

Gail Sheehy – Author, Journalist, Advocate for Caregivers – to speak at “Celebrating Women & Successful Aging” Luncheon

On March 1, 2012, the Alzheimer’s Association will host its second annual “Celebrating Women & Successful Aging: the Little Purple Dress Luncheon” to honor women in its nine county Finger Lakes region who have made significant and impactful contributions to women’s health and overall quality of life.

The event will take place at 12:00 Noon at the Hyatt Regency in downtown Rochester and will feature *New York Times* best selling author and literary journalist Gail Sheehy.

As critically acclaimed author of 16 books, including the groundbreaking *Passages*, Gail Sheehy has rocked the culture and changed the way millions of women and men around the world look at the stages of their lives. Last year, she took a challenging and personal issue in her latest book, *Passages in Caregiving: Turning Chaos into Confidence*. She told the inspiring story of her own journey of 17 years caring for her husband and filled the book with stories of families and their most creative strategies for caring for loved ones who are grappling with a serious illness. After reading the book, veteran journalist Bill Moyers wrote: “Trust me, there is no better guide to caregiving.”

As a literary journalist, Gail Sheehy was one of the original contributors to *New York* magazine. A contributing editor to *Vanity Fair* since 1984, she won the Washington Journalism



Review Award for Best Magazine Writer in America for her in-depth character portraits of national and world leaders including both Presidents Bush, Bill and Hillary Clinton, Newt Gingrich, Margaret Thatcher and Mikhail Gorbachev. She is a seven-time recipient of the New York Newswomen’s Club Front Page Award for distinguished journalism. The Alzheimer’s Association is proud to have Gail Sheehy as its first keynote for the Purple Dress Luncheon.

As part of the event, the Debra J. Mayberry Inspiration Award will be bestowed upon a woman in the Rochester and Finger Lakes Region who exemplifies successful aging and healthy living. In addition, a designer “little purple dress” will be auctioned off to benefit the Alzheimer’s Association.

Celebrating Women & Successful Aging:

The Little *Purple Dress* Luncheon

Tickets are \$55 per person; \$500 per table of ten. Contact Judith Lemoncelli at 585.760.5404 or judy.lemoncelli@alz.org for more information.



What’s Inside

Page 2	Research
Page 3	Message From the President
Page 4-5.....	Public Policy / News

Page 6-7.....	Chapter News
Page 8-14.....	Programs & Services
Page 16	Board of Directors Roster

Common Questions and Answers Regarding Clinical Trials

Anton P. Porsteinsson, M.D., Michael Hasselberg, M.S., N.P.P. and A. Josh Porter, B.A

When Mary was diagnosed with mild Alzheimer's Disease she was devastated. After conferring with her doctor, she and her family decided that they would combat the disease with all possible means. This led them to consider clinical trials after she had started a medication that is available by prescription. Through the Alzheimer's Association Trial Match they made contact with the University of Rochester Alzheimer's Disease Care, Research and Education Program (AD-CARE) and were invited for a visit to discuss which trial was right for her. Doing something that might help her children and grandchildren avoid the disease was a driving concern for her. In a subsequent e-mail her son wrote:

"Dear Doctor. I hope you are doing well. Thanks to your effort, my mother continues doing well and is enjoying life. We are lucky, given her improvement since entering the trial. Again, I want to reiterate how much I appreciate your care of Mary but more importantly the empathy and comfort that you and your staff provide to all of us. I am greatly appreciative of the careful follow-up and such easy access to Alzheimer's Disease experts. Your help has truly made a difference in our lives."

This e-mail prompted us to focus on common Questions and Answers when it comes to clinical trials and will be continued in the next newsletter

Q. Why should I volunteer?

A. This is an exciting time for clinical

research in Alzheimer's Disease (AD). Researchers are making great strides in identifying new means of diagnosing, treating and hopefully preventing AD. Research in this field can only move forward if people are willing to volunteer to participate in trials and studies. Human volunteers are urgently needed. Before any drug or therapy can be used in clinical practice, it must be rigorously tested to find out whether it is safe and effective in humans. Without research there can never be a cure or means of preventing AD.

Q. What kind of studies are there?

A. Clinical research is medical research involving people. It includes clinical studies, which use long-term observation and analysis in large groups to determine how a disease or condition may occur and progress, and clinical trials, which test possible interventions to diagnose, prevent, treat, and someday cure a disease.

Q. Does my participation matter?

A. Single clinical trials and studies generally do not have miraculous results, and participants may not directly benefit. Over the past 6 years, we have been running the Alzheimer's Disease Neuroimaging Initiative study at the University of Rochester. In this study, investigators study brain images and biomarkers in people with normal cognitive aging, mild cognitive impairment (MCI)—a disorder that may precede Alzheimer's disease, and early-stage Alzheimer's to develop better indicators of the disease and its progression.

For example, we have found that certain changes in biomarkers, like proteins or enzymes in blood or cerebrospinal fluid, may signal early Alzheimer's and have established a method and standard for testing these biomarkers as well as improved brain imaging techniques. The results from this study have generated almost 100 scientific publications and recently lead to the first revisions of diagnostic criteria in 27 years that outline some new approaches for clinicians and move forward research and treatment of earlier stages of the disease.

Q. How will it help me or my family?

A. Benefits of volunteering include:

- Helping others, including future family generations, who may be at risk for Alzheimer's disease
- Receive regular monitoring by Alzheimer's professionals
- Learn more about the disease from experts
- Get information about support groups and resources

Q. Where can I find more information about research opportunities?

A. Further information about participation in AD research can be obtained through the Alzheimer's Association website, www.alz.org using the Alzheimer's Association TrialMatch™ or by calling toll-free at 800-272-3900 between 7am to 7pm Monday - Friday .

For questions about this article or current research opportunities, please contact AD-CARE at 585-760-6550.

Volunteers Walked to End Alzheimer's!

More than 1800 walkers came out this fall to participate in the Walk to End Alzheimer's that took place in five locations: Mendon Ponds, Corn Hill, Elmira, Canandaigua and Elmira.

The annual fundraiser was a great success with more than \$218,000 raised to date – the agency's highest total for any Walk season! Plans are already underway for the 2012 Walk to End Alzheimer's which will include a new Walk in Brockport.





Since our last issue, the Chapter has had an incredibly productive few months.

In September, we held an “Input Session” at Nazareth College to provide our community with opportunities to share insights, concerns and hardships in dealing with Alzheimer’s disease. Since last May, there have been over 132 input sessions like this around the country with over 43,000 people participating, including 15 members of Congress (with special thanks to Congressman Tom Reed for his participation) and representatives from 134 congressional offices.

Following up on these sessions, the Alzheimer’s Association published a report - “Alzheimer’s from the Frontlines: Challenges a National Alzheimer’s Plan must Address” (which is also available online at www.alz.org).

Ten key issues emerged to be addressed in the National Alzheimer’s Plan, created through the implementation of NAPA (National Alzheimer’s Project Act), that was unanimously passed by Congress last year and signed into law by the President:

- 1. A lack of public awareness** – this includes a lack of knowledge and widespread misunderstanding about Alzheimer’s; significant stigma and negative experiences that affect personal and professional relationships; and a poor understanding of the scope of the disease.
- 2. Insufficient research funding** – because there’s no way to prevent, stop or slow the progression of Alzheimer’s, many expressed feeling of powerlessness to help themselves or future generations and called for bold action to secure a brighter future.
- 3. Difficulties with diagnosis** – challenges lead to delayed diagnosis, poor experiences in the diagnostic process, missed opportunities to immediately connect families with available support and a lack of documentation in a patient’s primary medical record.
- 4. Poor dementia care** – communication barriers with health care providers and allied health professionals, care coordination issues with providers, and a lack of knowledgeable personnel equipped to meet the unique needs posed by Alzheimer’s and other dementias results in poor quality of care.

- 5. Inadequate treatments** – effectiveness of available drugs varies across the population, but none of the treatments available today alter the underlying course of this terminal disease.
- 6. Specific challenges facing diverse communities** – given the disproportionate impact of Alzheimer’s on ethnic and minority populations, efforts must be implemented to eliminate disparities in these communities.
- 7. Specific challenges facing those with younger-onset Alzheimer’s** – preconceived notions of Alzheimer’s and age can delay diagnosis, act as a barrier to participation in research or government programs and make it difficult to find long-term care appropriate for younger populations.
- 8. Unprepared caregivers** – caregivers need critical support to provide in-home care but have trouble finding affordable services and education to care for a loved one, and to alleviate the emotional and physical burden of caregiving.
- 9. Ill-equipped communities** – many places are unprepared to address the individualized needs of people living with Alzheimer’s, especially those in rural areas.
- 10. Mounting costs** – the costs to treat and care for Alzheimer’s can be tremendously high and unaffordable over time and even more difficult to bear when encountering barriers to qualifying for insurance or government support.

At the Alzheimer’s Association, we believe we need to pay attention to both care receivers and caregivers.

Our message to them is “think of us as your partner and take advantage of the programs and services available at the Alzheimer’s Association”.

Finally, a reminder that the Alzheimer’s Association is available to you 24 hours a day, 7 days a week and 365 days a year:

Call our helpline at 800-272-3900 and go to our website – www.alz.org/RochesterNY for assistance and information.

As always, I thank you for your ongoing support and participation!

David Midland
President/CEO

Raise Your VOICE...To End Alzheimer's!

We have accomplished so much...

The National Alzheimer's Project Action is signed into law!

What is the National Alzheimer's Project Act?

The National Alzheimer's Project Action was passed unanimously by both houses of Congress and signed into law by President Obama on January 4, 2011. The law will create a national strategic plan to address the rapidly escalating Alzheimer's crisis and will coordinate Alzheimer's disease efforts across the federal government. This national strategic framework will include outcome-driven objectives, recommendations, implementation steps and accountability in the fight to overcome Alzheimer's.

What does this law require?

- An annually updated national plan submitted to Congress on how to overcome Alzheimer's
- Annual recommendations for priority actions to both improve health outcomes for individuals with Alzheimer's and lower costs to families and government programs.
- The annual evaluation of all federally funded efforts in Alzheimer's research, care and services – along with their outcomes.
- The creation of an Advisory Council on Alzheimer's Research, Care and Services to assist in coordinating the work of federal agencies as well as in developing and evaluating the national plan.

One part of putting together a nationwide plan on Alzheimer's was to gather input from individuals who have been affected by Alzheimer's disease. In months of September and October the Association hosted 132 public input sessions nationwide to inform the implementation of the National Alzheimer's Project Act. More than 43,000 individuals – those with Alzheimer's, caregivers, providers, researchers, health care professionals, and others participated.

Based on input given at these sessions our National Public Policy office has just released a report; *Alzheimer's from the Frontlines; Challenges a National Alzheimer's Plan Must Address*. This report summarizes the major challenges Americans report they face from Alzheimer's disease and related dementias.

To read the full report visit alz.org.

Thank you to everyone who participated in the local input session held on September 28, 2011.



Congressman Tom Reed, left, and Victoria Hines listen intently at the Input Session held September 28th at Nazareth College.

Why Get Involved?

ANTOINETTE QUINN...

"One message that I wanted to get across today is that Alzheimer's impacts the whole family. It's not just the patient. We desperately need more funding for more research, for treatments and for a cure. Thank you."

How You Can Get Involved

Become an Alzheimer's Advocate today!

To become an Alzheimer's Advocate contact Kelly Harris at 585.760.5405, email kelly.harris@alz.org or visit our website at www.alz.org/rochesterny click the Advocate.

An advocate is someone who is ready to take action. Are you ready to take action?

- Calling, emailing or writing your legislator about our priority legislation
- Visiting legislators in their local offices or in Albany during our Annual Advocacy day at the State Capitol
- Signing up new Advocates
- Volunteering at agency events such as our Walk to End Alzheimer's

Did you know...

Advocates helped get the National Alzheimer's Project Act signed into law by taking action. Advocates called, wrote, visited and emailed their legislator on the importance of this legislation.

When we speak with one voice and work toward one vision, "A World Without Alzheimer's Disease," we can accomplish many things.

Congratulations and thank you!

Use Your VOICE - Become An Alzheimer's Advocate Today!

What is an Advocate?

An Advocate is someone who is willing to take specific actions.

Actions include:

- Calling, emailing or writing your legislator about our priority legislation
- Visiting legislators in their local offices or in Albany during our

Annual Advocacy day at the State Capitol

- Signing up new Advocates
- Volunteering at agency events such as our Walk to End Alzheimer's

You will also receive updates on State and Federal priority legislation from the local Alzheimer's Association Chapter and the National Public

Policy Office in Washington DC. If you would like to become an Advocate today contact Kelly Harris at 585.760.5405 , kelly.harris@alz.org or visit our website at alz.org/rochesterny

The End of Alzheimer's Starts With You!

2011 Annual Meeting Volunteers Make It Happen!

On November 15, 2011, Alzheimer's Association board members, staff, volunteers, donors, and community leaders gathered at the Pieters Family Life Center to pay tribute to our loyal volunteer force. The occasion was the Rochester & Finger Lakes Region Chapter's 30th Annual Meeting.

Keynote speaker Marisa Geitner, Executive Vice President and Chief Operating Office, of Heritage Christian Services delivered an address on the relationship and history between our organizations and the importance of collaboration between nonprofits in today's environment.

Alzheimer's Board Chair, Victoria Hines presented special awards to Kathy and Bruce Holroyd, Rose Carnegie, Rosia Johnson and Leslie Chirdon for contributing countless hours of dedicated service to the Association. Chapter President and CEO, David Midland thanked the thousands of volunteers who give so much of their time and talents through the Walk to End Alzheimer's, advocacy efforts as well as other special events and supportive services.

Also honored posthumously were two very special volunteers and advocates who we lost this year; Jim Ruppert and Fred Gayton. Their dedication to our mission and remarkable service to our Alzheimer community serve as an inspiration to us all.



Honorees Bruce and Kathy Holroyd, and Board Chair Victoria Hines.



David Midland, honoree Rosia Johnson, and Victoria Hines.

VOICES

The Early Stage Advisory Council Reacts to Pat Summitt's Announcement

The Early Stage Advisory Council provides feedback to the Chapter on current and potential programs and services and helps raise awareness about early-stage issues. The Council was particularly impressed by the bravery demonstrated by Pat Summitt, the University of Tennessee women's basketball coach who publically announced in August that she has younger-onset dementia.

The Council discussed the stigma that often plagues someone with dementia. It is often assumed that when someone has dementia, they can no longer play an active part in their family, workplace, or society in general.

The Council views Coach Summitt as a public figure who can help break the cycle of stigma. "Someone famous always helps to bring this issue to the forefront," said a Council Member. Another Council Member who lost his job because his employer felt he could no longer work after receiving his diagnosis said: "This is wonderful. There are a lot of people sitting out there with a label. This shows that someone with Alzheimer's disease can contribute."

The issue of dementia in the workplace was an emotional subject for the council and they expressed hope that employers can try to support someone on their staff who is diagnosed so that they can contribute as long as they can. Having Coach Summitt supported by the University already shows "a light year improvement."

2011-2012 Early Stage Advisory Council Members include Terry Christiansen, Manville Jennings, Mary Ann Kramp, Richard McKibben, Leo Landhuis and Carol Brooks.



Left to Right: Manville Jennings, Richard McKibben, Terry Christiansen, Leo Landhuis

KNOW THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Early Detection Empowers Families to Plan for the Future

The holiday season is a time families gather and spend quality time with loved ones. It is also a time that can raise questions about the cognitive health of aging family members. With Alzheimer's disease in particular, it is important to know what it is and what it is not normal aging. Below is a list of warning signs along with examples of normal aging. If you noticed any of the warning signs in your aging family members during the holiday season or any time of year, it is recommended that you see a doctor.

**Alzheimer's Association
10 Warning Signs of Alzheimer's**

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic

CAREGIVER CORNER

Q: *. My mother is in the middle stages of Alzheimer's disease and she just moved into our home. I have a 13 year old daughter who seems to be struggling with this. What can I do to help her with this drastic change?*

A: Alzheimer's disease affects every member of the family no matter how young or old. You might want to have a heart to heart conversation with your daughter. Start by explaining some changes that are happening with her grandmother such as forgetting where things go, family members' names or getting upset more easily. Allow her to ask questions or clarify what she is seeing and give open and honest responses. Allow your child to share happy memories of grandma and let her know that she can come to you any time she is feeling confused or sad about what is happening. Let her know that grandma may have good and bad days. If your mother is having episodes of agitation or anger, let your daughter know that although grandma seems angry, she doesn't mean to act the way she does and it isn't a result of anything your daughter did wrong.

The Alzheimer's Association has a library with books for children and teens to help you answer questions and explain the disease. Counseling services are also available through the Chapter and can be provided in the privacy of your own home. For more information on this topic, call the Alzheimer's Association 24 hr helpline at 800.272.3900.

devices) or family members for things they used to handle on one's own.

What's typical: Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's typical: Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's typical: Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's typical: Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

What's typical: Vision changes related to cataracts.

6. New problems with words in speaking or writing. People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's typical: Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps. A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's typical: Misplacing things from time to time, such as a pair of glasses or the remote control.

8. Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's typical: Making a bad decision once in a while.

9. Withdrawal from work or social activities. A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's typical: Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's typical: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Early diagnosis of Alzheimer's disease or other dementias is an important step in getting appropriate treatment, care and support service. Additional benefits to early diagnosis are as follows:

Benefits of an early diagnosis of Alzheimer's disease

- Benefit from treatments that may improve symptoms and help maintain a level of independence longer
- Have more time to plan for the future
- Increase chances of successfully finding a clinical drug trial through Alzheimer's Association TrialMatch, helping advance research
- Participate in decisions about their care, transportation, living options, financial and legal matters
- Develop a relationship with doctors and care partners
- Benefit from care and support services, making it easier for them and their family to manage the disease

Anyone with questions about Alzheimer's disease and/or seeking information should contact the Alzheimer's Association's 24/7 toll-free helpline at 800.272.3900. Experts are available to take calls from individuals concerned with their own cognitive health as well as from family members and friends who may be concerned about a loved one and are seeking resources.

Social Activities Offered by the Chapter

Do you know about the many social opportunities that are available for you and your loved one through the Alzheimer's Association? Through the generous support of donors and our community partners we are able to offer at no charge the following cultural and social engagement opportunities:

☛ **Geva Theatre** – Welcomes people with dementia and their care partners to attend select performances at Geva Theatre in Rochester. Upcoming performances include: A PERFECT WEDDING on Saturday, Jan. 14 at 2 pm and COMPANY on Saturday, May 12 at 2 pm. Tickets are limited so call today to reserve your seat. Made possible by a gift from William & Sheila Konar.

☛ **Hounds with Heart** – Offered through a partnership with Therapy Dogs International (TDI), friendly visits can be provided by a certified therapy dog and their handler in the privacy of your own home to spark memories and offer comfort and companionship. Call today to learn more and/or arrange for a visit.

☛ **Just for Coffee** - In a casual atmosphere, Just for Coffee guests can enjoy a cup of coffee or tea and socialize with one another, sharing experiences and building friendships. There is no charge or pre-registration necessary, and the only requirement is that the participant is accompanied by a trusted family member or friend. Please call for specific dates and times.

This program is currently offered at: Alex Eligh Community Center in Newark, Pieters Family Life Center in Henrietta, St. George's Episcopal Church in Hilton, Milly's Pantry Pinwheel Market & Café in Penn Yan, 'Bout Time Bed and Breakfast in Montour Falls, and Feather Tick 'n Thyme Bed and Breakfast in Prattsburg. New Location in Fairport is the Tim Horton's at 908 Fairport Road.

☛ **Meet Me at the MAG** – Enjoy an interactive tour led by trained docents of the Memorial Art Gallery. The 1 ½ hour tour is offered the first Tuesday of every month to rekindle fond memories and promote self expression using art as a tool to enhance communication. Meet Me at the MAG is underwritten in part by a gift made in memory of Audrey Gordon.

☛ **Rochester Philharmonic Orchestra** - Welcomes people with dementia and their care partner to attend select rehearsals of the RPO. Rehearsals generally last two hours. Call us one week in advance to reserve your seats for any of the following programs:


- January 20th at 9:00 am, *The Swing Kings*
- February 7th at 1:00 pm, *Valentine's Romance*
- March 16th at 1:00 pm, *St. Patrick's Day Celebration with Cherish the Ladies*
- May 25th at 9:00 am, *A Memorial Day Tribute*

Free transportation is also available for you and your loved one with advance notice at time of registration. To register, please call 800.272.3900. This program is made possible by the Alzheimer's Open Rehearsal Fund established by Sheila Konar.

Meet Me at the MAG Open House

Join the Alzheimer's Association and the Memorial Art Gallery on Saturday, January 28, 2012 from 10:00 AM until Noon. for a morning discovering the opportunities offered through our monthly Meet Me at the MAG program. The event is free and will feature short tours led by docents (volunteer guides), music, refreshments and an art making experience. Please call 800.272.3900 to register for this cultural event as well as for our monthly Gallery tours. Don't miss out on this enriching and entertaining experience!

Support Group for People Under 65 Years Old with Dementia



This support group is specifically designed for individuals with younger onset dementia meaning they were diagnosed with dementia under the age of 65. Please join us on:

Date: 3rd Thursday of the month

Time: 6:30-7:30 PM

Location: Pieters Family Life Center in Henrietta

Please contact the Alzheimer's Association at 800.272.3900 for further information.

Support Groups in Monroe County

For family members, friends and loved ones of people with Alzheimer's disease and related dementias

Town	Location	Day of the Month	Time
Brockport	Brockport Free Methodist Church	2nd Thursday	7:00-8:30pm
Fairport	Church of the Assumption	1st Tuesday	1:00-2:00pm
Gates	Seabury Woods	3rd Tuesday	5:30-7:00pm
Greece*	Park Ridge Free Methodist Church	1st Wednesday	5:30-6:30pm
Henrietta	Monroe Community Hospital	1st Thursday	1:00-2:00pm
Henrietta	Monroe Community Hospital	3rd Tuesday	6:00-7:30pm
Henrietta	Monroe Community Hospital	4th Wednesday	4:00-5:00pm
Henrietta*	Pieters Family Life Center (Younger Onset)	3rd Thursday	6:30-7:30pm
Irondequoit	St. Cecilia's	3rd Thursday	1:00-2:00pm
Penfield	Penfield Library	3rd Wednesday	7:00-8:30pm
Pittsford	Pittsford Library	2nd Wednesday	12:30-2:00pm
Rochester	St. Ann's	Last Tuesday	5:00-6:00pm
Rochester	St. Bernard's Park	Last Monday	9:30-11:00am
Webster	Cherry Ridge	2nd Wednesday	3:00-4:00pm

*Specialty Group

In-home respite care for your loved one during a support group is available with one week's notice. For more information on support groups and telephone support options, or to arrange in-home care please call 800.272.3900.

Support Groups in Other Counties

For family members, friends and loved ones of people with Alzheimer's disease and related dementias in Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates Counties

Town	Location	Day of the Month	Time
Bath*	Steuben Co. Health Care Facility	2nd Monday	10:30am-12:00pm
Canandaigua	Canandaigua VA	1st Thursday	1:00-2:30pm
Clifton Springs	Clifton Springs Hospital	3rd Wednesday	12:00-1:00pm
Dansville	Noyes Memorial Hospital	1st Monday	7:00-8:30pm
Elmira	St. Mary's Church	4th Monday	1:00-2:00pm
Geneseo	The United Methodist Church	2nd Tuesday	1:00-2:30pm
Horseheads	Courtyards@ Bethany Village	3rd Thursday	12:15-1:15pm
Lyons	Wayne Co. Office for the Aging	2nd Tuesday	2:00-3:30pm
Painted Post	Green Meadows	4th Monday	2:30-4:00pm
Penn Yan	Yates Co. Office for the Aging	2nd Thursday	2:00-3:00pm
Waterloo	Huntington Living Center	2nd Friday	1:30-2:30pm
Waterloo	Seneca Co. Office for the Aging	3rd Thursday	1:30-3:00pm

*Specialty Group – For spouses/partners only

In-home respite care for your loved one during a support group is available with one week's notice. For more information on support groups and telephone support options, or to arrange in-home care please call 800.272.3900.

Caregiver Resource Centers

Through the support of the Monroe County Office for the Aging, the Alzheimer's Association provides Caregiver Resource Centers in three locations. We offer listings of educational opportunities, support groups and other helpful materials regarding caring for an aging loved one.

Jewish Home of Rochester
2021 Winton Road South
Rochester, NY 14618

Mt. Olivet Baptist Church
141 Adams Street
Rochester, NY 14608

Salvation Army
70 Liberty Pole Way
Rochester, NY 14604

For more information, please contact the Alzheimer's Association at 585.760.5470.

Early Stage Support Group

Education and support are combined in this eight week series designed for care partners and loved ones with dementia. The group is offered throughout the year at various locations. Each two hour session includes education on the featured topic, large group discussion, and an opportunity for sharing amongst care partners and individuals with the diagnosis separately. Topics include disclosure, future planning, research, stigma and tools for maintaining independence, among others. You will hear from an elder law attorney as well as a medical professional in the field as part of the sessions. The group is a great way to begin your journey with the support of our association. Please call to register at 800.272.3900.

Look! Volunteers Needed!

If you are interested in volunteering to help start a Just for Coffee Location or Facilitate a Support Group in your local community, please call Julie Luther at 585.760.5416.

Did You Know?

Free transportation is available for early stage engagement activities sponsored by the Alzheimer's Association. These include **Meet Me at the MAG, Just for Coffee, Geva performances** and more!

Call 800.272.3900 for further details.



safe return alzheimer's  association®

Safe Return Saves Lives

MedicAlert®+ Alzheimer's Association Safe Return® is a program to help identify, locate and return individuals who are memory impaired. Sixty percent of people with Alzheimer's disease will wander and research shows that almost half of those will be severely compromised or die of dehydration or the elements unless found within the first 24 hours. Those enrolled in Safe Return are located nearly 100% of the time. The partnership with MedicAlert® ensures that medical information is available for emergency providers upon recovery.

Enrollment is as easy as visiting our web site at www.alz.org/rochesterny and clicking on "we can help" and then MedicAlert®+ Safe Return on the drop down menu. The initial enrollment fee is \$54.90 (enrollment plus S&H) with a \$30 administration fee per year after the first year. Financial assistance is available. You may use your VISA, MasterCard, American Express, Discover or pay by cash or check at one of the MedicAlert®+ Safe Return sites listed below.

- **Monroe County:** Alzheimer's Association, 800.272.3900
- **Bath:** Steuben County Office for the Aging, 607.664.2298
- **Canandaigua:** Ontario County Office for the Aging, 585.396.4040
- **Dansville:** Noyes Memorial Hospital, 585.335.4359
- **Elmira:** Chemung County Office for the Aging, 607.737.5520
- **Geneva:** Adult Day Health Center, 315.787.4710
- **Lyons:** Wayne County Department of Aging and Youth, 315.946.5624
- **Montour Falls:** Schuyler County Office for the Aging, 607.535.7108
- **Mt. Morris:** Livingston County Office for the Aging, 585.243.7520
- **Penn Yan:** ProAction Yates County Office for the Aging, 315.536.5515
- **Waterloo:** Seneca County Office for the Aging, 315.539.1765



Education Opportunities for Family Caregivers

Registration is required for all caregiver education seminars. To register or for directions, call 800.272.3900 or visit our web site at www.alz.org/rochesterny. In addition to dementia specific educational programs, the Alzheimer's Association also offers workshops for professionals providing care in residential and home care agencies; internet based education; and conferences. To learn more, contact Todd Goddard, Director of Science and Education, at 585.760.5471. List complete per printing deadline. Please call or check alz.org/rochesterny for updates to the schedule.

CHEMUNG COUNTY

January 4, 2012

Know the 10 Signs
1:00 PM – 2:30 PM
First Presbyterian Church
1054 West Clinton Street, Elmira

January 4, 2012

Living with Alzheimer's Disease,
Early Stage, part 1
6:30 PM – 8:00 PM
St. Mary's Southside
224 Franklin Street, Elmira

February 1, 2012

Living with Alzheimer's Disease,
Early Stage, part 2
6:30 PM – 8:00 PM
St. Mary's Southside
224 Franklin Street, Elmira

March 7, 2012

The Basics: Memory Loss, Dementia,
and Alzheimer's Disease
1:00 PM – 2:30 PM
Chemung County Department of Aging
and Long Term Care
425 Pennsylvania Ave, Elmira

March 7, 2012

Living with Alzheimer's Disease,
Early Stage, part 3
6:30 PM – 8:00 PM
St. Mary's Southside
224 Franklin Street, Elmira

April 4, 2012

Seminar for Understanding Alzheimer's
Disease
1:00 PM – 2:30 PM
First Presbyterian Church
1054 West Clinton Street, Elmira

April 4, 2012

Living with Alzheimer's Disease, Middle
Stage, part 1
6:30 PM – 8:00 PM
St. Mary's Southside, 224 Franklin Street,
Elmira

LIVINGSTON COUNTY

February 9, 2012

Seminar for Understanding Alzheimer's
6:00 PM – 8:00 PM
Noyes Memorial Hospital, 111 Clara Barton
Street, Dansville

March 8, 2012

Know the Ten Signs
6:00 PM – 8:00 PM
ABVI-Goodwill
4119 Lakeville Road, Geneseo

April 12, 2012

Effective Communication
6:00 PM – 8:00 PM
Noyes Memorial Hospital, 111 Clara Barton
Street, Dansville

MONROE COUNTY

January 3, 2012

The Basics: Memory Loss, Dementia,
and Alzheimer's
9:00 AM – 11:00 AM
Chili Senior Center
3235 Chili Ave, Rochester

January 10, 2012

Know the Ten Signs
2:00 PM – 3:00 PM
Rochester Housing Authority: Lake Tower
321 Lake Ave, Rochester



January 10, 2012

Know the Ten Signs
2:00 PM – 3:00 PM
Rochester Housing Authority: Danforth
Tower East, 140 West Ave, Rochester

January 10, 2012

Conzca las 10 Senales (Taught in Spanish)
2:00 PM – 3:00 PM
Rochester Housing Authority: Danforth
Tower West, 140 West Ave, Rochester

January 11, 2012

Tell Me What I Need to Know – Listen
to What I Have to Say: Improving
Communication with Persons with
Dementia
12:00 PM – 1:00 PM
Glenmere at Cloverwood
One Wheatley Terrace, Pittsford

January 11, 2012

Seminar for Understanding Alzheimer's
6:30 PM – 8:30 PM
Monroe Community Hospital, Alzheimer's
Association Education Center, 3rd Floor,
435 East Henrietta Rd, Rochester

January 12, 2012

Challenging Behaviors
12:00 PM – 1:00 PM
Clare Bridge of Perinton
159 Sully's Trail, Pittsford

January 18, 2012

Care Partner Efficacy: Coping and Empowerment
1:00 PM – 2:00 PM
St. Ann's at Cherry Ridge
900 Cherry Ridge Blvd., Webster

January 23, 2012

Effective Communication
6:30 PM – 8:00 PM
Mt. Olivet Baptist Church
141 Adams St, Rochester

January 23, 2012

Meaningful Activities for Persons with Dementia
6:30 PM – 8:00 PM
Faith Lutheran Church
2576 Browncroft Blvd, Rochester

January 25, 2012

Safe Proofing Your Home
6:30 PM – 8:30 PM
Summit at Brighton
2000 Summit Circle Drive, Rochester

January 26, 2012

How to Work with Families
12:00 PM – 1:00 PM
Crimson Ridge Gardens
1 Treeline Drive, Greece

February 1, 2012

The Basics: Memory Loss, Dementia and Alzheimer's Disease
7:00 PM – 9:00 PM
Nazareth College
4245 East Avenue, Rochester



"Team Grimshaw" celebrates a win in the family category at Corn Hill.

February 7, 2012

Care Partner Efficacy: Coping and Empowerment
9:00 AM – 11:00 AM
Chili Senior Center
3235 Chili Avenue, Rochester

February 8, 2012

Make My Life Better! Improving Dining and Tips for Personal Care for Persons with Dementia
12:00 PM – 1:00 PM
Glenmere at Cloverwood
One Wheatley Terrace, Pittsford

February 8, 2012

Seminar for Understanding Alzheimer's
6:30 PM – 8:30 PM
Monroe Community Hospital, Alzheimer's Association Education Center, 3rd Floor
435 East Henrietta Rd, Rochester

February 9, 2012

Nutrition and Dementia
12:00 PM – 1:00 PM
Clare Bridge of Perinton
159 Sully's Trail, Pittsford

February 13, 2012

Personal Care – Instrumental Activities of Daily Living and Remaining Independent
1:00 PM – 3:00 PM
Greece Baptist Church
1230 Long Pond Road, Rochester

February 14, 2012

Know the Ten Signs
2:00 PM – 3:00 PM
Hudson Ridge Tower
401 Seneca Manor Drive, Rochester

February 14, 2012

Know the Ten Signs
2:00 PM – 3:00 PM
Kennedy Tower
666 South Plymouth Avenue, Rochester

February 14, 2012

Conozca las 10 Senales (In Spanish)
2:00 PM – 3:00 PM
University Tower
625 University Avenue, Rochester

February 15, 2012

Safe Proofing Your Home
1:00 PM – 2:00 PM
St. Ann's at Cherry Ridge
900 Cherry Ridge Blvd, Webster

February 17, 2012

Nutrition and Enhancing the Dining Experience
12:00 PM – 1:00 PM
Crimson Ridge Gardens
1 Treeline Drive, Greece

* A two-hour seminar designed for families of persons newly diagnosed with Alzheimer's disease.

February 22, 2012

The Basics: Memory Loss, Dementia, and Alzheimer's Disease
6:30 PM – 8:30 PM
Summit at Brighton
2000 Summit Circle Drive, Rochester

March 6, 2012

Keep Me Safe: Strategies for Improving the Environment
9:00 AM – 11:00 AM
Chili Senior Center
3235 Chili Avenue, Rochester

March 8, 2012

Healthy Body, Healthy Brain
12:00 PM – 1:00 PM
Clare Bridge of Perinton
159 Sully's Trail, Pittsford

March 13, 2012

Know the Ten Signs
2:00 PM – 3:00 PM
University Tower
625 University Avenue, Rochester

March 13, 2012

Know the Ten Signs
2:00 PM – 3:00 PM
Danforth Tower West
140 West Avenue, Rochester

March 13, 2012

Conozca las 10 Senales (In Spanish)
2:00 PM – 3:00 PM
Danforth Tower East
140 West Avenue, Rochester

March 14, 2012

I Am Not Losing My Mind! The Mental Health Aspects of Dementia
12:00 PM – 1:00 PM
Glenmere at Cloverwood
1 Wheatley Terrace, Pittsford

March 14, 2012

Seminar for Understanding Alzheimer's
6:30 PM – 8:30 PM
Monroe Community Hospital, Alzheimer's Association Education Center, 3rd Floor, 435 East Henrietta Rd, Rochester

March 19, 2012

The Basics: Memory Loss, Dementia, and Alzheimer's Disease
6:30 PM – 8:00 PM
Mt. Olivet Baptist Church
141 Adams Street, Rochester

March 21, 2012

Driving and Dementia
1:00 PM – 2:00 PM
St. Ann's at Cherry Ridge
900 Cherry Ridge Blvd, Webster

March 22, 2012

End of Life and Hospice Care
12:00 PM – 1:00 PM
Crimson Ridge Gardens
1 Treeline Drive, Greece

March 26, 2012

Make My Life Better! Improving Dining and Tips for Personal Care
6:30 PM – 8:00 PM
Faith Lutheran Church
2576 Browncroft Blvd, Rochester

March 28, 2012

Care Partner Efficacy: Coping and Empowerment
6:30 PM – 8:30 PM
Summit at Brighton
2000 Summit Circle Drive, Rochester

April 3, 2012

Living with Alzheimer's, Early Stage, Part 1
9:00 AM – 11:00 AM
Chili Senior Center
3235 Chili Avenue, Rochester

April 9, 2012

Financial Planning and Elder Law: Power of Attorney, Estate, and Medicaid Planning
1:00 PM – 3:00 PM
Greece Baptist Church
1230 Long Pond Road, Rochester

April 10, 2012

The Basics: Memory Loss, Dementia, and Alzheimer's Disease
2:00 PM – 3:00 PM
Lake Tower, 321 Lake Avenue, Rochester

April 10, 2012

The Basics: Memory Loss, Dementia, and Alzheimer's Disease
2:00 PM – 3:00 PM
Danforth Tower East
140 West Avenue, Rochester

April 10, 2012

Conozca las 10 Senales (In Spanish)
2:00 PM – 3:00 PM
Hudson Ridge Tower
401 Seneca Manor Drive, Rochester

April 11, 2012

Keep Me Comfortable: Pain Assessment and Treatment for Persons with Dementia
12:00 PM – 1:00 PM
Glenmere at Cloverwood
1 Wheatley Terrace, Pittsford

April 11, 2012

Seminar for Understanding Alzheimer's Disease
6:30 PM – 8:30 PM
Monroe Community Hospital, Alzheimer's Association Education Center, 3rd Floor, 435 East Henrietta Rd, Rochester

April 12, 2012

Personal Care – Getting the Most Out of Activities of Daily Living
12:00 PM – 1:00 PM
Clare Bridge of Perinton
159 Sully's Trail, Pittsford

April 18, 2012

Working with Your Physician
1:00 PM – 2:00 PM
St. Ann's at Cherry Ridge
900 Cherry Ridge Blvd, Webster

April 25, 2012

Challenging Behaviors
6:30 PM – 8:30 PM
Summit at Brighton
2000 Summit Circle Drive, Rochester

April 26, 2012

Acute Hospitalization and
Alzheimer's Disease
12:00 PM – 1:00 PM
Crimson Ridge Gardens
1 Treeline Drive, Greece

**ONTARIO, SENECA,
YATES COUNTIES**

January 18, 2012

Seminar for Understanding Alzheimer's
3:00 PM – 5:00 PM
Finger Lakes Visiting Nurse
756 Pre-Emption Road, Geneva

February 21, 2012

Care Partner Efficacy: Coping and
Empowerment
3:00 PM – 5:00 PM
Finger Lakes Visiting Nurse
756 Pre-Emption Road, Geneva

February 21, 2012

Safe Proofing Your Home
3:00 PM – 5:00 PM
Finger Lakes Visiting Nurse
756 Pre-Emption Road, Geneva

March 20, 2012

Know the Ten Signs
3:00 PM – 5:00 PM
Finger Lakes Visiting Nurse
756 Pre Emption Road, Geneva

April 17, 2012

Seminar for Understanding Alzheimer's
9:00 AM – 10:00 AM
Legacy Fairways
681 High Street, Victor



"Remembering Eleanor" family team at Mendon Ponds.

SCHUYLER COUNTY

February 28, 2012

Seminar for Understanding Alzheimer's
6:00 PM – 8:00 PM
Schuyler County Human Services
Complex, Silver Spoon Café
323 Owego St, Montour Falls

STEUBEN COUNTY

January 31, 2012

Seminar for Understanding Alzheimer's
5:30 PM – 7:30 PM
Corning Library
300 Civic Center Plaza, Corning

March 15, 2012

Know the Ten Signs
5:30 PM – 7:30 PM
Hammondsport Public Library
21 William Street, Hammondsport

April 19, 2012

Seminar for Understanding Alzheimer's
2:00 PM – 4:00 PM
Pulteney Fire Department
8875 Brown Road, Pulteney

WAYNE COUNTY

January 19, 2012

Effective Communication
1:00 PM – 2:00 PM
Wayne County Office of Aging
1519 Nye Road, Suite 300, Lyons

January 19, 2012

Safety Concerns
2:00 PM – 3:00 PM
Wayne County Office of Aging
1519 Nye Road, Suite 300, Lyons

March 15, 2012

Know the Ten Signs
1:00 PM – 2:00 PM
Wayne County Office of Aging
1519 Nye Road, Suite 300, Lyons

March 15, 2012

Care Partner Efficacy: Coping and
Empowerment
2:00 PM – 3:00 PM
Wayne County Office of Aging
1519 Nye Road, Suite 300, Lyons

Alois Society

The Alois Society is a group of leadership donors who make gifts of \$1,000 or more each year to support our vital programs and services. Alois Society members assist in keeping our organization's framework strong and vibrant. They provide the very foundation of our day-to-day work, and for that, we are deeply grateful.

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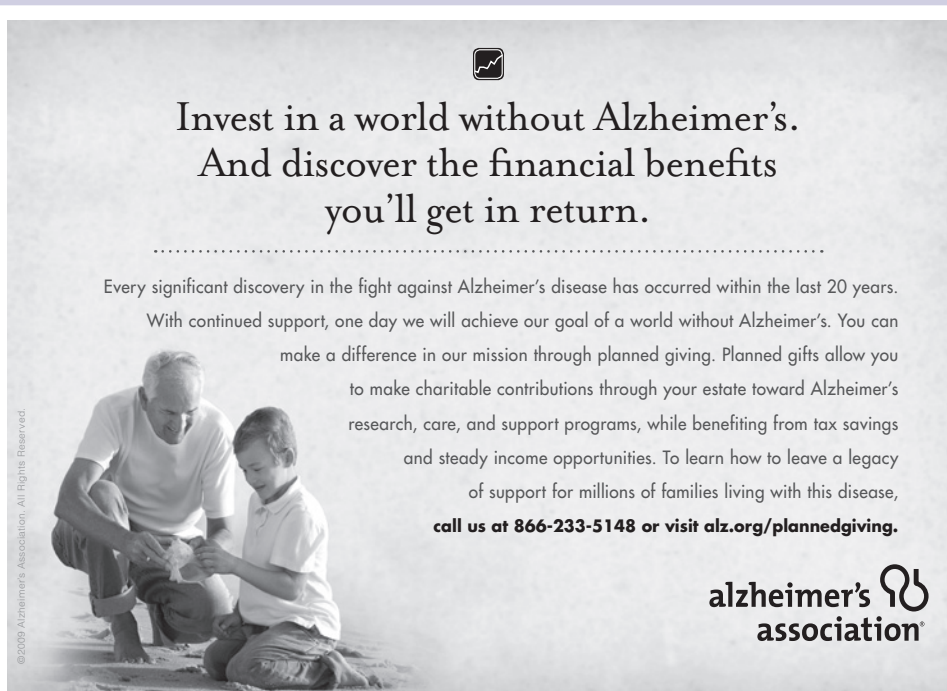
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For more information about the Alois Society and how to become a member, please contact Judith Lemoncelli, Senior Development Director at 585.760.5404 or judy.lemoncelli@alz.org.






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

.....

Every significant discovery in the fight against Alzheimer's disease has occurred within the last 20 years. With continued support, one day we will achieve our goal of a world without Alzheimer's. You can make a difference in our mission through planned giving. Planned gifts allow you to make charitable contributions through your estate toward Alzheimer's research, care, and support programs, while benefiting from tax savings and steady income opportunities. To learn how to leave a legacy of support for millions of families living with this disease, **call us at 866-233-5148 or visit alz.org/plannedgiving.**

alzheimer's  association®

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Alzheimer's Association
Rochester & Finger Lakes Chapter
435 East Henrietta Road
Rochester, NY 14620

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Address Service Requested

24-Hour Helpline

- Available any time, day or night
- Information about Alzheimer's disease
- Referrals to services and resources in the community

Care Consultation

- Assessment of needs
- Assistance with planning and problem solving
- Development of an action plan

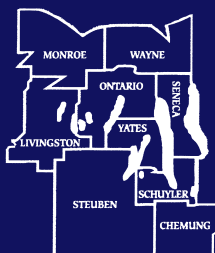
Counseling

- For individuals and families
- Designed to help sort out issues
- Helps with reaching decisions appropriate to life circumstances

www.alz.org/rochesterny

800.272.3900 24-hour helpline

585.760.5401 facsimile



We serve Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates counties.

You are invited...

Celebrating Women & Successful Aging:



The Little Purple Dress Luncheon

Thursday, March 1, 2012

Hyatt Regency • Rochester, New York
Special Guest Speaker: Gail Sheehy

The Debra J. Mayberry Inspiration Award will be given to a woman in the Rochester/Finger Lakes region who has made significant and impactful contributions to women's health and overall quality of life.

Tickets are \$55 each; \$500 for a table of ten.
Contact Judith Lemoncelli at 585.760.5404 or judy.lemoncelli@alz.org for more information about tickets and sponsorships.

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