



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, 2009

Wanted: Alzheimer's Champions

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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.

Alzheimer's Champions urgently needed to build relationships with state legislators and members of Congress. Travel to district offices, to Albany, or to Washington, D.C. Benefits include being part of an amazing group of volunteers, raising awareness about Alzheimer's disease, learning about state and federal policy issues, and helping to make the Alzheimer's Association the top-of-mind agency in the fight against Alzheimer's.

Now more than ever, we need your VOICE to speak out about Alzheimer's disease for increased research funding, support programs and services. Once our new President and Members of Congress are inaugurated, we need to tell them to make Alzheimer's a national priority.

You may remember that retired Justice Sandra Day O'Connor took on an advocacy role in early 2008, as she spoke out for the first time about her husband's Alzheimer's. She told senators on the Special Committee on Aging last May that the disease takes a "staggering toll" on families and said, "our nation is certainly ready to get deadly serious about this deadly disease." Her voice cracked that day as she referred to her "beloved husband," John, and how he is "not in very good shape." That same day, hundreds of advocates swarmed the hearing room on Capitol Hill, supporting the testimonies given to the Special Committee.

Advocacy is a key component of our identity as the Alzheimer's Association. Our work in public policy moves our concern for persons with Alzheimer's disease and their families out of our homes and into the capitals of every state, and into the offices of virtually every U.S. Senator and Representative, even into the White House. The payoff has been phenomenal in the past: substantial increases in federal research funds, growth in state supported

services, and improvements in the quality of care for those in nursing homes.

Telling legislators what we want for our loved ones with Alzheimer's is not only do-able, but also necessary. Who better to speak about the need for increased funding for research than someone in the early stage of the disease? Who better to illustrate the need for home and community-based services than a caregiver? Who better to explain the need for adequate training for skilled caregivers or law enforcement personnel than those who deal with this devastating disease first-hand?



Champion advocate Arthur Sack pauses during an interview with Dr. Michael Wodka at a live broadcast on WTbQ-FM. Their discussion covered Arthur's first-hand experiences, the advances being made, and hopes raised by clinical trials of new treatments for Alzheimer's.

In fact, we already possess the skills we need to be advocates. Every time family members have fought for medical care, or for proper treatment of their loved one, they have been advocates. The transfer of these important skills to public policy activities is a natural next step.

(Continued on Page 2)

Chapter News

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Among Friends

What does it feel like to be living with a brain disease that has no cure? To Whom I May Concern[®], a play performed by members of two of our early-stage support groups, captured those very feelings. It was a privilege to be in the audience, and it was heartening to realize that more and more people are finding the courage to speak out about the disease and to share that they have this diagnosis.



Elaine Sproat

The script, based on letters written by members of the support groups, was coordinated by Maureen Matthews, R.N., Ph.D. In Maureen's words, "Voices that are lost or silenced through the shame or embarrassment of dementia become strong and clear when shared with people who understand." The audiences, totaling more than 200, were enriched and deeply moved by the performances.

To Whom I May Concern[®] is one of several programs and services our Chapter has been bringing to persons in the early stages of disease. And like almost all our programs for family members and caregivers, our programs and services for early-stage individuals are offered free of charge.

I would like to take the opportunity to thank our caring contributors whose generosity makes these programs possible. Seventy-eight percent of our Chapter's revenue comes from individual donors through Memory Walk and other special events, memorial gifts, employee charitable contributions campaigns, end-of-year giving, and bequests and other planned gifts. Thank you also to the foundations, businesses, and legislators whose grants and sponsorships have supported our work. We are especially grateful for the contributions made this year, in the face of a challenging economic climate, when the availability of free services is a necessity.

On behalf of our staff and our Board of Directors, best wishes for a very happy holiday season. As we **MOVE** our cause forward in 2009, may your heart be **OPEN** and your **VOICE** be strong.

Elaine

Elaine Sproat

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Don't miss two important opportunities to join us in advocacy:

NYS Advocacy Day in Albany - Tuesday, February 10, 2009

- ◆ We will charter buses, provide position papers and talking points, and arrange appointments with legislators in each district so that you, along with other volunteers and staff, can deliver an in-person message.

21st Public Policy Forum in Washington, D.C. - March 23-25, 2009

- ◆ Joining advocates from every corner of the USA, we will learn about the federal issues impacting Alzheimer's. We will visit our Senators and Representatives in their Capitol Hill offices and deliver a team message.

- ◆ Scholarship money is available for persons with Alzheimer's disease to attend the Forum. Please contact us immediately for more information.

To reserve your place at one or both of these important events, please contact Michele Muir at 1-800-872-0994 or at Michele.Muir@alz.org by January 16.

Volunteer News

Board Nominations Invited

The Hudson Valley/Rockland/Westchester, NY Chapter is governed by a volunteer Board of Directors that is the driving force behind all of the Chapter's activities. The Board is comprised of individuals with legal and fiduciary responsibility for planning, creating, and implementing policy to carry out the Chapter's goals and objectives, congruent with the mission of the National Alzheimer's Association. Members of the Board of Directors serve for terms of two years, with no member serving more than three consecutive terms.

The Chapter's Board Development Committee is currently seeking to identify individuals who may be interested in serving in this capacity beginning in July, 2009, or July, 2010. To nominate a candidate for the Board, or to obtain an application form, please contact Elaine Sproat, President & CEO, at 1-800-872-0994 or elaine.sproat@alz.org. Inquiries for the upcoming term should be made by March 31, 2009.

NIA Seeks Volunteers for Study on Younger Onset Disease

The adult children of people diagnosed with inherited Alzheimer's disease are the focus of a new study to better understand the biology of the disease. Researchers are seeking 300 volunteers with a biological parent with a known genetic mutation causing rare and typically early-onset forms of the disorder to join the Dominantly Inherited Alzheimer's Disease Network (DIAN) study, a six-year, \$16 million study funded by the National Institute on Aging (NIA), part of the National Institutes of Health (NIH). The scientists hope to identify the sequence of brain changes in younger-onset Alzheimer's, even before symptoms appear, and by understanding this process, to also gain insight into the more common late-onset form of the disease.

The study is being led by John C. Morris, M.D., Director of the Alzheimer's Disease Research Center at Washington University School of Medicine in St. Louis. More information about the study is available at www.dian-info.org.

Office & Event Volunteers Needed

The Hudson Valley/Rockland/Westchester, NY Chapter is actively recruiting volunteers to help answer phones, acknowledge gifts, and assist with mailings and data entry.

Additionally, volunteers are needed to help plan special events such as **Memory Walk, Golf, and A Night of Wine & Roses**.

For more information, please contact the office nearest you (*see back page*).

Chapter Board Member Honored by SYDA Foundation

Congratulations go to Chapter board member Janet Newberg, who was recently honored as the recipient of the SYDA Foundation's 2008 Community Service Award. This prestigious award is given annually to a citizen of Sullivan County for exceptional and on-going service to the community.



Janet Newberg
Photo provided by SYDA Foundation

Janet, who is in her third term on our Board, also served as President of the former Sullivan/Delaware Chapter of the Association. She was honored for nearly two decades of work dedicated to improving the quality of life for individuals with Alzheimer's and their families, as well as for her work with SPECS, a local environmental organization that she co-founded. She generously donated the \$2,500 award to these two organizations.

Meet Claudia Limbert

By Wendy K. Rudder, LCSW

Allow me to introduce Claudia Limbert to you. I have had the good fortune of being her field placement supervisor since September. Claudia is a first year student in the SUNY Albany Graduate School of Social Work, where she plans to earn her Master's degree in social work (MSW) in 2010.

Claudia spends two full days each week at the Alzheimer's Association's Poughkeepsie office, observing, learning, and practicing her social work skills, under my direction. This includes taking helpline calls, assisting in care consultations, providing follow-up assistance to a couple of families who need additional support or advocacy, and developing a special project in the larger community that will focus on meeting needs of those with Alzheimer's disease and other forms of dementia.



Claudia Limbert

In fact, Claudia has already begun working on that project. She is spearheading a committee that is planning an educational seminar for the administrators and managers of residential facilities. The topic will be "Understanding Dementia and Sexuality."

If you get to the Poughkeepsie office on a Monday or Tuesday, please stop in and meet Claudia. She has already proven herself to be a great asset to our agency.

Alzheimer's Association Support Groups

All support groups are free and open to the public, but pre-registration is required. Since the number of groups offered has grown, we can no longer include detailed information about each group in the newsletter. For exact location, support group leader contact information, and general questions, or to confirm a group is meeting in inclement weather, please call your local chapter office (see back page).

<p>FAMILY SUPPORT GROUPS</p>	<p>** Nanuet Meals on Wheels Weds., weekly, 1 p.m.</p>	<p>Hawthorne Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.</p>	<p>EARLY-STAGE GROUPS <i>Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.</i></p>
<p>DUTCHESS COUNTY</p>	<p>New City Sunrise Senior Living 2nd/4th Mon., 6:30-8 p.m.</p>	<p>## Mt. Kisco Pres. Church of Mt. Kisco 2nd/4th Weds., 6:30-8 p.m.</p>	<p>ORANGE COUNTY Meg Boyce, 800-872-0994</p>
<p>Beacon Elant at Fishkill 3rd Wed., 3 p.m.</p>	<p>New City Alzheimer's Association Mons., weekly, 3:30-4:30 p.m.</p>	<p>Mount Vernon Sunrise Assisted Living Last Thursday, 6-7:00 p.m.</p>	<p>DUTCHESS COUNTY Meg Boyce, 845-471-2655</p>
<p>Hopewell Junction Hopewell Reformed Church 3rd Tues., 1 p.m.</p>	<p>Pearl River Pearl River Meth. Church Last Tues., 7:30 p.m.</p>	<p>Mount Vernon The Meadowview at Wartburg 1st & 3rd Weds., 2-3:30 p.m.</p>	<p>ROCKLAND COUNTY Camille Sharp, 845-639-6776</p>
<p>Poughkeepsie Alzheimer's Association 1st Wed., 11 a.m.</p>	<p>SULLIVAN COUNTY Harris Catskill Regional Medical Ctr. Call for information, 845-794-3774</p>	<p>Port Chester Port Chester Nursing Home 1st/3rd Thurs., 10-11:30 a.m.</p>	<p>WESTCHESTER COUNTY Ellen Imbiano, 914-253-6860</p>
<p>Rhinebeck The Thompson House 2nd Mon., 6 p.m.</p>	<p>ULSTER COUNTY **Ellenville Always There Adult Day Program at Ellenville 2nd Wed., 1:30-3 p.m.</p>	<p>Purchase 2nd/4th Mon., 10-11:30 a.m.</p>	<p>Don't See a Support Group in Your Area?</p>
<p>ORANGE COUNTY ** Goshen Valley View Center for Nursing & Rehabilitation Last Mon., 7 p.m.</p>	<p>** Kingston Always There Adult Day Program at Greenkill 2nd Mon., 2-3:30 p.m.</p>	<p>Purchase 1st/3rd Mon., 1:00-2:30 p.m.</p>	<p>We are interested in hearing from individuals who would like to attend a support group, but who don't see a group that meets their needs.</p>
<p>** Goshen Valley View Center for Nursing & Rehabilitation 2nd Tues., 2-3:30pm</p>	<p>Woodstock Christ Lutheran Church 3rd Tues., 2 p.m.</p>	<p>* Purchase 1st/3rd Wed., 11a.m.-12:30 p.m</p>	<p>To express interest in a new group, please call Meg Boyce at 1-800-872-0994.</p>
<p>** Middletown Hand-in Hand Care, 48 E. Main 3rd Wed., 11 a.m.</p>	<p>WESTCHESTER COUNTY New: Ardsley Atria at Woodlands 1st Tuesday, 6 - 7 p.m.</p>	<p>Purchase 2nd/4th Tues., 6:30-8 p.m.</p>	<p>Support Group Leader Openings</p>
<p>Newburgh Elant at Newburgh Conf. Rm. 2nd Tues., 7 p.m.</p>	<p>Cortlandt Manor The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.</p>	<p>Sleepy Hollow Call for information, 914-253-6860</p>	<p>New facilitators are needed for an evening support group in Orange County (in the Newburgh area). Support group leaders may be health care professionals or former family caregivers. Training and on-going support are provided. For more info, call Meg Boyce, Director of Programs and Services, 1-800-872-0994.</p>
<p>PUTNAM COUNTY Carmel The Plaza at Clover Lake 3rd Wed., 6:30-8 p.m.</p>	<p>Hastings James Harmon Community Ctr. 1st/3rd Friday, 10-11 a.m.</p>	<p>Somers Astoria Federal Savings Bank, Somers Towne Center 1st & 3rd Wed., 4-5:30 p.m.</p>	
<p>ROCKLAND COUNTY #### Haverstraw Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.</p>		<p>#### White Plains Call for information, 914-253-6860</p>	
		<p>Yonkers Sunrise Sr. Living of Crestwood 1st Saturday, 2-3 p.m.</p>	

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

Alzheimer's Association Winter Programs

Help Us Help You! To plan for spring programs, Chapter staff are asking that you take a quick on-line survey to tell us what program topics best suit *your* needs. To take the survey, go to www.alz.org/hudsonvalley, or contact the office nearest you (see back page).

Our chapter offices have planned the following educational programs and activities for the winter months. All programs are free of charge. Look for our spring educational conference in May and many other program offerings coming this spring!

Dutchess/Ulster

Presentations on **"Understanding Memory Loss,"** a program designed for the general community, will be held at Wingate Dutchess-Fishkill (3 p.m. - 4:30 p.m., Wed., Jan. 28), Wingate at Ulster (3 p.m. - 4:30 p.m., Wed., Feb. 25), the Arlington Library (2 p.m. - 4 p.m., Wed., Mar. 4), and Wingate at Beacon (3 p.m. - 4:30 p.m., Wed., Mar. 25). Additionally, **"Caring for the Caregiver,"** will be presented at Multi-County Adult Day Care in Highland on Thurs., Jan. 8 (3 p.m. - 4:30 p.m.). For info & reservations, call 845-471-2655 (Dutchess) or 845-340-8474 (Ulster).

Orange/Sullivan

This winter the staff of the Orange/Sullivan Regional Office are on the MOVE and coming to a town near you! Alzheimer's Association representatives will be available to speak to your group or organization, providing a mini (15-20 minute) version of our **"Understanding Memory Loss,"** an **educational program** about what Alzheimer's disease is, the ten warning signs, getting a diagnosis, and services we provide. To schedule a presentation, please call 845-342-2247 (Orange) or 845-794-3774 (Sullivan).

Two **social programs** will also take place over the winter months. A **"Valentine's Day Brunch with Elvis"** will be held in Sullivan on Saturday, February 7, 11 a.m. - 1 p.m., at Cornell Coop Ext., Ferndale-Loomis Rd., in Liberty, NY. In Orange, experience **"The Joy of Music"** with music therapist Melinda Burgard. Join us on Friday, February 13, 2 p.m. - 4 p.m., at New Harvest Christian Church, 1230 Route 94, Vails Gate, NY. For reservations or more information, please call the Alzheimer's Association at 845-794-3774 (Sullivan) or 845-342-2247 (Orange).

Rockland

The staff of the Rockland Regional Office invites family caregivers and professionals to "get connected" and learn about chapter programs and services by visiting the office on the first Wednesday of each month (Jan. 7, Feb. 4, Mar. 4) from 12 noon to 1 p.m. This is an excellent opportunity for those "new" to Alzheimer's to peruse our lending library and to speak informally with staff about available resources. For more information, please call the office at 845-639-6776.

Westchester/Putnam

Educational programs that will be held in the Chapter's Westchester Regional Office (2900 Westchester Ave, Ste. 306, Purchase, NY) include **"Orientation to Early Alzheimer's Disease"** (for family and professional caregivers) on Tuesday, January 27, 1-3 p.m., and two programs in our Caregiving Series, **"The Art of Communication"** (Wednesday, February 25, 1-3 p.m.) and **"Making Sense of Challenging Behavior"** (Wednesday, March 11, 1-3 p.m.).

Additionally, persons recently diagnosed with early stage memory loss and their caregivers are invited to a 3-week family seminar, **Taking Control of Memory Impairment: An Education Program for Early Stage Individuals and their Care Partners.** This seminar will be held on Thursdays (1-3 p.m.) on January 29, February 5, and February 19. Pre-registration for the family seminar and a personal meeting with a staff member are required. To register, please call the Westchester Regional Office at 914-253-6860 prior to January 21.

Finally, the Alzheimer's Association and the Visiting Nurse Association of Hudson Valley are partnering to present a series of three workshops for caregivers on sensory caregiving. The series, called **"Caregivers - Come to the Senses,"** will teach specific holistic approaches, including aromatherapy, therapeutic touch, hand massage, and uses of sound and color to improve quality of life and manage difficult behaviors.

The program will be presented on Wednesdays, March 4, April 1, and May 6, at the Learning Center of the Visiting Nurse Association of Hudson Valley, 540 White Plains Rd., Tarrytown, from 5:30 p.m. to 7:30 p.m. A light dinner will be provided. The program is free but registration is required. Please call 914-253-6860 for more information.

A new **social program** for people with early-stage memory loss or MCI (mild cognitive impairment) will be held at the Westchester Regional Office on two Fridays a month from 10 a.m. to 11:30 a.m. **Here and Now** will provide an opportunity to meet new people, talk about current events, and enjoy good company! Light refreshments will be served. For more information, please call the Westchester Regional Office at 914-253-6860.

Save the date! **Neu Experiences in Art** is a collaborative partnership between the Alzheimer's Association and the Neuberger Museum in Purchase, NY. Specially trained docents guide people with Alzheimer's disease and their care partners through the museum's galleries in an interactive program. The program will take a short winter break but has scheduled spring tours for March 26 and April 30, 2 p.m. - 3 p.m. Reservations are required. For more information, contact the Alzheimer's Association, 914-253-6860.

Memory Walk 2008 - Record Breaking Year!

Thank you for making the 2008 Memory Walk our most successful ever! This year's walks raised **\$487,275--\$57,000+ more than last year!**--to fund Alzheimer research and expert Alzheimer's Association services provided to local families living with this devastating disease.

Gifts are still coming in – and we're still counting on you! Please send in your donations today.

Thank you to our national and local sponsors and community partners!

National Presenting Sponsor

Genworth Financial

Champion Sponsors

Health Quest
Majestic Insurance

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Ettinger Law Firm

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Orange Regional Medical Center
The Osborn
Promenade at Blue Hill
Sam's Club
Schnurmacher Center for Rehab & Nursing
Sunrise of New City
Sunrise Senior Living of Westchester
Ten Broeck Commons
Viking Industries

Community Partners

Ancient Order of Hibernians
Kiwanis International
Kiwanis - Circle K
Kiwanis - Key Club
Northeast Radiology
Ridgefield Crossings

Thanks also to our **Outstanding Teams** and **Top Fundraisers!**

About 1,650 walkers participated this year, and 92 walkers raised \$1,000 or more (a 24% increase in \$1,000+ walkers since last year)! Congratulations to our 2008 Memory Walk **Top Fundraisers:**

\$10,000+

Shelley Danziger, *in memory of Yetta Heitner*
Abby Salzman

\$7,500 - \$9,999

Janet Scherf

\$5,000 - \$6,999

Joan Zale

\$2,500 - \$4,999

Karen Barone
Jacqueline Bohmert
Peter J. Brent, Sr.
Kathryn Ciriello
Marian Crapanzano
John Gaffey
Larry & Denise Gennaro
Marianne Kelley
Kicole Klammer
Janet Newberg
David Niederhoffer
Deborah Niven
Martin Olivieri
David & Elisabeth Schalk
Barbara Van Wie



Thank You for Raising \$487,275 (and Counting!)



\$1,000 - \$2,499

- Lorraine Altieri
- Kate Aubry
- Jennifer Benerofe
- Lisa Bliss
- Alan & Karen Blocker
- Sue Bunce
- Kathleen Carey
- Mark Carey
- Carol Castellano
- Kris Charter
- Fred Christiansen
- Suzann Christiansen
- Suzann Connors
- Stacey Cornett
- Leonel L. Cortizo, Sr.
- Alex Danziger
- Laura Dipper
- Paula English
- Marcia Fink
- Kenneth Folster
- Kevin Garrison
- Joanne Giblin
- Linsey Harris
- Karen Hauptman
- Claire Hodgdon
- Jack Hofmann
- Dan Hogan
- Robin Hughes-Ghee
- Stephanie Kelly
- Sara Kelz
- Ellen Kearney
- Christine King
- Sr. Anne-Marie Kirmse
- Wendie Kroll
- Margaret & Alan Lehigh
- Mark Loblanco
- Renee Makras
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- Peggy O'Donnell
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- Dana Salzman
- Naomi Saunders
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- Hilary Sweeney
- Marianne Taylor
- Christine Tsaldaris
- Benedetta Vaccarelli
- Patricia Vetterman
- Louis Werbalowsky
- Chris White
- Benjamin Wolf
- Peter Woods
- Kevin Cannon
- Jeanne Carney
- Liz Culhane
- Katie Douglass
- Patty Freer
- Douglas Hickey
- Michael McDonnell & Meg Norton
- Mary Anne Rathmann

Congratulations to our 2008 Memory Walk **Top Fundraising Teams!** These are current standings, as of 11/30/08:

\$12,500 - \$15,000

- 1st Place - Kelly's Crusaders
Captain: Kathryn Ciriello
- 2nd Place - In Memory of Yetta Heitner
Captain: Shelley Danziger
- 3rd Place - Dottie's Girls
Captain: Abby Salzman

\$10,000 - \$12,499

- 4th Place - Pines at Poughkeepsie
Captain: Karen Barone
- 5th Place - Alzheimer's Association Staff
Captain: Elaine Sproat

\$7,500 - \$9,999

- 6th Place - Bronx/Westchester So. Kiwanis
Captain: Sister Anne-Marie Kirmse
- 7th Place - For All The Parents
Captain: Nancy O'Connor

\$5,000 - \$7,499

- 8th Place - Team Christiansen
Captain: Kate Aubry

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Caregiving

Care Consultant's Corner

Spouse & Caregiver: A Most Demanding Role

By Wendy Rudder, LCSW

Very few of us, when we take our marriage vows, stop to think about what "in sickness and in health" might entail years down the road, when the health of one of the partners fades. It's not as simple as providing chicken soup or an extra blanket. Providing care for an ill spouse can be physically exhausting, and emotionally draining.

Add Alzheimer's disease or another form of dementia to the equation, and the intensity of the care demands can increase beyond measure. The inevitable decline in one's ability to perform even simple tasks of personal care and daily living activities, and the personality or behavioral changes and challenges that often accompany the disease make for one very stressed, and overwhelmed caregiver.

How does one cope with the innumerable responsibilities and relentless demands of providing care for a husband or wife with dementia? It is certainly not an easy undertaking. Below are a few basic principles that every caregiver should follow in order to preserve their energy, health, and peace of mind. Sometimes a fresh boost of energy and confidence or well-deserved respite can make all the difference to a caregiver, so he or she can continue providing loving care without burning out or compromising his or her own health.

♦ Take care of your own health and well being. If you are not healthy and physically stable enough to attend to your loved one, you're no good to them. (You've probably heard this a million times by now, but it's as true now as it was the first time you heard it.)

♦ Accept help and support from others. It is impossible for anyone to "do it all" and you should not expect that of yourself. If no help is offered, then pay for it, or reach out to friends or family by asking them to assist with a specific task or time period. Even a couple hours of respite can go a long way toward restoring your energy and patience.

♦ Join a support group. There are many such groups around the region and some provide respite care for your loved one. (Look for the list of support groups in this newsletter for one near you). If you can't get to a group in person, you might try an online chat or support program. Go to www.alz.org--you'll find a variety of message boards under "Living with Alzheimer's."

♦ Avail yourself of programs and resources in the community, in particular those of the Alzheimer's Association, which offers a range of free services to caregivers, families, and individuals with dementia.

♦ Look for ways to relieve stress. This will help replenish your energy and lift your spirits, and in turn have a positive impact on your loved one.



A few suggested activities for replenishment:

- ✓ Catch some zzz's (when your spouse is napping is a great time!).
- ✓ Crank up the music (if it calms even the savage beast, it can certainly help you stay calm).
- ✓ Indulge in a massage or a day at a spa.
- ✓ Go for the quiet corner, where you can relax, read, or meditate.
- ✓ Drown your sorrows in a bubble bath.
- ✓ Become a naturalist for an afternoon, with a leisurely stroll on a wooded path or around a lake.
- ✓ Be a wife or hubby-with-a-hobby such as wood-working, knitting, writing poetry, or scrapbooking.
- ✓ Get physical--by doing some exercise, that is, like swimming, hiking, or biking.

There may come a time when you as a caregiver need more help than your neighbor or sister can provide by filling in for a couple hours, or more support than a heart-to-heart talk with a friend can provide. If you often find yourself feeling sad or tearful, angry, unable to concentrate, or overwhelmed and unable to cope, it is time to seek help from a professional. Counselors and therapists are trained to listen and to offer support and counsel without judgment. This is what we pay them for. The Care Consultants at the Alzheimer's Association can also help you cope with the difficult changes that are occurring in your life and the accompanying feelings, or they can help you locate a therapist in your community.

Recent Special Events



Golf Tournament Celebrates 10th Anniversary

The Chapter's 10th Annual Golf Tournament, a non-stop day of fun at Hampshire Country Club in Mamaroneck, was an unqualified hit, raising over \$70,000 to support the mission of the Alzheimer's Association!

New York City District Council of Carpenters Relief and Charity Fund hosted the event, and tournament founders **Ronald Sylvestri**, Senior Vice President of Hudson Valley Bank, and **Donna Sylvestri**, President of Madison Home Management, co-chaired.

Vespa USA generously donated a VESPA LX50 as first prize of the major raffle, and **American Airlines** generously donated airline tickets to the event.

Thank you to the event's sponsors, committee members, and day-of-event volunteers for making the day such a success. And special thanks to Ron and Donna for their many years of dedication to the Alzheimer's Association and to the tournament.



Co-chair Ron Sylvestri (l) with his foursome, Marc Isaacs, Chris Laurentani, & Andrew Cutler

Cont'd from Page 7

9th Place - False Echoes

Captains: Larry & Denise DeGennaro

10th Place - Mary's Marchers

Captain: Elizabeth Gorton

11th Place - Jimminy Cricket

Captain: Martin Olivieri

12th Place - Vassar Devils

Captains: David & Elisabeth Schalk

13th Place - Team Carey

Captain: Kathleen Carey

14th Place - Sharp Memory

Captain: Camille Sharp

15th Place - Luigi's Girls

Captain: Rosalia Miceli

16th Place - Betty Folster

Captain: Patricia Folster

\$2,500 - \$4,999

17th Place - Hillside

Captain: Christine King

18th Place - Brent Financial Group

Captain: Peter Brent

19th Place - Hand-in-Hand Care

Captain: Dinah Hufcut

20th Place - Team Valley View

Captain: Diane Reilly

21th Place - Forget Me Not

Captain: Patty Picchione

22st Place - Ernie's Ts

Captain: Christine Tsaldaris

23nd Place - The Elephant Project

Captain: David Niederhoffer

24rd Place - Clarice's Classics

Captain: Marcia Fink

25th Place - Team Wartburg

Captain: Margaret Traynor

26th Place - Grandpa Bob

Captain: Nicole Klammer

27th Place - Hogan's Heroes

Captain: Dan Hogan

28th Place - Team R & B

Captain: Lisa Delfino

29th Place - Team Gilbride

Captain: Peggy O'Donnell

Luminary Ceremony Honors Loved Ones

On a mild evening in November, National Alzheimer's Disease Awareness Month, lights from over 100 luminaries burned during the Alzheimer's Association's 3rd Annual Luminary Ceremony at Mahopac Chamber of Commerce Community Park.

The ceremony was short and bittersweet. Following a welcome from Stuart Greif, Program Development Specialist at the Alzheimer's Association, Sheila Gayle performed a lovely rendition of "The Impossible Dream." Names of those honored or memorialized were read, "Amazing Grace" was played by bagpiper Michael Battenfeld, and a benediction was given by the Rev. Timothy Wiggins of St. John The Evangelist Church.

It was a moving and memorable event.



MW Volunteers, Betty Titko-Fried (l) and Janet Scherf, Top Sullivan Fundraiser

Special Thanks to our dedicated committee chairs, site hosts, media friends, entertainers, and donors of refreshments and prizes. And thank you to all the creative and hard-working Memory Walk Committees and Day-of-Event Volunteers.

Committees are forming now for **Memory Walk 2009**. With your help we will continue to **MOVE** our cause forward and achieve our vision of A World Without Alzheimer's Disease! To learn more, please contact the Alzheimer's Association office nearest you.

Development

IRA Charitable Rollover Act Extended

Congress extended a wonderful charitable planning opportunity for 2008 and 2009 permitting IRA owners age 70½ or older to make a direct transfer to charities such as the Alzheimer's Association. The transfer can be up to \$100,000 per year.

Since a traditional IRA is funded with non-taxed dollars, a charitable contribution from an IRA does not qualify for an income tax deduction. However, gift amounts from an IRA will not be included in donors' incomes.

The IRA rollover donor can avoid other taxes, too! Each year, IRA owners 70½ and older must take a required minimum distribution. This legislation permits the charitable rollover contribution to qualify for the required minimum distribution which can result in a lower taxable income.

Note: It is very important that the IRA custodian transfer the funds from the IRA directly to the Alzheimer's Association. If an IRA owner withdraws the funds and then contributes them to the Alzheimer's Association, the withdrawal will be included in the donor's gross income. Please contact your IRA plan custodian or trustee before making any withdrawal.

We hope you will consider this method of helping the Alzheimer's Association--and helping yourself save taxes!

For more information, please call Alison DaMore, Director of Development, at 914-253-6860, ext. 107.

Special Thanks!

Special thanks to our Chapter's 2009 Corporate Sponsors:

- ♦ **Ettinger Law Firm**
- ♦ **Majestic Insurance**

National CEO to Attend Chapter Brunch

Harry Johns, President & CEO of the National Alzheimer's Association, will be the guest of honor at a **Champagne Brunch** to be held on **Sunday, March 8**, at the renowned Castle on the Hudson, in Tarrytown, NY.

All proceeds will support critical Alzheimer research and local services of the Alzheimer's Association.

This new event will complement **A Night of Wine & Roses**, our Chapter's signature gala, which will be held in Dutchess County in the spring.

For details about either event, please contact Pamela Perkins-Dwyer, Special Events Manager, at 1-800-872-0994.



Harry Johns

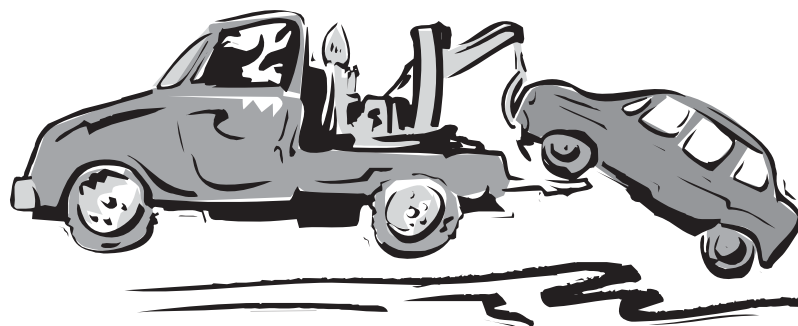
Tickets Available for 6th Annual Race to Remember

There is still time to purchase tickets for the Alzheimer's Association's 6th Annual **Race to Remember**, to be held on **Sunday, January 11**, at Belleayre Mountain. Specially-priced \$25 lift tickets are available with pre-registration, as are tickets for the Alzheimer's Day breakfast (\$15) in the Lodge. All proceeds will benefit the Alzheimer's Association.

Sponsors for the event include The Benedictine-Kingston Hospital, MVP Health Care, Integrated Enterprise Solutions (IES), and TD Banknorth.

To order tickets or obtain more information, call the Alzheimer's Association at 1-800-872-0994 or visit the chapter's web site, www.alz.org/hudsonvalley.

Vehicle Donations Gladly Accepted



If you have a car, truck, trailer, boat or RV that you no longer use or you're looking for an alternative to costly repairs or a low-value trade-in, please consider donating it to the Alzheimer's Association.

The process is simple! Just call your local chapter office (see back page) to begin the process, and The Car Program, LLC, will do the rest: make arrangements to pick up your vehicle, handle the the title transfer, and provide you with a tax deductible donation receipt.

You may also call The Car Program at 1-800-240-0160. Just be sure to say you want your donation to benefit the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter.

Memorials and 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 7/1/08 to 9/30/08. Unfortunately, space limitations do not allow us to list Memory Walk gifts here.

Memorials

Ruth Abrams
 Mary Adams
 Giulia Ambrogi
 Grace Asem
 Helen Virginia Baldwin
 Roma Barone
 Charles Beagan
 Rose Bell
 Bessie Belmont
 Pauline Benza
 Christian Berg, Jr.
 Stella Bergan
 Gizi Binder
 Eleanor Betty Boesch- Schaffer
 Edith Bollengier
 Rose Briganti
 Charlotte Brizzolara
 John Broxk
 Vincent Buono, Sr.
 Robert Burkhardt
 Dolores Canfield
 Lewis Edward Chapman
 Joseph Ciazzo
 Alma D. Clark
 Arthur Collins
 Ruth Cooper
 Joseph Cottone
 Joan D'Amico
 John Darzen
 Nicholas J. D'Atria
 Jona Davidowicz
 Leona C. Davis
 Lana De Rosa
 Norman Dell Dern
 Angelina Diorio
 John Dudyak, Sr.
 Vivian Dunn
 Elizabeth Mae Edwards
 Malcolm Epstein
 Esther Esterman

Veronica Louise Evans
 Ethel "Beth" Ezzell
 Rose Rita Ferlauto
 Mrs. Arthur Fern
 Evelyn Francello
 Olga Scholtzova
 Walter Fridberg
 Pauline Frustaci
 Robert Galloway
 Ed Gannon
 Joan Garson
 Reva Goldberg
 Helen Golden
 Murray Goldenberg
 Mr. Julius L. Goodman
 Lenore Griffo
 Frank Gulino
 Dorothy Handwerger
 James Hannigan
 Marian Heidecorn
 Donald Hill, Jr.
 Rosalind W. Hills
 Mrs. Hollopeter
 Jesse Jenkins
 Steven Kearins
 Joseph Kearns, Jr.
 Dr. Irwin Kozinn
 Angelina Leonardi
 Carmella Lillo
 Loretta Maisano
 Mother of Roberta Maloney
 Dr. Arthur Marks
 Maria Masullo
 Rev. David "Bill" McClurken
 Phyllis McCracken
 John L. McGowen
 Jean Mondello
 Josephine Jean Morenca
 Edward T. Murphy
 John "Jack" Murphy, Sr.
 Gertrude Steinman Nadel

Pauline Nardiello
 Julia Nash
 Charlotte Newman
 Ted (Erotheos) Nitis
 Rita O'Connor
 Anna Olivieri
 Mary I. O'Loughlin
 Frank Onorato
 Fran Papazian
 Agnes Pardy
 June Abby Delores Pelella
 Sam Pepper
 Debbie Perlmutter
 Evan Poczik
 Hildegard "Hilde" Polfuss
 Florence Portnoy
 Richard Potter
 Florence Price
 Ruben Price
 Jeannette Rinaldi
 Marie Rizzo
 Laura Romano
 Anthony N. Romeo
 Ruth Rosenblum
 Roslyn Roskin
 Jerome Roth
 Jeanette Rumsey
 Dorothy Russo
 Marytheresa Sack
 Marion Sanders
 Maryann Schiavo
 Evelyn Schwartz
 Rocco Scilla
 Mary M. Smith
 Kasper Soehnlein
 Stella Stamos
 Anthony Staros
 Robert L. Stevens, Sr.
 Thelma Stotesbury
 Jane Anne Thoner
 Joseph Tiso

Wanda Tiso
 Shirley Topfer
 Michael J. Tracey, Jr.
 Delia Vantil
 Margaret Verdin
 Roy Voelker
 Eleanor Walker
 Jerome Wasserman
 Connie Weghorst
 Ronald Wells
 Elizabeth "Betty" Yungman
 Joseph Zingano
 Albert Zippilli

Tributes

Alicja Barahona
 Flarrie & Jerry Birnbaum
 on their 60th wedding anniversary
 Mr. & Mrs. Bud Garaventa
 Betty Gilligan
 Dr. William Higgins
 Ellen Higgins
 Arthur Levison
 on his birthday
 Kim & Bob Miller
 in celebration of their wedding
 Frank Munch
 on his birthday
 Eileen Murphy
 on her birthday
 Raymond V. O'Connor, Sr.
 on his 85th birthday
 Priscilla Pfahl
 Marion Pine
 on her 100th birthday
 Harvey Rosenshein
 Vicki & Mel Savitch
 Rhonda Schreiber
 Samantha Skelly
 Raymond Timpanelli

Lead the Fight for a Future Free of Alzheimer's . . .

Become a member of the Founders Society!

The Founders Society is an honorary society created to recognize those who have made an enduring commitment through planned giving to support the Alzheimer's Association, the leading voluntary health organization in Alzheimer research, care, and support. Founders Society members receive exclusive research updates, special invitations to Association meetings, valuable charitable estate planning information, and more.

To learn more, please contact Alison DaMore, Director of Development, at 914-253-6860 or 1-800-872-0994.

In Memoriam

Barbara Webb, 12/22/1951 - 8/18/2008

We are saddened to report the recent passing of Barbara Webb, RN-BC, MSN. Barbara worked as a Care Consultant in our Rockland Regional Office for a little over a year, retiring in spring, 2007 because of health concerns. She was a deeply caring person with a wealth of knowledge about gerontological nursing.

Our sympathies go to, her son, Ryan, and her daughters, Emily and Sierra.



Barbara Webb

Hudson Valley/Rockland/Westchester, NY Chapter
Administrative Office
2 Jefferson Plaza, Ste. 103
Poughkeepsie, NY 12601-4060

Administrative Office and
Dutchess/Ulster Regional Office
D: 845-471-2655 U: 845-340-8474

Orange/Sullivan Regional Office
O: 845-342-2247 S: 845-794-3774

Rockland Regional Office
845-639-6776

Westchester Regional Office
914-253-6860

Putnam Point of Service
845-278-0343

www.alz.org (national web site)
www.alz.org/hudsonvalley (chapter web site)
info@alz-hudsonvalley.org
1-800-872-0994
1-800-272-3900 (24-hour Helpline)

How Our Funds Are Used

You can give with confidence when making a donation to the Alzheimer's Association. The Association meets the Wise Giving Standards of the Better Business Bureau. Together with our sister chapters and our national office, we invest more than 82% of funds raised in local programs and services and in Alzheimer research!

Here at the Hudson Valley/Rockland/Westchester, NY Chapter, donations impact the lives of 10,000 families annually through our 24-hour Helpline, care consultations, support groups, and educational programs--resources that serve as a lifeline for persons with dementia and their caregivers. Because of your generosity, we are able to provide almost all services free of charge.

For information about Alzheimer's Association giving opportunities, please contact Alison DaMore, Director of Development, 914-253-6860, 1-800-872-0994, or Alison.DaMore@alz.org.

Condensed Statement of Receipts and Disbursements for the Year Ended June 30, 2008

Public Support and Revenues*

Direct Public Support	\$ 542,472
Indirect Public Support	94,937
Special Events (net)	547,018
Government & Other Grants	276,556
Other	<u>61,267</u>
	1,522,250

Disbursements

Program Services	1,114,145
Management and General	179,522
Fundraising	<u>190,251</u>
	1,483,918

Change in Net Assets

38,332

Net Assets, beginning

982,237

Net Assets, ending

1,020,569

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

