to the charity rather than distributed to the IRA holder. The transaction avoids the mandatory distribution being included as taxable income to the IRA holder. The distribution to the charity does not result in an itemized charitable deduction, but the fact that it is not included in the holder's taxable income provides for greater tax effectiveness at both the federal and state level in Ohio. The act allows for tax-free transfers of up to \$100,000 in tax year 2007.

As you consider your annual donations and holiday charitable gifts, please consider this option, which must be received by December 31, 2007, to maximize your 2007 tax savings. Please consult your tax advisor or contact Vicki Winner at 216-231-1332, vwinner@alzclv, or Camille Allen at 1-866-233-5148, Camille.Allen@alz.org.



Pictured from left are: Chris Stevens and Eleanor Abram of the Alzheimer's Association; Parma Hospital Vice President Patricia Moore; and Jim Nemes, the chef from Crystal Waters Retirement Community who won the top prize.

Area assisted living facilities and nursing homes partner with Parma Hospital to raise thousands for Alzheimer's Association

Parma Community General Hospital enlisted the aid of 11 area assisted living facilities and 14 nursing homes and senior centers in its continued quest to be the Top Contributing Hospital to the Memory Walk sponsored by the Alzheimer's Association Cleveland Area Chapter. The Hospital's 8th Annual Spaghetti Cook-off, the traditional beginning of the fundraising campaign, raised \$2,275 – and every cent goes to the Alzheimer's Association to benefit patients and their families suffering from this debilitating disease.

Parma Hospital has been the Top Contributing Hospital to Memory Walk for the past 10 years, in no small part due to the success of the annual Spaghetti Cook-off. Eleven area assisted living facilities competed with their special sauces at the June 20 event held at the Hospital. Once the votes from hundreds of diners were tallied, Crystal Waters Retirement Community in Strongsville won the award for Top Sauce. The sauce prepared by the Cooking Club residents at Parma Hospital's Royalton Woods in North Royalton took home the second-place prize. Third place went to Mount Alverna Village in Parma.

Other facilities that offered their sauces for judging included: Arden Courts of Parma; Athenian Village in North Royalton; Berea Lake Towers; Greenbrier Senior Living Community in Parma Heights; Kemper House in Olmsted Falls; Legacy Place Parma; Park Creek Center in Parma Heights; and Sunrise Assisted Living of Parma.

"Each dollar you contribute not only brings programs and services to you and your family to help you deal with Alzheimer's and related dementia, but you are also helping to support research," said Chris Stevens, president of the board of trustees for the Alzheimer's Association Cleveland Area Chapter.

All labor, food, beverages, supplies and entertainment at the event were donated, said Laura Matthews, manager of Parma Hospital's ElderCenter adult day care and chairman of the Hospital's Alzheimer's Committee. Area nursing homes provided decorations, entertainment and door prizes. They were aided by the Parma/Parma Heights Kiwanis Club in greeting, serving and cleanup.

**3rd Annual
J. Ronald Courtney
Memorial Scramble**

*Proceeds to Benefit Alzheimer's
Programs and Research
& Providence House*

When:

Monday, September 17, 2007

Where:

Lake Metro Parks
Pine Ridge Golf Course

Cost of golf includes golf cart,
greens fees, prizes and sit down
steak dinner (optional meal
available upon request)

Additional information is
available on the printable
registration form found on the

Special Events page of
www.alzclv.org, or by calling
Chris Courtney at 440-449-4005

The Daughters' Club of the Alzheimer's Association

The Daughters' Club of the Alzheimer's Association Cleveland Area Chapter held its Inaugural Luncheon and Lecture on February 8, 2007 at Executive Caterers at Landerhaven. Dr. Matthew Wayne, M.D., noted gerontologist and the Chief Medical Officer of both the Eliza Jennings Senior Care Network and the Foley Elder Health Center, was the guest lecturer. His topic was "Alzheimer's Disease: Creating a Plan for a Better Tomorrow".

On May 30th a group of "Daughters" joined together at the Cedar Lee Theater in Cleveland Heights to view the film "Away From Her," starring Julie Christie as a woman slipping away to Alzheimer's. Members of the Daughters' Club also will be walking together as a team at Memory Walk on October 7th.

The Daughters' Club is an auxiliary of the Alzheimer's Association Cleveland Area Chapter. Its mission is to honor loved ones who have been "lost" to Alzheimer's disease; to foster education and investigation regarding Alzheimer's disease and related dementias; and to support the Alzheimer's Association Cleveland Area Chapter's efforts to serve families and advance research. Participation in the Daughters' Club is open to anyone, male or female, who embraces this mission.

The second annual Daughters' Club luncheon/lecture has been scheduled for February 28, 2008. Mark your calendar for this event. If you are interested in having your name added to the mailing list, please contact Donna Fallon at 216-491-9733 or at dmf2886@aol.com.

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

Central Office
12200 Fairhill Road
Cleveland, Ohio 44120
216-721-8457
Fax: 216-721-1629
M-F 8:30 a.m.-4:30 p.m.

Ashtabula Office
4632 Main Avenue
Ashtabula, Ohio 44004
440-998-6750
Fax: 440-574-5199
Wed. 9 a.m.-4 p.m.

Mentor Office
7575 Tyler Boulevard, Suite A22
Mentor, Ohio 44060
440-942-7651
Fax: 440-942-7674
M, T, T, F 8:30 a.m.-4:30 p.m.

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

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

alzheimer's  association

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