



# newscope

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

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

Summer, 2011

## Walk to End Alzheimer's™: The End of Alzheimer's Starts with You!

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### ~ 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.*

The *Walk to End Alzheimer's™* starts here! The Alzheimer's Association is inviting mid- and lower-Hudson Valley residents to unite in a movement to reclaim the future for millions by participating in the Alzheimer's Association *Walk to End Alzheimer's™*. Carmel (Putnam County), Montgomery (Orange County), Sparkill (Rockland County), Poughkeepsie (Dutchess County), Rock Hill (Sullivan County), Stone Ridge (Ulster County), and White Plains (Westchester County) will be the sites of the Walks beginning in late September.



But this year's Walk isn't just a memory of last year. The Alzheimer's Association has renamed its classic fundraiser to build even greater awareness of the public health crisis caused by this disease. Along with a name that clearly states why we're walking, a commemorative and beautiful visual element, the Promise Garden, is being added.

The *Walk to End Alzheimer's™* will be more than a walk. It will be an experience. Walkers will learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities to the latest in Alzheimer's research and clinical trials. Each walker will also join in a meaningful

ceremony to honor those affected by Alzheimer's disease.

As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate unless we find an effective treatment or a way to prevent or delay onset of the disease. Your participation in the *Walk to End Alzheimer's™* will help raise awareness that Alzheimer's disease, now the nation's sixth leading cause of death, is a growing epidemic.

Come out and see what it's all about! Start or join a team today at [www.alz.org/walk](http://www.alz.org/walk). Or call us for a brochure at 1-800-272-3900.



### 2011 Walk Schedule

Rock Hill, NY	Sunday, Sept. 25
Montgomery, NY	Saturday, Oct. 1
White Plains, NY	Sunday, Oct. 2
Sparkill, NY	Sunday, Oct. 9
Poughkeepsie, NY	Sunday, Oct. 15
Carmel, NY	Sunday, Oct. 16
Stone Ridge, NY	Saturday, Oct. 22

There has never been a greater need for each of us to join in the fight against Alzheimer's disease by participating in *Walk to End Alzheimer's™*. Funds raised will provide care and support services to local residents who are living with Alzheimer's, while also contributing to advances in critically-needed research.

# Chapter News

## Board of Directors

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### Poughkeepsie

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 Richard McClurg, Staff Accountant  
 Wendy Rudder, Care Consultant  
 Karen Skelton, Administrator  
 Mary Varano, Bookkeeper

### Middletown

Donna Davies, Care Consultant  
 Janet Troia, Administrator

### New City

Inez Carling, Care Consultant  
 Maria Paliotta, Administrator

### Brewster

Stuart Greif, Program Development Specialist

### Purchase

Debra Kagan-Birkeland, Care Consultant  
 Nancy R. Day, Care Consultant  
 Terry Kean, Administrator  
 Erva Randolph, Administrative Assistant

### National Colleagues

Laura Ewing-Mahoney, Major & Principal Gifts

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## Among Friends

During September 2011, the Alzheimer's Association will observe the first annual *World Alzheimer's Month* with a month-long recognition of the global epidemic of Alzheimer's disease. Alzheimer's Disease International (ADI) has made this change globally. The currently-known World Alzheimer Day, September 21, will now be known as *Alzheimer's Action Day*. In keeping with the observance of World Alzheimer's Day during the past few years, ADI will release a global report focusing on data around the disease. This year the theme will be focused on stigma.



*Elaine Sproat*

What can you do to observe Alzheimer's Action Day? Visit [www.alz.org/facts](http://www.alz.org/facts) and share the 90-second video about the impact of Alzheimer's disease with your e-mail network or your network on Facebook or Twitter. Register for a Walk to End Alzheimer's event near you at [www.alz.org/walk](http://www.alz.org/walk) or by calling 1-800-272-3900. Hold a Purple Party to raise funds for our cause. Share the greatest challenge, frustration or concern you have about Alzheimer's that you want our National Alzheimer's Plan to address (see back page). Recommend that anyone you know who is coping with Alzheimer's disease contact the Alzheimer's Association's 24/7 Helpline at 1-800-272-3900 to find resources and support.

Or come up with your own unique way to help raise concern and awareness, to be an advocate, or to help fulfill our mission. Share your ideas by posting them on our Chapter's Facebook page or by contacting your nearest office.

*Elaine*

## John Fracasse & Rita McPeck Honored at A Night of Wine & Roses

On April 9 we celebrated the 15th anniversary of *A Night of Wine & Roses* by honoring **Rita McPeck** of KeyBank and **John R. Fracasse, Jr.** of Orange County Trust. Rita and John have participated on the Wine & Roses Planning Committee since its inception, and the evening was a testament to their dedication and passion for our cause.

Our thanks go out to all who made the evening a success, especially our superb Honorees, Event Chairs **Frankie Castella** and **Stacey Langenthal**, Planning Committee members **Maureen Kangas**, **Karen Lesperance**, **Kayleigh McPeck**, **Tim Tarpey**, **Stefani Timpano**, **Nancy Smith**, **Sheila Williams**, and **Tracy**



*John Fracasse & Rita McPeck, center, with Honorary Chairs Sen. Steve Saland & Linda Saland*

**Williams**, Honorary Chairs **Senator Steve Saland & Linda Saland**, Champagne Sponsor **KeyBank**, Chardonnay Sponsor **Health Quest**, Chablis Sponsors **Mobile Life Support Services**, **Orange County Trust**, and **Rhinebeck Savings Bank**, and Cocktail Reception Underwriter **St. Francis Hospital**.

# Chapter News

## Board Transitions

After five years, **Andy Sillin** is leaving our Chapter's Board of Directors and is looking forward to exploring new possibilities. Andy has been a passionate and committed advocate for the Alzheimer's Association, and he has served as Chair of the Public Policy and Board Development Committees, as well as Board Secretary. Thank you, Andy, for your dedication and service to our cause!

Joining the Board this summer are two new members.

**Carol Monteleoni** has both professional and personal experience with Alzheimer's disease and related disorders. As a hospital speech-language pathologist, she has provided clinical services to patients with language and swallowing impairment, and she has published and presented on issues related to dementia, as well as palliative care. Carol is also caregiver for a family member who has frontotemporal dementia. In her professional work and her experience as a caregiver, she has become aware of the need for improvement in services for people with dementia and wants to work toward that end. She lives in Olivebridge, in Ulster County.



Carol Monteleoni



Heather Worzel

**Heather A. Worzel** is Assistant Vice President of Jeffersonville Bank and Sales Coordinator for their 12 branches, as well as Branch Manager of the Loch Sheldrake Branch in Sullivan County. She is also President of Sullivan County Professional Women. Heather has participated in many community activities, including past Alzheimer's Association Walks. She has also been involved in the care of two family members, as well as family friends who suffered from Alzheimer's. She comes to the Board because she wants to have a positive impact on the lives of others.

Board members **D.A. Abrams**, **Donna Maria Blancero**, and **Christina Horsford** were elected for a second two-year term, and **Karen Lesperance** for a third term.

Officers elected for FY12 are **Karen Lesperance**, Chair; **Andy Cahn**, 1st Vice Chair; **Neil Klar**, 2nd Vice Chair; **Jim McEvoy**, Treasurer; and **Fran Pantaleo**, Secretary.

We extend a warm welcome to our new Board members and congratulations to all.

## Interns Help Us Achieve Our Goals

Our Chapter recently welcomed three summer interns. **Steven Grande**, a Human Services intern from Mount Saint Mary College, will be working in the Orange/Sullivan Regional Office. **Hillel Lowinsky**, a senior at SUNY New Paltz majoring in psychology, is working in the Dutchess/Ulster Regional Office. And **Nadine Kedrus**, who graduated from Dickinson College with a B.A. in Spanish Language and Literature and who has volunteer experience with Hospice and an Adult Day Program, as well as graduate courses in social work and in Aging Studies, will be interning in the Westchester/Putnam Regional Office. We are happy to have all of these wonderful volunteers aboard!

We sadly said goodbye to intern **Lisa Truffi** who graduated from MSMC, as well as **Kelly Murphy** and **Kristen Besler**, from SUNY New Paltz. They were outstanding interns and it was a privilege to supervise their learning experience.

## Chapter Welcomes New Staff Member

We are pleased to introduce **Nancy Day**, LCSW, who joined the Alzheimer's Association staff as a Care Consultant in our Westchester/Putnam Regional Office in April.



Nancy R. Day

Nancy earned her MSW at Columbia University and had a private practice providing medical psychotherapeutic support to patients and families in Westchester for over 20 years. More recently, she worked for eight years as Patient Services/Community Outreach Manager for the Leukemia & Lymphoma Society, with a range of duties similar to those of Alzheimer's Association Care Consultants.

Though Nancy's professional experience to date has not focused specifically on Alzheimer's, she has had the personal experience of caring for a parent with the disease. She feels privileged to be part of a team of dedicated people offering strength to those who deal with the many challenges of this devastating disease.

We say a fond farewell to **Ellen Imbiano**, LMHC, who worked with the Alzheimer's Association for more than six years, and wish her all the best as she begins a private practice.

### Know Your Charity

Many charities have the word "Alzheimer's" in their name. If you receive a solicitation and wish to support our mission, please ensure that the name "**Alzheimer's Association**" is present in combination with our purple trademark logo.

We thank you for your generosity.

## Alzheimer's Association Summer Programs

Our Chapter offices have planned the following educational programs and activities for the summer. *Unless otherwise indicated, all programs are open to the public and free of charge, but registration is required.*

### Dutchess/Ulster

“*Keeping Fit from the Neck Up*” will be offered in both Dutchess and Ulster Counties:

♦ at Pleasant Valley Town Hall, 1554 Main Street (Rt. 44), Pleasant Valley, NY from 11 a.m. to 12 noon on **Tuesday, August 9**, following the “Brain Games” program offered by the Dutchess County Division of Aging Services at 10:30 a.m. To register, please call 845-471-2655.

♦ at Gardiner Library, 133 Farmer's Tpke., Gardiner, NY, from 3 p.m. to 4:30 p.m. on **Thursday, September 15**. To register, call the Alzheimer's Association at 845-471-2655.

“*Is it a Senior Moment, or Alzheimer's?*” will be offered as part of the Ulster County OFA's Live Laugh & Learn Program at the Business Resource Center, 1 Development Ct., Kingston, NY, on **Friday, August 19** (time TBA). The program is free, but registration is required. To register, call Christine Noble at the Ulster Co. OFA, 845-340-3456.

“*Know the 10 Warning Signs: Early Detection Matters*” Wendy Rudder, LCSW, will present this workshop on **Wednesday, Sept. 21**, 1 p.m.-2:30 p.m., at the Howland Public Library, 313 Main Street, Beacon, NY. To register, call the Alzheimer's Association at 845-471-2655.

### Orange/Sullivan

Three educational programs will be offered in Orange and Sullivan Counties this summer. You can register for any of them by calling the Alzheimer's Association's Orange/Sullivan Regional Office at 845-695-2247.

“*Know the 10 Warning Signs: Early Detection Matters*” will be presented at Highland Mills Methodist Church, 654 Route 32, Highland Mills, NY on **Tuesday, July 12**, 7 p.m. - 8 p.m.

“*Making Sense of Challenging Behavior*” will be presented at Valley View Center for Nursing Care, 3 Glenmere Cove Road, Goshen, NY from 12 p.m. to 1 p.m. on **Thursday, July 21**.

“*Basics of Alzheimer's Disease*” will be presented at Catskill Regional Medical Center (in Board Room A, 2nd floor, Ambulatory Services Bldg.), 68 Harris-Bushville Road, Harris, NY, from 1 p.m. to 2 p.m. on **Thursday, August 11**. This program is co-sponsored by the CRMC Health Information and Library and the Adult Day Health Program. Light refreshments will be served.

### Rockland

The Rockland staff will offer three programs this summer:

♦ “*Caring for the Caregiver*” will be presented on **Thursday, July 20**, 2:30 p.m. - 4 p.m.

♦ “*Keeping Fit from the Neck Up*” will be presented on **Wednesday, August 10**, 6:30 p.m.-8 p.m.

♦ “*Know the 10 Warning Signs: Early Detection Matters*” will be presented on **Tuesday, September 13**, 2 p.m. - 4 p.m.

All three programs will be held at the Alzheimer's Association's Rockland Regional Office, 301 N. Main Street, Suite 7, in New City, NY.

To register, please call the Office at 845-639-6776.

### Westchester/Putnam

Three educational programs will be presented this summer at the Alzheimer's Association's Westchester/Putnam Regional Office, 2900 Westchester Avenue, Suite 306, in Purchase, NY:

“*An Orientation to Early Alzheimer's Disease*” will be held on **Thursday, July 21**, from 10 a.m. to 11a.m.

“*The Art of Communication*” and “*Making Sense of Challenging Behavior*” will be the topics of a program held on **Thursday, August 18**, from 10 a.m. to 11 a.m.

“*Community Resources for Caregivers*” will be discussed on **Thursday, September 15**, from 10 a.m. to 11 a.m.

To register for any of these programs, please call the Alzheimer's Association at 914-253-6860 by the Wednesday preceding the program.

Save the date! **Neu Experiences in Art**, an interactive program for people with Alzheimer's disease and their care partners, will resume after a summer break. The next program, held at the Neuberger Museum of Art in Purchase, NY, is scheduled for **Thursday, September 15**, 2 p.m. - 3 p.m. For more information, contact the Alzheimer's Association, 914-253-6860.

### Webinar

The Alzheimer's Association and the Healthcare Communication Project, a non-profit helping individuals assume an active role in their healthcare, will offer the live Webinar “*Is it a Senior Moment, or Alzheimer's?*” on Thursday, July 28, at 3 p.m. There is a \$10 fee to participate. For a link and more information, call Wendy Rudder, 845-471-2655.

## Caregiving

### Care Consultant's Corner: Annual Wellness Visits

By Wendy Rudder

Although this has been a year of unprecedented cuts to budgets and programs, there is one piece of good news in the form of *The Affordable Care Act*, which took effect on Jan 1, 2011. This new legislation allows Medicare coverage for an Annual Wellness Visit for all Medicare beneficiaries who have been enrolled beyond 12 months. This Wellness Visit requires that the healthcare provider conduct a variety of examinations and assessments, including detection of any cognitive impairment. An additional screen for depression (which is very common in people with dementia) is included, as well. This is great news for anyone who is concerned about memory loss or who has a loved one that is showing signs of memory loss or cognitive decline.

When a concerned physician called looking for information about the Cognitive Impairment Screen after her patient had requested it during a visit, we at the Alzheimer's Association decided to undertake the task of polling local physicians and healthcare providers to determine if they are conducting the cognitive screens, and which tools they are using.

The national office of the Alzheimer's Association has created a Fact Sheet about the Annual Wellness Visit, as well as a workgroup charged with providing tools and suggestions about what primary care physicians should do.

According to the Centers for Medicare & Medicaid (CMS), the recommendations for conducting the cognitive screening as part of the annual wellness visits should include "an assessment of an individual's cognitive function by direct observation, with due consideration of information obtained by way of patient report, concerns raised by family members, friends, caretakers or others." In other words, input from spouses, family members and other caregivers is an integral part of the assessment process, as it should be.

While the Mini-Mental State Exam (MMSE) is perhaps the most common, it is not the only screening tool available to assess a person's cognitive abilities. Various other screening tools are available, such as the Saint Louis University Mental Status Examination (SLUMS) used by the Department of Veterans Affairs, and the Montreal Cognitive Assessment (MOCA) designed by Z. Nasreddine, M.D. (which can be accessed at [www.mocatest.org](http://www.mocatest.org)).

If you have any questions or concerns about the Cognitive Impairment Screen or the Annual Wellness Visit, or a personal experience that you'd like to share, we would welcome your input. Please call the Dutchess/Ulster Regional Office at 845-471-2655, and ask for Wendy Rudder.

### Long-Term Care Facilities See Value in Staff Training

Kudos to the VA Hudson Valley Health Care System! We would like to congratulate the staff from both the **Castlepoint and Montrose Community Living Centers** who completed the Alzheimer's Association's full 21-hour *Foundations of Dementia Care* training. *Foundations of Dementia Care* (FDC) is classroom training based on the Dementia Care Practice Recommendations of the Alzheimer's Association Quality Care Campaign. The FDC training program is field-tested to help long-term care facilities achieve longer-lasting, more consistent results. Long-term care staff learn essential skills for dementia care through role-playing exercises and lively discussions using realistic film clips and case studies. Congratulations to the VA for recognizing the importance of staff training!

We would also like to recognize **Catskill Regional Medical Center**, the first agency in Sullivan County to provide *Foundations of Dementia Care* training to their staff. Over 60 staff from their Skilled Nursing Facility and Adult Day Health Program participated in a 3-hour training this spring. Thanks to Kathy Anderson, RN, for her leadership role in recognizing the value that staff training provides in enhancing patient care and improving staff skills and satisfaction, and in reaching out to the Alzheimer's Association for support in providing that training.

### Alzheimer's Association to be Honored

The Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter will be honored with the Elant Signature Award at the 10th annual Elant Polo Picnic, to be held from 1 p.m. to 4:30 p.m. on **Sunday, September 11**, at the Blue Sky Polo Club in Middletown, NY.

The Polo Picnic is an elegant day beginning with a tribute to 9/11, a cocktail hour, new formatted Tapas dining, the polo match, the traditional polo hat contest, and then a silent and live auction.

The event benefits the Elant Foundation, a not for profit corporation that is the fund raising arm of Elant, Inc. The Foundation's mission is to garner financial resources to fund initiatives that enable their staff to enhance the quality of life of those they serve.

For ticket information, visit [www.elantfoundation.org](http://www.elantfoundation.org), or call 845-360-1410.

## Advocacy

### Advocates Call on Congress

Alzheimer's Association advocates from around the country donned purple sashes for visits to Capitol Hill on the final day of the Alzheimer's Association Advocacy Forum, May 17. They met with elected officials and their staffs to ask for support of legislation to make Alzheimer's disease a national priority.

At an early morning meeting, rain greeted a large delegation of more than 50 New York advocates as they took to the Hill. A record number of 23 people represented the Hudson Valley/Rockland/Westchester, NY Chapter. They met first with Senator Kirsten Gillibrand (D-NY) to emphasize the need for legislation that will not only help those living with the disease, but caregivers as well.



*The New York State delegation meets with NY Senator Kirsten Gillibrand*

Advocate Andy Cahn began the New York group's presentation by speaking about both the human and financial costs of the disease. He asked the Senator for her support for the *HOPE for Alzheimer's Act* and the *Alzheimer's Breakthrough Act*.

*The Health Outcomes, Planning and Education (HOPE) for Alzheimer's Act* is legislation that will improve care and outcomes for Americans living with Alzheimer's disease and their caregivers by improving access to diagnosis, providing care planning, and ensuring medical record documentation.

The *Alzheimer's Breakthrough Act* bill would help strengthen the federal commitment to Alzheimer's research and create public-private partnerships to develop treatments and a cure.

Senator Gillibrand, a member of the Senate Committee on Aging and the Bipartisan Congressional Task Force on Alzheimer's Disease, assured advocates that they had her backing.

"I will support all of your legislation," said Senator Gillibrand. "I will dedicate myself to getting the dollars you need for



*Advocate Andy Cahn, Chapter Board member, delivers our message while meeting with Senator Gillibrand*

"I will support all of your legislation," said Senator Gillibrand. "I will dedicate myself to getting the dollars you need for research, care and support for friends and family members with the disease."

research, care and support for friends and family members with the disease."

After meeting with Sen. Gillibrand, advocates met with a staffer in Sen. Chuck Schumer's office who had dealt with Alzheimer's in her own family when her grandmother was diagnosed. Small groups then met with their representatives in the House.

This year, the troops that traveled from our Chapter to the Washington, DC Forum included 15 individuals from Westchester County. Their record effort earned front page coverage and photographs in the *Journal News*. "We've got to tell them and shake them up – this disease will devastate everybody," said Lydia Panaro of New Rochelle.

***You, too, can help change the outcome of Alzheimer's disease. Join us as an advocate, or become an ambassador to a member of Congress or to one of your State elected officials. The end of Alzheimer's disease starts with you. For more information, contact Michele Muir at 1-800-872-0994 or [michele.muir@alz.org](mailto:michele.muir@alz.org).***

## Summer Programs / Research

### Join Us for Summer Activities!

*Please note: The programs below are open to all individuals with Alzheimer's disease and their care partners, no matter their county of residence.*

#### Orange County

##### **Music Socialization Program**

This program is for individuals diagnosed with Alzheimer's disease or a related disease and their family caregivers to meet new friends and socialize in a safe environment. A program is held on the 2nd Friday of every month from 2 p.m. to 3:30 p.m. at the New Harvest Christian Church, 1230 Route 94, Vails Gate, NY. To reserve your place, call the Orange/ Sullivan Regional Office at 845-695-2247.

#### Rockland County

##### **Life's Journey Equine Therapy**

Join us for an interactive program that includes an orientation tour of the barn, pail feeding, and hands-on grooming. An overall horse experience! Programs will be held this summer on the first Thursday of each month (July 7, August 4, and September 1) from 10 a.m. to 12 p.m. at Ramapo Equestrian Center, 1152 Haverstraw Rd. (Route 202), Suffern, NY. Please reserve early by calling the Alzheimer's Association at 845-639-6776. There is a cost of \$10 per couple per session.

**Pizza Meet and Greet** - 12 p.m. - 1:30 p.m., Thursday, August 25, at Cicero's Pizza, 69 Bardonia Road, Bardonia, NY.

#### Westchester County

**Alzheimer's Action Day Celebration of Art** – especially for those with early Alzheimer's and for caregivers! Noon to 5 p.m., Wednesday, September 21. Call us at 1-800-872-0994 for more information.

**Molding Memories in the Clay Studio**, presented by the Alzheimer's Association and the Clay Art Center. Create in clay! Studio sessions designed especially for persons with memory loss, with separate sessions for those who are caregivers, will begin in September at the Clay Art studios in Port Chester, NY. Call 1-800-872-0994 for more information.

#### Sunday Social Programs

Sunday Social Programs offer music, food and an opportunity to maintain social contacts in a comfortable atmosphere. The programs will be held at Burke Rehabilitation Ctr. (Rosedale Room, Bldg. 4, 2nd Floor), 785 Mamaroneck Ave., in White Plains, NY, from 12:30 p.m. to 3p.m. on **July 10, August 14,** and **September 25**. The Socials are free of charge. Space is limited to three persons per family. To reserve your place, call 914-253-6860 by the Monday preceding the Social.

### Families and Physicians Must Weigh Acceptable Drug Risks

A consumer advocacy group, Public Citizen, has called for the removal from the market of a drug that has been approved by the U.S. Food and Drug Administration (FDA) for treatment of Alzheimer's disease, citing additional side effects compared with a lower dose version of the same drug, without additional clinical benefits.

The Alzheimer's Association respects the critical role of the FDA as the expert regulatory agency responsible for evaluating the safety and efficacy of new therapies and diagnostics. Even after a treatment has been approved by the FDA, the agency has mechanisms in place so that treatments continue to be monitored for their effectiveness and safety.

All drugs have side effects. Because of the severity and all-encompassing nature of Alzheimer's disease, people seeking treatments are often looking for any and every potential opportunity for benefit. Individuals and their families, with their physician, must together determine what course of treatment is most worthwhile for them based on individual needs, including willingness to accept risk – and there is desperate need for more treatment options.

We urgently need earlier detection and better treatments for Alzheimer's, a devastating, heartbreaking, and fatal disease. This requires a greater commitment to research – increasing funding for Alzheimer's research and recruiting more volunteers for Alzheimer's clinical trials.

#### **TrialMatch™ - 1-800-272-3900, ext. 1**

Alzheimer's Association TrialMatch™ is a free service that makes it easy for people with Alzheimer's, caregivers, families and physicians to locate clinical trials based on personal criteria (diagnosis, stage of disease) and location.

More than 100 research studies pertaining to Alzheimer's disease and related dementias are under way and recruiting volunteers. Alzheimer's Association TrialMatch™ lets you search these trials quickly and easily. It also narrows results to those trials where there is a reasonable chance to be accepted for enrollment.

Participation in clinical studies provides an opportunity to advance and accelerate medical research and to contribute to the better health of future generations.

**Trial participation will help in developing the next generation of Alzheimer's treatments.**

# 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.

#### **New group: Hyde Park**

Victory Lake Nursing Home  
1st Wed., 5 p.m.

#### **Poughkeepsie**

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

#### **Rhinebeck**

**New location:** Starr Library  
**New time:** 2nd Mon., 7 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.

#### **\*\* Middletown**

Hand-in-Hand Care, 25 Myrtle Ave.  
3rd Wed., 11 a.m.

#### **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, 845-695-2247

### **ULSTER COUNTY**

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

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

#### **New group: 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  
Call for info, 914-253-6860

#### **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**

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

#### **Somers**

1st & 3rd Mon., 1-2:30 p.m.  
Call for info, 914-253-6860

#### **Yonkers**

Classic Residence  
Call for info, 914-253-6860

### **EARLY-STAGE GROUPS**

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

### **ORANGE COUNTY**

Donna Davies, 845-695-2247

### **DUTCHESS COUNTY**

Meg Boyce, 845-471-2655

### **ROCKLAND COUNTY**

Inez Carling, 845-639-6776

### **ULSTER COUNTY**

Wendy Rudder, 845-471-2655

### **WESTCHESTER COUNTY**

Debra Kagan-Birkeland,  
914-253-6860

## **New Early-Stage Alzheimer's Support Groups**

We are delighted to announce that there are now two Early Stage Support Groups in Orange County. One meets at the Desmond Estate in Newburgh and the other, starting in June, will meet in the Alzheimer's Association's Orange/Sullivan Regional Office in Middletown.

Additionally, a new early-stage support and socialization group will soon begin in Ulster County.

If you or someone you know would be interested in attending the new group in Middletown, please contact Donna Davies, LCSW, at 845-695-2247.

Individuals interested in the new early-stage group in Ulster County should contact Wendy Rudder, LCSW, at 845-471-2655.

## **Don't See a Support Group in Your Area?**

We are interested in hearing from you if you don't see a group you can attend.

To express interest in a new group, please call us at 1-800-272-3900.

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

## Spotlight on Volunteers

### Young Advocates Raise Awareness about Alzheimer's

More and more young people are making their mark as Alzheimer's champions. In our last issue, we shared the views of Deborah Fishman, Marlee Topkis, Kristen Besler, and Sabeen Kahn. Early in June, Sabeen, founder of an Alzheimer's awareness club at Edgemont High School, and club member Jessica Soriano joined together with other area high school students to brainstorm activities.



Members of Alzheimer's awareness clubs include (L to R): Jessica Soriano, Sabeen Kahn (Edgemont High School); Regina-Grace Mackin, Kayla Sullivan (Arlington High School); & Max Levy, Alex Nick, Chad Friedberg & Sam Potash (Byram Hills High School)

All plan to form teams in the *Walk to End Alzheimer's™* this fall and to volunteer on Alzheimer's Action Day on September 21. But that's not all. Several students expressed the sadness of watching beloved grandparents lost to Alzheimer's disease, and want others to learn how to be useful to the cause. They plan regular visits to assisted living facilities, a showing of *The Alzheimer's Project*, and a fund-raising ping pong tournament.

### Alzheimer's Association Volunteers Honored at Spirit of Dutchess Event

Three Alzheimer's Association volunteers--**Tom Bauer**, **Ryan Stewart**, and **Tim Tarpey**--were among the 24 outstanding individuals honored by United Way of Dutchess County and Hands On! The Hudson Valley at this year's Spirit of Dutchess County Awards Luncheon at the Poughkeepsie Grand Hotel.

Tom, Ryan, and Tim received certificates recognizing their outstanding volunteerism from Don Hammond, President and CEO of United Ways of Dutchess and Orange Counties, and Regina Neff, Board Chair of Hands On! The Hudson Valley. Congratulations!

### Best Wishes, Marianne!

Best wishes to **Marianne O'Brien**, who is moving out of the area. Marianne, a registered nurse, has facilitated a caregiver support group in Goshen for the past ten years. Additionally, she has helped with numerous events, including the Alzheimer's Association Walk and our Wine & Music Fest.



Marianne O'Brien, 4th from left, with some members of her support group--L to R, Ginny Piccirilli, Sharon O'Connell, Alice Nuzzolese, Agnes Cresce, and Carol Castellanois

Marianne, thank you for your many years of service as an Alzheimer's Association volunteer. You will be greatly missed.

### Thank You!

♥ To **Lydia Panaro** and **Harry Grier** of Mamaroneck, **Alana Sweeny** of Mahopac, **Andy Cahn** of Armonk, **Dr. Joyce Simons** and **Rene Simons** of New City, and **Dr. Larry Force** of Newburgh's Mount St. Mary's College,



who are serving as Alzheimer's Association Ambassadors. Ambassadors are special liaisons to Members of the U.S. Senate and House of Representatives, and they deliver our public policy message.

♥ To **Joanne & Dave Rocket**, who designated the Alzheimer's Association as the recipient of proceeds from a benefit auction at the Rockland Motorsports Show. Thanks also to **Carole & Clayton Hager**, our two awesome volunteers who distributed information at the show.

## Upcoming Special Events

### Get your tickets now for the Alzheimer's Association's 5th Annual Wine & Music Fest!



If you're looking for an enjoyable night out, you can't beat the Alzheimer's Association's annual Wine and Music Fest!

This year's event will be held on **Friday, July 22**, from 7 p.m. to 10 p.m. at Warwick Valley Winery, 114 Little York Road, in Warwick, NY.

The music line-up includes Joe D'Urso & Stone Caravan and Dr. Dean and the OC Boys.

Tickets are just \$25 and include an open wine bar and the opportunity to bid on a wonderful array of silent auction items. Gourmet pizzas, salads, and other fare will be available for purchase during the evening.

For more information, please contact Janet Troia at 845-695-2247 or [janet.troia@alz.org](mailto:janet.troia@alz.org).

### Luminary Ceremony Marks Alzheimer's Action Day

Join us on **Wednesday, September 21**, Alzheimer's Action Day, for our *6th Annual Luminary Ceremony: A Commemorative Candle Lighting*.

The ceremony will take place at 7:30 p.m. at Mahopac Chamber of Commerce Park, corner of Rt. 6 and Rt. 6N, Mahopac, NY.

Luminary candles are \$10 each or 3/\$25. To purchase luminaries or obtain more information, please contact Terry Kean, 845-278-0343 or [terry.kean@alz.org](mailto:terry.kean@alz.org).

### Look What's Been Added to the Alzheimer's Association's 13th Annual Golf Tournament!

Golf or tennis, anyone? We are delighted to announce that a Tennis Tournament will take place concurrently with the Chapter's 13th annual Golf Tournament, to be held at Elmwood Country Club in White Plains, NY, on **Monday, September 12**.

Please plan to join us! The day will include a delicious brunch, followed by a day of golf or tennis, cocktails & hors d'oeuvres, a BBQ style dinner, and prizes and awards. Best of all, you'll enjoy a fun-filled day with friends, old and new, while joining in the fight to end Alzheimer's!

The golf event is co-chaired by founders **Ron Sylvestri**, Senior Vice President of Hudson Valley Bank, and **Donna Sylvestri**, President of Madison Home Management. Chairing the 1st annual Tennis Tournament is **Jeff Abrandt** of Goldfarb, Abrandt, Salzman & Kutzin, LLP.

Opportunities are available for sponsors, underwriters, court sponsors, tee and green sponsors, and of course individual players. For more information, or to register for either event, please contact Terry Kean at 914-253-6860 or [terry.kean@alz.org](mailto:terry.kean@alz.org).



### And Look, There's More!

♦Bikers! It's the first annual Baptist Home Bike Rally, **Saturday, July 16**, 11 a.m. - 4 p.m. (rain date, July 17). The Baptist Home, 46 Brookmeade Dr. (Rt. 308), Rhinebeck, NY. \$20 per person includes food and music. For more information, contact Doug Blancero, 516-659-1291 or [dblancero@gmail.com](mailto:dblancero@gmail.com).

♦Bargain hunters! A Tricky Tray--also known as a penny social--will be held on **Saturday, July 23**, at the Delaware Valley Youth Center, 8 Creamery Road, in Callicoon, NY. Doors will open at 11:30 a.m., with calling of winners at 1 p.m. sharp. For more information, call the Alzheimer's Association at 845-695-2247.

♦Hikers! The Army of Change II wants YOU ... **Saturday, July 30**. Help raise this cause to new HEIGHTS by joining hundreds of advocates from across the country hiking Mount Washington, NH, the highest peak in the Northeast. To learn more, visit <http://2011ArmyofChange.kintera.org/AlzheimersAssociation>

♦Cyclists! ChainReaction, a group of community volunteers, has organized a 2-day Cycling Event, **Friday, August 5 - Saturday, August 6**, from Chappaqua to SUNY New Paltz. A Registration fee of \$125 includes food and lodging. To register, volunteer, fundraise or support the cause through this event, visit <http://2011AlzStars.kintera.org/ChainReaction>

♦Boulders Fans! Join us for a night of baseball and fireworks, and watch the Rockland Boulders play the NY Federals on **Saturday, August 13**, starting at 7:05 p.m. at Provident Bank Park in Pomona, NY. Purchase tickets for just \$12 at [www.rocklandboulders.com](http://www.rocklandboulders.com). Click on "Promotions," go to "Fundraiser Tickets," then click on "Alzheimer's Association."

# Memorials & Tributes

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 1/1/11 to 3/31/11.

## Memorials

Artie Ainsworth  
Hilda Angenbroich  
Arnold Aronson  
Jane Astrachan  
William Baker  
Terry Ballen  
John Joseph Bellarossa  
Viola Benjamin  
Isabelle Bohlinger  
Gladys Bopp  
Dr. Louis Bornstein  
Capt. Thomas J. Bradley  
Veronica Brady  
Alvin Braff  
Mary Brandeis  
Theresa 'Tess' Brinckerhoff  
Roy Brinkerhoff  
Eileen Brunning  
Theresa Bubser  
Sollie Buonincontri  
John Carroll  
Sheila Carroll  
Eleanor Casey  
Anthony Castellano  
Karl 'Jake' Charter  
Ramon Chirino  
Stephen Clifford  
Harriet Cohn  
Art Lee Collier  
Lilly Collins  
Helen Colquhoun  
Nicholas Conti, Jr.  
Dolores Cord  
Mildred Cote  
Theresa Cullinan  
Genevieve Dembicki  
Thomas Deppert  
Felicina Dilauro  
Raymond Dolan  
Yente Bas Dovid Ber  
Wolodymyr Dutka  
Josephine Edmonds  
Marion Lefkin Eisenberg  
Beatrice Erlich  
Mildred Falk  
Eunice Farina  
Frank A. Ferraro  
Margaret Fitzpatrick  
Melvin Flasker  
Betty Francisco  
Dorothy Fredette  
Harvey Friedman  
Frances Gallagher

Emanuel (Manny) Gantz  
Laurette Gatje  
Bernie Gaughran  
George Gettings  
Michael Gillen  
Ida Glasner  
Greta Gold  
Eileen Goodman  
George Gorran  
Gail Gould  
Carmelita Grieco  
Helen Halpern  
Maurie Harding  
Lillibelle Hayes  
Martin Hernowitz  
Clarice Herrmann  
Dr. George Hooper  
Adrienne Hordell  
Hermantide Hubert  
Fay Hurwitz  
Lucy Iuzzolino  
Samuel Janus  
John Kastberg  
Jeanne Kerns  
Harriet Kessler  
Joyce King  
George Klischer, Jr.  
Helen Koenig  
Geraldine Kramer  
Leonard Kronick  
Joseph Kurlander  
Vera La Bella  
Paul Edward Landis  
Theresa Laquadra  
Frances Laquaglia  
Sally Mae Lauria  
Daniel Lo Russo  
Chung Louie  
Harold Marr  
Mary Marro  
Ann Misenhimer  
Eva Mitchell  
Thomas Muscente  
Doris Kirsch Neale  
Michael Newman  
Jay Novins  
Eileen O'Halloran  
J. Russell Paden  
Dolly Pagnanella  
Joseph 'Sonny' Parrillo  
Carmella Pereira  
Catherine Peterson  
James Pelletier  
Peter Petrowicz  
Concetta Picarelli

Charles 'Hatch' Pierce  
F. Webster Pierce  
Irwin Pincus  
Allan Plasker  
Elfio 'Al' Politi  
Diane Rabbitt  
Casey Rabito  
William Reyman  
Shirley Rhoades  
Phillip Ricks  
Betty Rifenburg  
Julia Rigothi  
Alice Rocha  
Adele Rohrllich  
Goldy Rosenblatt  
Aron Rosenthal  
Marjorie Ryan  
Carmel Salemo  
Anne Sarett  
Anna Satoris  
Mrs. Charles Sauerbier  
David Sayles  
Mattie Schachter  
Alfred Schechter  
Dr. Alan Scheer  
Adrienne Schlosberg  
Harold A. Segall  
Helen Senitta  
Gabriel Senior  
Vivian Sepulveda  
Kathryn Shafer  
Murray Shertzer  
James Short  
Joan Sillin  
Michael Silvestri  
Laurentino Simoes  
Helen Solomon  
Donald Stone  
Lillian Stouffer  
Millie Straub  
Stephen Sumski  
Lawrence Thompson  
Robert J. Tompkins  
Harald Torsoe  
Dorothy Urgenson  
Marie Rose Van Demark  
Angel Vargas  
Janet Verdibello  
Mary Fleming  
Ruth Weinstein  
Ruth Weltman  
Edward Westervelt, Sr.  
Arthur White, Sr.  
Marjorie Woodside  
Mary Zovinka

## Tributes

Joann & Lionel Arfin  
Stephanie Cohen  
Paul Fariello  
Charlotte Keston,  
on her birthday  
Dr. & Mrs. David Kraushaar,  
on their 50th Anniversary  
Mr. & Mrs. Philip Lodewick  
Paulita Rodriguez,  
on her 98th birthday  
Marj Simon,  
on her birthday  
William Stein,  
on his 90th birthday  
Minnie Virgilio

## In Memoriam Priscilla Lowery

Nov. 26, 1926 - Apr. 18, 2011



*Priscilla Lowery*

We were saddened to learn of the death of Priscilla Lowery, long-time Alzheimer's Association volunteer and staff member in Rockland County. Priscilla served as a Board member and later as the sole staff person of the former Rockland County Chapter. She worked part-time with the merged chapters through 2005 and continued to serve as an office volunteer and support group leader after her retirement. Our deepest condolences go to her children, Joyce Kane, David Lowery, and Jonathan Lowery.

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Poughkeepsie, NY 12601-4060

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[www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley) (chapter web site)  
[info@alz-hudsonvalley.org](mailto:info@alz-hudsonvalley.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

*If you no longer wish to receive this newsletter or would prefer to receive an electronic copy, please let us know! Your call will help us keep our mailing list up to date.*

## Your Input Sought on NAPA

In January, thanks to the efforts of Alzheimer's advocates across the country, President Obama signed the National Alzheimer's Program Act (NAPA) into law. NAPA requires that the federal government create a strategic plan to address the Alzheimer's crisis. But the value of this victory depends on what happens as the plan is implemented.

### **Officials creating the National Alzheimer's Plan need to hear from people like you!**

The Alzheimer's Association's campaign, *The National Alzheimer's Project: From Act to Action* is designed to ensure that federal officials hear directly from Americans across the country about what they expect to be addressed in the National Alzheimer's Plan.

One way we are gathering public input throughout this campaign is through a special web portal on the Alzheimer's Association website: [alz.org/napa](http://alz.org/napa). Anyone with access to the Internet can

provide input through this channel.

You are invited to share the greatest challenge, frustration or concern you have about Alzheimer's that you want the National Alzheimer's Plan to address. If you like, you can even share your input by a video that you have recorded.

Another way of gathering public input will be through in-person public input sessions held across the country. The Alzheimer's Association held the first of these at the Advocacy Forum in May, with over 600 advocates who attended the Forum from across the country participating.

**National Alzheimer's Project Input Sessions will be held locally in the month of August.** Please check our web site, [alz.org/hudsonvalley](http://alz.org/hudsonvalley), or call us at 1-800-272-3900 for details. These sessions will send an unmistakable message to our local members of Congress, the Administration, and



*Mary Ann Ragona, of our NYS delegation, speaks at the Advocacy Forum input session*

our communities that we are determined to see the National Alzheimer's Project implemented to its full potential.

Based on input gathered through [alz.org/napa](http://alz.org/napa), at the Advocacy Forum input session, and at the August public input sessions, the Alzheimer's Association will issue a public report that will be delivered to the Administration and Congress this fall.

**We encourage you to add your voice!**