



# newscope

Newsletter of the Hudson Valley/Rockland/Westchester, NY Chapter

Published quarterly for our donors, volunteers, advocates, and friends in the Alzheimer's community

Winter, 2012

## The End of Alzheimer's Starts with You!

### Inside this issue:

Chapter News	2
Winter Programs	4
Support Groups	5
WALK Results	6
Advocacy	8
Caregiving	9
Special Events	10
Memorials & Tributes	11
How Our Funds Are Used	12

### ~ Our Mission ~

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

This fall, the Alzheimer's Association had an outstanding *Walk to End Alzheimer's™* season nationwide. To date, we have raised over \$42 million to help end Alzheimer's, the nation's sixth-leading cause of death. We're so grateful—and we couldn't have done it without you!

Money raised from *Walk to End Alzheimer's* will further critical efforts in research, advocacy, and care and support.

### Research

Funds raised help advance the understanding of Alzheimer's through our peer-reviewed research grant program, accelerating the progress of new treatments, preventions and ultimately, a cure. They also make other research initiatives possible, including the annual Alzheimer's Association International Conference (AAIC), the Alzheimer's Association's scientific journal *Alzheimer's & Dementia*, and the Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART), the only professional society designed exclusively for individuals dedicated to Alzheimer's and dementia science.

### Advocacy

Funds raised from *Walk to End Alzheimer's* help recruit advocates to make Alzheimer's disease a national priority. They support the development of policy resources, including *Alzheimer's Disease Facts and Figures* and *Changing the Trajectory of Alzheimer's Disease*, to educate decision makers. And they help our advocates engage elected officials at all levels of government and work to pass legislation at the federal, state and local level.

### Care and Support

Last but not least, funds raised enhance care and support for all those affected by Alzheimer's and related dementias.



*A young walker shows off her Promise Garden flower, a key element in the Walk to End Alzheimer's.*

Services include the Association's professionally staffed 24/7 Helpline, offering information and advice to more than 250,000 callers annually and translation services in 170 languages; caregiver and early-stage support groups, and on-line message boards; care consultations, to assist with care planning and managing challenging situations; educational programs (20,000 annually) and on-line information in 17 languages for families and friends of people with dementia and the professionals who care for them; *TrialMatch*, a free service that makes it easy to search clinical trial opportunities based on personal criteria; and safety services (*Comfort Zone* and *MedicAlert® + Alzheimer's Association Safe Return®*) that provide location management for people with Alzheimer's disease who wander.

As we near the holidays, we want you to know how much your dedication means to us as we support people with Alzheimer's and their families today and work toward better treatments and prevention tomorrow.

**The end of Alzheimer's starts with you!**

# Chapter News

## Board of Directors

Karen Folster Lesperance, Chair  
 William M. "Andy" Cahn, III, First Vice Chair  
 Neil Klar, 2nd Vice Chair  
 James B. McEvoy, Treasurer  
 Frances M. Pantaleo, Secretary  
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 Faith Kotzker  
 Richard McGuinness  
 Carol Monteleoni  
 Alana Sweeny

## Staff

Elaine Sproat, President/CEO  
 Meg Boyce, Director, Programs & Services  
 Alison Buchalter, Director of Development  
 Michele Muir, Director, Communications & Public Policy  
 Jennifer Scheuermann, Director, Finance & Operations

### Poughkeepsie

Joan Carl, Administrative Assistant  
 Richard McClurg, Staff Accountant  
 Wendy Rudder, Care Consultant  
 Karen Skelton, Administrator  
 Mary Varano, Bookkeeper

### Middletown

Donna Davies, Care Consultant  
 Janet Troia, Administrator

### New City

Debra Kagan-Birkeland, Care Consultant  
 Maria Paliotta, Administrator

### Brewster

Stuart Greif, Program Development Specialist

### Purchase

Curtis Au, Care Consultant  
 Patricia Gaston, Care Consultant  
 Terry Kean, Administrator  
 Erva Randolph, Administrative Assistant

### National Colleagues

Laura Ewing-Mahoney, Major & Principal Gifts

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## Among Friends

Since awarding its first grants in 1982, the Alzheimer's Association has grown into the world's largest nonprofit funder of Alzheimer's research, awarding more than \$292 million to over 2,000 best-of-field grant proposals. In 2011, the Alzheimer's Association International Research Grant Program awarded more than \$12.8 million in funding to 78 investigators. Funded projects represent the proposals ranked highest by peer reviewers in an extremely competitive field of 875 applications.



*Elaine Sproat*

We are thrilled that 18 New York researchers, including two working in our chapter territory, are among the 2011 award recipients.

**New Investigator Research Grants** (awards of \$100,000 over two years) fund the next generation of promising scientists who have earned their doctoral degrees within the last 10 years. Award recipients include:

John F. Crary, MD, PhD (Columbia)  
 Fenghua Hu, PhD (Cornell-Ithaca)  
 Andrew Munkasci, PhD (Columbia)  
 Richard S. Osorio, MD (NYU)  
 Andrew Teich, MD, PhD (Columbia)  
 Guang Yang, PhD (NYU)  
 Molly E. Zimmerman, PhD (Einstein)

**Investigator-Initiated Research Grants** (awards of \$240,000 over three years) fund established investigators exploring questions across the entire research spectrum from basic neurobiology to treatment, prevention and care. Award recipients include:

Gilbert Di Paolo, PhD (Columbia)  
 Mauro Fa, PhD (Columbia)  
 Yitshak I. Francis, PhD (Columbia)  
 Anastasios Georgakopoulos, PhD (Mount Sinai)  
 Jorge A. Ghiso, PhD (NYU)  
 Gurjinder Kaur, PhD (Nathan Kline Institute for Psychiatric Research)  
 Dimitris N. Kiosses, PhD (Cornell-White Plains)  
 Jennifer I. Manly, PhD (Columbia)  
 Wai Haung Yu, PhD (Columbia)

**Zenith Fellows Award** (awards of \$450,000 over three years) support senior scientists who have made significant contributions to the field of Alzheimer's and continue to pursue promising, innovative approaches to early detection, causes, treatment or prevention. Award recipients include:

Luciano D'Adamio, MD (Einstein)  
 Constantino Iadecola, MD (Cornell-NYC)

Some of you had the pleasure of meeting Dr. Molly Zimmerman, who attended the September research talk given by Dr. Maria Carrillo, and Dr. Dimitris N. Kiosses, who attended the Chapter's November symposium in Mount Kisco. We look forward to learning about the advances in our knowledge and understanding of Alzheimer's disease generated by their work and the work of other researchers in our area. Congratulations to all!

*Elaine*

# Chapter News

## Transitions

There have been several staffing changes at the Chapter in the past few months. We said a fond farewell to **Inez Carling**, Care Consultant in Rockland, upon her retirement, and extended best wishes to **Nancy Day**, who accepted another position. Subsequently, **Debra Kagan-Birkeland**, Care Consultant in Westchester, moved to our Rockland office, and **Patricia Gaston** and **Curtis Au** joined the staff as Care Consultants in Westchester.

**Pat Gaston** has had a long relationship with our Chapter. She is a former Board member, former Chair of the Program Committee, and former Co-Chair of



*Pat Gaston*

Memory Walk, as well as the former facilitator of a support group in Yonkers. Professionally, she has spent most of her career in the field of Alzheimer's disease and related dementias, working at The Albert Einstein College of Medicine's Resnick Gerontology Center, The Guild Home for Aged Blind (where she designed and developed a Dementia Special Care Unit), and other agencies. She holds an MSW from NYU School of Social Work.

**Curtis Au** comes to us after a mid-life change following an extensive career in marketing communications. He received his MSW



*Curtis Au*

with a clinical concentration from Fordham University, specializing in working with older persons and their families. He held internships with the

Inpatient Geriatric Psychiatry Unit of New York-Presbyterian Hospital and Hospice Care of Westchester & Putnam, and he has personal experience as a caregiver.

In mid-January we will say goodbye to **Alison (DaMore) Buchalter**, Director of Development, who will be moving with her husband to Florida.

Alison came to the former Mid-Hudson Chapter as a graduate school intern in 1997 and joined the staff in Westchester in 2002, first in the program department and later as Director



*Alison Buchalter*

of Development. Always a champion of and cheerleader for the Alzheimer's Association, she has seen and helped implement a number of significant changes, including the merger of the former Mid-Hudson and Westchester/Putnam chapters, the Association's transition to a new fundraising model, and the move of the Chapter's Westchester office.

Thank you, Alison, for all you have done to move our mission forward over the past nine years and your willingness to step up whenever needed! We wish you all the best!

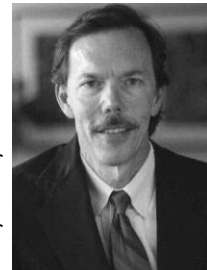
### Job Opening

We are now looking for an experienced development professional to fill the position of Director of Development. The job will be based in our Purchase office.

The person selected will be responsible for meeting the goals of the Chapter's Strategic Plan. To learn more, please see the job description at [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley).

## Dr. Ralph Nixon Elected to National Board

**Ralph A. Nixon**, MD, PhD, a local resident and friend of our Chapter, was recently elected to the Alzheimer's Association's National Board of Directors.



Dr. Nixon is Director of the Silberstein Institute and Center of Excellence on Brain Aging; Professor of Psychiatry and Cell Biology at NYU Langone Medical Center; and Director of Research and The Center for Dementia Research at Nathan S. Kline Institute for Psychiatric Research in Orangeburg, NY (Rockland County).

He also chairs the Alzheimer's Association's Medical and Scientific Advisory Council (MSAC), the group that shapes the philosophical direction of the Alzheimer's Association research program and ensures the integrity of the peer-review process for awarding grants.

Dr. Nixon's research interest is in regulation of protein structure and function by proteolysis and phosphorylation, cell and molecular biology of the neuronal cytoskeleton, molecular mechanisms of brain aging and cell death, and pathogenesis and treatment of Alzheimer's disease. His work led to the recent discovery of how mutation in the presenilin 1 gene causes younger-onset Alzheimer's disease.

Dr. Nixon is the recipient of many honors and awards, including a 2003 Alzheimer's Association Zenith Award. He has published more than 230 papers and sits on the editorial boards of multiple scientific journals.

We extend our heartiest congratulations!

## Alzheimer's Association Winter Programs

*Unless otherwise indicated, all programs are open to the public and free of charge, but registration is required. To register, call the Alzheimer's Association at 1.800.272.3900.*

### Dutchess/Ulster

“*Keeping Fit from the Neck Up*” will be presented on **Wednesday, February 29**, from 2 to 3:30 p.m. at the Kingston Library, 55 Franklin Street, Kingston, NY.

Additionally, “*Understanding Memory Loss*” will be offered on **Thursday, March 15**, from 2 to 3:30 p.m., at The Manor at Woodside, 18 Academy Street, Poughkeepsie, NY.

### Orange/Sullivan

♦An educational program *for caregivers*, “**Living with Alzheimer's: The Early Stage, Parts 1, 2 & 3**” will be presented from 1 to 2:30 p.m. on three consecutive Tuesdays - **February 7, 14, & 21** - at the Alzheimer's Association, 384 Crystal Run Rd., Ste. 102, Middletown, NY. Join us for this program that will provide answers to the questions that arise in the early stages of the disease.

♦An educational program, “**Living with Alzheimer's--for People with Early-Stage Alzheimer's, Parts 1, 2 & 3**” will be presented from 2 to 4 p.m. on Thursdays **January 19, February 16, & March 15** at the Alzheimer's Association, 384 Crystal Run Rd., Ste. 102, Middletown, NY. Please contact Donna Davies, 1.800.272.3900, to register for this program.

♦A benefit concert to support the Alzheimer's Association's Music Socials took place on Nov. 6 at Planet Pizza in Monroe, NY. Special thanks to Melinda Burgard, MA, LCAT, CMT, and her musician friends who donated their time and talents!

The **Music Socials** are held on the **third Friday of each month**, 2 - 3:30 p.m., at New Harvest Christian Church, 1230 Route 94, Vails Gate, NY. Participants from all parts of our chapter territory are welcome! For more information or to reserve a place, call the Alzheimer's Association at 1.800.272.3900.

♦It's that time of year! **Pilates for Purple** is back! A minimum donation of \$10 gains you entry to one class at Pilates Movement Studio, 390 Crystal Run Rd., Middletown, NY. Purple dates are **Saturday, January 14 & Saturday, January 28** at 10:30 a.m. No experience necessary, all levels are welcome! Proceeds will go to the Alzheimer's Association. For more information, please contact Michele at 845.695.6468 or [www.pilatesmovementstudioinc.com](http://www.pilatesmovementstudioinc.com).

### Rockland

The following programs will be offered by Alzheimer's Association staff at the Chapter's Rockland Regional Office, 301 N. Main St., Suite 7, New City, NY:

♦An educational program *for caregivers*, “**Living with Alzheimer's: The Early Stage, Pt. 1**” will be offered on **Wednesday, Jan. 18**, 2 - 3:30 p.m.

♦“*Keeping Fit From the Neck Up*” will be presented on **Monday, January 23**, 2:30 - 3:30 p.m.

♦“*Know the Ten Signs: Early Detection Matters*” will be offered on **Thursday, February 16**, 5 - 6 p.m.

♦An educational program *for caregivers*, “**Living with Alzheimer's: The Early Stage, Pt. 1**” will be offered on **Wednesday, March 14**, 5:30 - 7 p.m.

♦ Individuals with dementia and their primary caregivers are also invited to attend social programs that offer an opportunity to maintain social contacts.

On **Wednesday, March 28**, 7 - 8:30 p.m., you are invited to join us for coffee and dessert at the Alzheimer's Association office, 301 N. Main St., Suite 7, New City, NY.

On the **first Thursday of each month**, we will meet at the Ramapo Equestrian Center from 10 a.m. to noon for a variety of equine-assisted activities. The Center is located at 1152 Haverstraw Rd., in Suffern, NY. There is a charge of \$10 per couple each time you choose to participate.

### Westchester/Putnam

♦“*Know the Ten Signs: Early Detection Matters*” will be presented at the Chapter office, 2900 Westchester Ave., Ste. 306, Purchase, NY, on **Tuesday, January 24**, 10:30 - 11:30 a.m.

♦“*Making Sense of Challenging Behaviors*” will be offered on **Tuesday, February 28**, 10:30 - 11:30 a.m., at the Chapter office, 2900 Westchester Ave., Ste. 306, Purchase, NY.

♦“*Keeping Fit from the Neck Up*” will be presented on **Wednesday, March 28**, from 1:30 to 3 p.m. at Classic Residence by Hyatt, 537 Riverdale Ave., Yonkers, NY.

♦Individuals with dementia and their primary caregivers are invited to attend a **Sunday Social Program** that offers music, food, and an opportunity to maintain social contacts. The program will be held at Burke Rehabilitation Center (Bldg. 7, Room G-41), 785 Mamaroneck Ave., White Plains, NY, from 12:30 to 3 p.m. on **March 18**. The Social is free of charge, but reservations are required. Please call 1.800.272.3900 by Monday, March 12.

# Alzheimer's Association Support Groups

All support groups are free and open to the public, but pre-registration is required. For exact location, support group leader contact information, and general questions, please call 1.800.272.3900.

## **FAMILY SUPPORT GROUPS**

### **DUTCHESS COUNTY**

#### **Beacon**

Elant at Fishkill  
3rd Wed., 3 p.m.

#### **Hopewell Junction**

Hopewell Reformed Church  
3rd Tues., 1 p.m.

#### **Poughkeepsie**

Alzheimer's Association  
1st Wed., 11 a.m.

#### *New time: Rhinebeck*

Starr Library  
2nd Mon., 4 p.m.

### **ORANGE COUNTY**

#### **Goshen**

Valley View Center for  
Nursing & Rehabilitation  
Last Mon., 7 p.m.

#### **Goshen**

Valley View Center for  
Nursing & Rehabilitation  
2nd Tues., 2-3:30 p.m.

#### *New Time: \*\* Middletown*

Hand-in Hand Care, 25 Myrtle Ave.  
3rd Wed., 2 p.m. beginning Jan.

#### **Newburgh**

Elant at Newburgh  
Conf. Rm.  
2nd Tues., 7 p.m.

### **PUTNAM COUNTY**

#### **Carmel**

The Plaza at Clover Lake  
3rd Thurs., 6:30-8 p.m.

### **ROCKLAND COUNTY**

#### **\*\* Nanuet**

Meals on Wheels  
Wed., weekly, 12:30 p.m.

#### **New City**

Sunrise Senior Living  
2nd/4th Mon., 6:30-8 p.m.

#### **New City**

Alzheimer's Association  
Mons., weekly, 2:30-4 p.m.

#### **West Nyack**

Jewish Family Service  
1st /3rd Thurs., 5:30-6:30 p.m.

### **SULLIVAN COUNTY**

Call for info, 1.800.272.3900

### **ULSTER COUNTY**

#### **\*\* Kingston**

Always There Adult Day  
Program at Kingston  
2nd Mon., 2-3:30 p.m.

#### **New Paltz**

Woodland Pond at New Paltz  
Last Thurs, 3-4:15 p.m.

#### **Woodstock**

Christ Lutheran Church  
3rd Tues., 2 p.m.

### **WESTCHESTER COUNTY**

#### **Ardley**

Atria at Woodlands  
1st Wed., 1 p.m. & 6 p.m.

#### **Cortlandt Manor**

The Seabury at Fieldhome  
1st/3rd Wed., 10-11:30 a.m.

#### **Hawthorne**

Morningside House ADC  
2nd/4th Thurs., 10-11:15 a.m.

#### **## Mt. Kisco**

Pres. Church of Mt. Kisco  
2nd/4th Weds., 6:30-8 p.m.

#### **Mount Vernon**

Sunrise Sr. Living @ Fleetwood  
Last Thursday, 7-9 p.m.

#### **New Rochelle**

Willow Towers  
2nd Thurs., 6-7:30 p.m.

#### **Ossining**

Atria on the Hudson  
1st Tues., 6:30 p.m.

#### **Purchase**

Alzheimer's Association  
1st/3rd Mon., 1-2:30 p.m.

#### **\* Purchase**

Alzheimer's Association  
1st/3rd Wed., 10-11:30 a.m.

#### **Purchase**

Alzheimer's Association  
2nd/4th Mon., 10-11:30 a.m.

#### **Scarsdale**

Call 914-253-6860 for info.  
2nd/4th Tues., 6-7:30 p.m.

#### **Somers**

1st & 3rd Mon., 1-2:30 p.m.  
Call for info, 1.800.272.3900

#### **Tuckahoe**

The Fountains at Rivervue  
3rd Sat., 2 p.m.

#### **White Plains**

Hearthstone at the Esplanade  
(Regency Room)  
2nd Sun., 10-11 a.m.

#### **Yonkers**

Classic Residence by Hyatt  
1st & 3rd Tues., 6-7:30 p.m.

### **EARLY-STAGE GROUPS**

**Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.**

### **ORANGE COUNTY**

Donna Davies, 1.800.272.3900

### **DUTCHESS COUNTY**

Meg Boyce, 1.800.272.3900

### **ROCKLAND COUNTY**

Debra Kagan-Birkeland,  
1.800.272.3900

### **ULSTER COUNTY**

Wendy Rudder, 1.800.272.3900

### **WESTCHESTER COUNTY**

Patricia Gaston, 1.800.272.3900



## **Why Attend a Support Group?**

- ◆ To receive and provide mutual support.
- ◆ To release pent-up feelings of frustration, sadness, anger, or fear.
- ◆ To help others by just being there & listening.
- ◆ To forget about those unfinished chores or still-to-come challenges for a time.
- ◆ To find suggestions for problems that you've been dealing with.
- ◆ To share your own ideas and knowledge with others.

## **Facilitators Sought for Caregiver Support Groups**

We are currently seeking facilitators for an evening support group in **Newburgh** and an afternoon group in **Hopewell Junction**.

To learn more, please contact Meg Boyce at 1.800.272.3900.

\* Early Stage Caregivers \*\* Free respite is offered during the group (pre-registration is required).  
## Adult Children Caregivers

## 2011 WALK to End Alzheimer's

The popularity of the 2011 *Walk to End Alzheimer's* was evident in the hundreds of flowers that popped up in the Promise Gardens at Walk sites from Poughkeepsie to White Plains, and from Sparkill to Rock Hill.

Those who attended this year's Walk were encouraged and inspired by a moving Opening Ceremony, and they returned to see the Promise Gardens planted with their personalized pin-wheel flowers honoring persons with dementia, caregivers, advocates, and those who have passed from the disease.

Thanks to **2,100** walkers, **327** teams, and our wonderful local sponsors, community partners, and national teams, this year's Walk events have raised **\$552,690** to date, a 23% increase over 2010 - and a few checks and matching gifts are still coming in!

Congratulations to all who participated!

### National Teams

**Platinum Teams:** Brookdale Senior Living, Genworth Financial, Kindred Healthcare, Sunrise Senior Living, The TJX Companies, Inc.

**Gold Teams:** Emeritus Senior Living, Home Instead Senior Care, Sigma Kappa Foundation

**Silver Team:** A Place for Mom

**Member Teams:** Always Best Care Senior Services, Evercare, Parrot Heads in Paradise, SunBridge Healthcare, Visiting Angels

### Gold Sponsor/Top Local Corporate Sponsor

The Kensington

### Silver Sponsors

Continuum of Care

The Wartburg Adult Care Community

### Bronze Sponsors

Atria Senior Living

Classic Residence, a Vi Community

HealthQuest

The Seabury at Fieldhome

### Copper Sponsors

A&T Certified Home Care

Achieve Rehab & Nursing Facility  
Active International

Alan Zale Photography

All American Event Rentals

Bethel

Blustein, Shapiro, Rich & Barone, LLP

Crystal Run Healthcare

Elder Care Consulting

Ettinger Law Firm

The Fountains at Rivervue

The Greens at Greenwich

Greenwich Woods Rehabilitation

Hearthstone Alzheimer's Care

Hudson Valley Federal Credit Union

Jewish Home Lifecare - Sarah Neuman Ctr.

Lehigh Lawn & Landscaping, Inc.

Memory Evaluation & Treatment Program

at Burke Rehabilitation Hospital

Morningside House Adult Day Health

Care Center

Omnicare

The Osborn Retirement Community

The Promenade at Blue Hill

Putnam Ridge Nursing Home & Rehab. Ctr.

Ramachandran Family

Raymour & Flanigan

St. Thomas Aquinas College

Schnurmacher Ctr. for Rehab. & Nursing

Sunrise Assisted Living

Sunrise Senior Living

Ten Broeck Commons

The Valley View Ctr. for Nursing Care

and Rehabilitation

Viking Industries, Inc.

Westchester Division, Weill Medical College

of Cornell University - New York

Presbyterian Hospital

### Major Media & Community Partners

Cumulus Media - Mix 97.7 / WPDH /

WHUD / The Wolf

The Daily Freeman

Kiwanis International

Lo Hud/The Journal News

The Poughkeepsie Journal

Times Herald Record

*Special Thanks to members of our dedicated and hard-working Walk to End Alzheimer's Planning Committees and the day-of-event volunteers who made our 2011 Walk season such a success!*

THANK YOU  
CONTINUE THE F



# Grand Total: \$552,690



Our top fundraising teams and individual fundraisers also deserve special recognition.

## 2011 Walk to End Alzheimer's Top Fundraisers:

### \$7,500+

- Abby Salzman
- Joan & Alan Zale
- Neil Klar

### \$5,000-\$7,499

- Elizabeth Ackerman
- Nancy O'Connor
- Tim Osborn
- Marian Crapanzano
- Sue Bondi
- Peter J. Brent, Sr.

### \$2,500-\$4,999

- Cindy Shmerler
- Daniel Shaut
- Kenneth Folster
- Layni & Liam Nowlin
- Max Levy
- Sharon O'Connell
- Kathleen Carey
- Chris O'Rourke
- Bill Pope
- Arlene Friedman
- Susan Grossman
- Siobhan O'Grady
- David Niederhoffer
- Matthew Blum
- Larry & Denise DeGennaro
- Kris Charter
- Ann Buscaglia

### \$1,000 - \$2,499

- Joanne Giblin
- Rose Nardis
- Ellen Kearney
- Jamie Cummings
- Melissa Lennett
- D.A. Abrams
- Janet Scherf
- Susan Sciotto-Brown
- Deborah Niven
- Corie Jacobs
- Sue & Jim Connors
- Mark Carey
- Susan Baer
- Janice DiDonato
- Diane Aparisio

- Karen Hauptman
- Marianne Taylor
- Lesley Friedman
- Karen Ganis
- Carol Monteleoni
- Raymond O'Connor, Sr.
- Fred & Sue Christiansen
- Christine Malloy Coyle
- Gerry Jones
- Luigi O'Grady
- Nick Bulfamante
- Marsha Forman
- Nicole Klammer
- Tori Cohen
- JoAnn Arfin
- Neerja Lyder
- Guida Rei & Marlene Flax
- Colleen Miccio
- Anne Gottlieb
- Maureen Addiss
- Dara Pesatore
- Mary Reddick
- Andrea Cannito
- Maria Sirena
- Heather Rinaldi
- Robin Haberman
- Michael Bisceglia
- Judi Woods
- Rhonda Schreiber
- Michele Cavalieri Muir
- Susan Hyatt
- Anne Marie O'Callahan
- Eric Castaldo
- Robert Folster
- Eden Simon
- Frances Pantaleo
- Susan MacKenzie
- Alyson DeFreitas
- Anna-Marie Cotter
- Deborah L. Garner
- Linda Ruggiero-Churchill
- Laura Carey
- Paula English
- Raymond O'Connor, Jr.
- Diantha Acevedo
- Brian Forman
- Teresa Wilson
- Kim Chiandusse
- Jeanne Hardy
- Jane Veron, Andrew Feldstein & Family
- Anna Krasevec

## Walk / Advocacy

### *Walk to End Alzheimer's (Continued from Page 7)*

#### **2011 Walk to End Alzheimer's Top Fundraising Teams:**

##### **\$10,000 - \$15,000**

Team False Echoes (*Captains, Larry & Denise DeGennaro*)  
 SQAD (*Captain, Neil Klar*)  
 Team Carey (*Captain, Kathleen (Carey) Sessa*)  
 Byram Hills (*Captain, Max Levy*)  
 Team O'Grady (*Captain, Siobhan O'Grady*)  
 For All the Parents (*Captain, Nancy O'Connor*)

##### **\$7,500 - \$9,999**

Dottie's Girls (*Captain, Abby Salzman*)  
 Team Betty (*Captain, Joan Greene*)  
 Team Ackerman (*Captain, Elizabeth Ackerman*)  
 Joyce's Gang (*Captain, Janice DiDonato*)  
 Johnny's Angels (*Captain, Sue Bondi*)  
 Team Pop (*Captain, Lesley Friedman*)

##### **\$5,000 - \$7,499**

Because We Care (*Captain, Sharon O'Connell*)  
 Rockland Jewish Family Service (*Captain, Doris Zuckerberg*)  
 Bronx-Westchester Kiwanis (*Captain, Sr. Anne-Marie Kirmse*)  
 Team Christiansen (*Captains, Fred & Sue Christiansen*)  
 Sub-Zero Heroes (*Captain, Karen Skelton*)

##### **\$2,500 - \$4,999**

Middletown Park Pacers (*Captain, Monique Mariconi*)  
 Elant at Fishkill Memory Team (*Captain, Alicia Tierney*)  
 The Shaut Family (*Captain, Daniel Shaut*)  
 H. Cohn (*Captain, Melissa Lennett*)  
 Do It for Donna! (*Captains, Layni & Liam Nowlin*)  
 Team Bankers (*Captain, Janene Prokes*)  
 BC27 (*Captain, Chris O'Rourke*)  
 NY Presbyterian Hospital - Westchester (*Captain, Joanne Gblin*)  
 Helen's Friends (*Captain, Bill Pope*)  
 The Elephant Project (*Captain, David Niederhoffer*)  
 PKF O'Connor Davies (*Captain, Ann Buscaglia*)  
 Lovergirls (*Captain, Heather Rinaldi*)  
 WallkillValley Federal Savings and Loan (*Captain, Karen Dimsey*)  
 Team Dutchess Beer (*Captain, Kris Charter*)  
 Pines at Poughkeepsie (*Captain, Karen Barone*)  
 Matt & Evan Blum (*Captain, Matthew Blum*)  
 Marshall & Sterling (*Captain, Tim Tarpey*)  
 For Nonna (*Captain, Jessica Federico*)  
 St. Teresa's Stompers (*Captain, Toni Boyd*)  
 Team Jo (*Captain, Wendy Amer-Hirsch*)  
 Honi's B's (*Captain, Lisa Bisceglia*)  
 Hearthstone Alzheimer Care - White Plains (*Captain, Sallie Carlin*)

## **Internationally Speaking...**

***By Marilynn Garzione***

Alzheimer's is a non-communicable disease. You cannot 'catch' this disease from someone suffering from it, nor can it be spread by ways associated with epidemics. Yet, until now, Alzheimer's disease - a devastating reflection of the estimated 36 million people world-wide now living with dementia - has never been recognized by the United Nations as part of even the Non-communicable Disease category that includes heart disease, cancer, and diabetes.

This fall I was honored to be invited to the "Unite for a Healthy Future" event that kicked off the United Nations' *Non-communicable Disease Summit* held September 19-20 in New York City. Being a part of this welcoming committee, I began to feel the true impact that these two days would have on the fight against Alzheimer's.

It was an historic event. For the first time Alzheimer's disease was being recognized by the United Nations as one of the world's Non-communicable Diseases. Now that may seem like a simple thing, but by recognizing Alzheimer's disease as a part of this global category, a door has been opened, allowing United Nations Member States to develop effective programs to confront this disease on a worldwide scale.

I sat with Mike Splaine, National Policy Advisor and ardent supporter of Alzheimer's Disease International. As I listened to him speak, I became even more aware of the critical state we are in: This disease is clearly a major concern internationally. Given that the world's population is growing older, reports clearly demonstrate that Alzheimer's disease is among the most significant social, health and economic crises of the 21st century. Yet, if governments act urgently to develop research and care strategies, the impact of this disease can be managed.

And that is where the United Nations comes in. The recognition of Alzheimer's disease in the UN Summit was an acceptance that aging is a global phenomenon, that non-communicable diseases reach older as well as younger age groups, and that the Summit could be a critical step for rallying global efforts to meet the needs of all age groups affected by mental and neurological diseases.

A clearly positive thing.

This article is adapted with permission from the official blog for *Released to the Angels: Discovering the Hidden Gifts of Alzheimer's*, by Marilynn Garzione. You can visit Marilynn on her website: [www.releasedtotheangels.com](http://www.releasedtotheangels.com).

## Caregiving

### **Care Consultant's Corner: No More Holiday Havoc**

**By Wendy K. Rudder, LCSW**

Holidays can be a joyful, festive, and love-filled time for friends and families to share. Even in the best of circumstances, though, there is an element of stress to the holiday season. For a person with Alzheimer's disease or a related dementia, there are several stressors to be aware of.

For instance, people with dementia are easily overwhelmed when there is a bustle of activity and noise around them. The holidays, as we know, are the epitome of busy-ness. A trip to any mall demonstrates this fact. The stores and hallways are brimming with crowds and merchandise clutters the aisles. There are colorful, shimmering decorations everywhere, and the din of people's voices and the continuous Christmas music piping through the speakers permeate the air. (While those with dementia will probably enjoy the tunes and lyrics of familiar songs, that continuous loop might drive you crazy!) After a while, this sensory input can become too much for someone with Alzheimer's. (S)he will be overstimulated, responding with agitation, confusion, or fatigue.

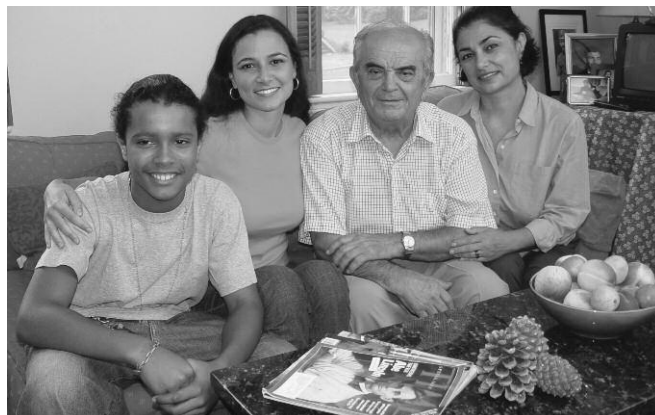
Holiday parties or events can also be a source of stress. Perhaps your loved one becomes very anxious when away from home. Other factors such as unfamiliar people or noisy surroundings will greatly increase this anxiety. Perhaps your loved one has forgotten names of relatives or old friends, has trouble following a conversation, or gets confused finding his/her way around. Large gatherings of strangers and long lines for admission to a concert or holiday program can also be very difficult to cope with, requiring one to stand in line for long periods of time while trying to make sense of the loud, chaotic setting.

What can the caregiver do to reduce the stress of the holidays for a loved one with dementia? Plan ahead and be willing to modify your plans. Here are some suggestions:

1. Allow the person with dementia to enjoy participation in holiday festivities only to the extent that (s)he is comfortable. That means you might have to scale down your social agenda, turning down some invitations, or shortening your outings and visits. Whenever possible, choose only a few, smaller, more intimate events to which you bring your loved one. If you can't bear to miss the social scene, arrange for care so the person can stay home where it's comfortable, quiet and familiar.

2. Do most of your shopping without the person with dementia. You might try online or catalogue shopping

instead. Or, if you need to bring him/her along, limit your stops to only a few stores. When shopping, try to make a specific list in advance, so you know exactly what you want and where to get it and you don't have to drag your loved one around from store to store in search of that elusive gift.



3. If you usually host the holiday meal, maybe this is the year to ask someone else to take a turn. If others feel too burdened, then a potluck is always an option. Or, consider splurging on a restaurant or catered meal. At the very least, you need to have reliable help both in the kitchen and out of it.

4. Make it easier for your loved one to succeed and be at ease. For instance, try using name tags at gatherings or keep a stash of finger food that (s)he can easily eat without needing direction or assistance. Making sure there is a room for the person with dementia to retreat to when the going gets tough is also a helpful strategy. Another idea is to bring along or assign a "Holiday buddy" to accompany the person. If using a paid helper isn't an option, then family members can take turns or perhaps a teenager would be grandma's buddy for a day (especially if you sweeten the deal with a little cash).

5. When away from home, remember to pack items that give comfort to the confused person such as his/her pillow, a stuffed animal, familiar pictures, or a favorite CD or DVD.

6. If providing late-stage care, think of safety first. Decorations can be a fall hazard if they obstruct pathways and ornaments can be a choking hazard to someone who no longer understands the environment and decides to taste them.

Keeping your loved one with dementia safe, comfortable, and in a stress-free environment is the best way to insure that your holiday will be an occasion of happiness and sharing. Here's to a joyful holiday season!

## Recent and Upcoming Events

### A Terrific Day of Golf & Tennis

The Alzheimer's Association's 13th annual Golf Tournament took place on September 12 at the Elmwood Country Club in White Plains. It was a beautiful day for golf and tennis, new to the event this year.

**Ronald Sylvestri**, Senior Vice President of Hudson Valley Bank, and **Donna Sylvestri**, President of Madison Home Management, founders of the tournament, co-chaired the event. Funds raised help to support the full mission of the Alzheimer's Association.



*John Griffin, Donna Sylvestri, Chris Lauretani, Ron Sylvestri, Ron Sylvestri, Jr., & Joe Walker were among the golfers.*

Special thanks to our Host, **Bank of America**; Benefactor, **White Plains Radiology**; Eagle Sponsors, **Bon Secours Health System**; **Correction Officers' Benevolent Association**; **Draka Cableteq USA, Inc. / ProjectSpan Services**; **Edelweiss Foundation**; **Hudson Valley Bank**; **PKF O'Connor Davies LLP**; **TC Electric, LLC & J-Track, LLC**; **Pure Insurance**; and **SQAD, Inc.**; and Underwriters **Karen Greene**; **John Hancock Long Term Care**; **Hatzel & Buehler, Inc. Electrical Construction**; **Keane & Beane PC**; **Steve Libov – Janney Montgomery Scott, LLC**; **Lordae LLC**; **The Seabury at Fieldhome**; and **Visiting Nursing Services in Westchester & Putnam**.

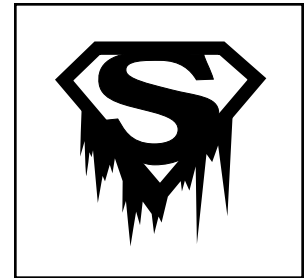
In addition, we wish to express our thanks and gratitude to Ron and Donna Sylvestri for their continued support and to the planning committee and day-of-event volunteers for their dedication to making the tournament such a success.

If you would like to join the planning committee for this very special event, please contact Terry Kean at [terry.kean@alz.org](mailto:terry.kean@alz.org). And save the date – **Monday, September 10, 2012** – for next year's tournament!

### Heroes Wanted!



*Neerja Lyder jumps into the water at the 2011 event.*



**February 4 &  
February 11, 2012**

When you register for a **Subzero Heroes Ice Jump**, you're joining volunteers who are plunging into the fight against Alzheimer's!

**Walk to End Alzheimer's** volunteers are particularly encouraged to participate, as the funds you raise at the Jump will ultimately be transferred to your 2012 **Walk to End Alzheimer's** team. We hope that you will join us!

For more information or to register, please visit [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley) or call Karen Skelton at 845.471.2655.

### A Night of Wine & Roses to be Masquerade Ball

Held each spring, our Chapter's signature gala event, *A Night of Wine & Roses*, has raised over \$1,000,000 for the Alzheimer Association in the 16 years since its inception. In 2012 *A Night of Wine & Roses* will be held on **Saturday, May 12** at the Poughkeepsie Grand Hotel, where we are thrilled to be honoring **Maureen Kangas**, General Manager of the Poughkeepsie Grand and a true champion of our cause. The event will be a Masquerade Ball – so choose your ensemble, don your mask and dance the night away, all while raising money to support the Alzheimer's Association's mission.



*Maureen Kangas*

An integral part of *A Night of Wine & Roses* is the Auction, where donations from local restaurants, artists, and small businesses – combined with not-so-local items (a trip to Disney World was part of last year's auction!) – make for excellent bidding. Live entertainment will be provided by Swinging Jive Patrol.

For ticket and sponsorship information, please visit [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley) or call 845.471.2655.

## Memorials & Tributes / Development

We are grateful for all the memorials and tributes given to the Alzheimer's Association. These gifts honor friends and loved ones while helping us meet needs for education, family support, advocacy, and research. Listed below are individuals honored from 7/1/11 to 9/30/11. Unfortunately, space limitations do not allow us to list *Walk to End Alzheimer's* or Luminary gifts here.

### Memorials

Joseph Agovino  
Irene Alper  
Norman Amer  
Dominick Antonini  
Mamie Barletta  
Douglas Barrett  
Mary Frances Barrett  
Martin Berger  
Michael Bibbo, Jr.  
Mary Birkeland  
Virginia Blake  
Anita Blancero  
Lloyd Boyea  
Helen C. Brooks  
Madeline Brooks  
Elizabeth A. Brown  
Daisy Buchalter  
Anna Buttacavoli  
Jeanne Cairns  
John Cammarosano  
Edith Campanaro  
Laura Campbell  
Sharon Carey  
Frank Cassidy  
Cynthia Castagnaro  
Charles R. Cole  
Helen Colquhoun  
Paul Connell  
Ed Crivello  
Gilbert R. Davis  
Joyce DeLillo  
Marie DiCastro  
Rose Marie DiRocco  
Frank D'Onosrio  
Patricia Downey

Brent T. Farrand  
Arnold Feidelman  
John Fraleigh  
Helen Fumasoli  
Barbara Galloway  
William Garber  
Joan Gasson  
Stanley H. Gilman  
Audrey Giordano  
Mary Goshkarian  
Irene Gosin  
Blythe Miller Grogan  
Evelyn Gruberg  
Irving Grubman  
Joan Guettinger  
Helen Halpern  
Patricia Harten  
Sandy Hershfield  
Brendan Horn  
Franz Hruschka  
Ruth Hunter  
Hilda Kanefsky  
Hilda Kane  
William & Joanna Karch  
Harvey Katz  
Irene Keyes  
Robert Kluess  
Minette Leister  
Jacqueline Lloyd  
Mary Lovelace  
Nancy Lovett  
Lonard Marono  
Mary Martin  
Harry McGill  
Barbara Menna  
Lillian Milgrom  
Phil Miller

Elda Montali  
Barbara Moran  
Joseph Morelli  
Betty Mosley  
Frieda Muccigrosso  
June Munson-Humphrey  
Miriam Murphy  
Tom Noah  
Helen Nuhn  
Salvatore Paladino  
Theresa Palasciano  
Anthony Pisacane  
Joel Pitman  
Peter Pizzuco  
Caroline Pohl  
Lubow Popovich  
Alfred Ralph  
Louis Rangel  
Claire Regan  
Muriel Regg  
Alfred Restifo  
Edward Rock  
Dr. & Mrs. Erwin Rock  
Estelle Rodkin  
Diane Roessner  
Eugene Ronaghan  
Mary Sacco  
Albert Saporito  
Betty Scheer  
Rachel Schramm  
Murray Shertzer  
Sonja Simmons  
Barbara Smith  
Mildred Smith  
Lucy Sococa  
Leonard Solicito  
Shirley Stahl

Libby Teichman  
Concetta Timoney  
John Torre  
Irene Traver  
Carl Trovato  
Fernanda Valerio  
Alfred P. Vanzo  
Ruth Varano  
Carmen M. Vega  
Michael Verbiatski  
Malvine Vincie  
Faith Ward  
Ruth Weltman  
Katharina Wende  
Anne P. White  
Randolph White  
Mollie Wilson  
Abbey Zalaznick  
Abner Jay Zalaznick  
Lou & Sylvia Zibulsky

### Tributes

Eileen Amado  
Debra A. Dean,  
on her birthday  
Nancy Griffing  
Barbara Griffis  
Elliot Grosswirth  
Faye Jansen  
Mr. & Mrs. Eliot Labiner,  
on their wedding anniversary  
Mr. & Mrs. Alan Peister, on their  
50th wedding anniversary  
Bernard Riklin,  
on his 90th birthday

### In Memoriam, Bernice Dolan, 4/15/1924 - 10/17/2011

We were saddened to learn this fall of the death of **Bernice Dolan**. Bernice was a member of the founding Board of the former Mid-Hudson Chapter and she served as the Chapter's "Tuesday volunteer" for 17 years.

Bernice knew first-hand the challenges of caring for a loved one with Alzheimer's disease (her husband Ray suffered from younger-onset Alzheimer's). She helped create an atmosphere that was welcoming to visitors and volunteers alike and that brought people together, whether for semi-annual caregiver pot-luck parties or for volunteer work projects. She was recognized with the Mid-Hudson Chapter's "Volunteer of the Year" award in 1996 and with a J.C. Penney's Golden

Rule Award in 1999.

"Time Away": the Raymond Dolan Caregiver Respite Program, seeded by gifts made in memory of Bernice's husband, has funded respite for caregivers with an urgent or emergency care situation since 1996. Going forward, it will now also be named in memory of Bernice, who in her years as a volunteer provided support to so many other caregivers. Her legacy will continue in the good work that we do, and her memory is one that we will cherish.



Bernice Dolan

Hudson Valley/Rockland/Westchester, NY Chapter  
Administrative Office  
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Poughkeepsie, NY 12601-4060

1.800.272.3900 (24-hour Contact Center)

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www.alz.org/hudsonvalley (chapter web site)  
info@alzHUDSONVALLEY.org

Administrative Office and  
Dutchess/Ulster Regional Office  
845.471.2655

Orange/Sullivan Regional Office  
845.695.2247

Rockland Regional Office  
845.639.6776

Westchester/Putnam Regional Office  
914.253.6860

Putnam Point of Service  
845.278.0343

**Did you know?**

In FY11 over 15,000 people visited the Chapter's web site,  
and over 21,000 people received *newscope*.

## How Our Chapter's Funds Are Used

In FY11 our Chapter assisted approximately 2,300 individuals through our 24-hour Helpline, coordinated 780 support group meetings, conducted over 450 Care Consultations, and offered educational programs attended by 2,700 caregivers and professionals. Because of your generosity, we were able to provide all these core services free of charge.

Additionally, we collaborated with arts organizations and art therapists to offer Arts for Alzheimer's, sponsored social programs giving people with dementia and their caregivers an opportunity to maintain social contacts in a comfortable atmosphere, and helped pass legislation creating a Missing and Vulnerable Adult Alert System.

**Please consider making a year-end gift to support our work in FY12.**

A donation envelope is enclosed for your convenience. For information about special giving opportunities, please contact Elaine Sproat, President & CEO, 1.800.272.3900 or elaine.sproat@alz.org.

### Condensed Statement of Receipts and Disbursements for the Year Ended June 30, 2011

**Public Support and Revenues\***

Direct Public Support	\$539,919
Indirect Public Support	86,597
Special Events (net)	588,455
Government and Other Grants	222,599
Shared Fundraising Revenues (net)	(35,927)
Other	18,060

**Disbursements**

Program Services	1,090,826
Management & General	164,960
Fundraising	193,558

**Change in Net Assets**

<b>Net Assets, beginning</b>	751,156
<b>Net Assets, ending</b>	721,515

\* Donations restricted to research are not reflected here as they are passed directly to the national office of the Alzheimer's Association.

