



# newscope

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

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

Spring, 2008

## Ten Million Baby Boomers Will Develop Alzheimer's Disease

- New York Must Prepare for Emerging Epidemic -

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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.*

A new report released by the Alzheimer's Association, the 2008 *Alzheimer's Disease Facts and Figures*, estimates that 10 million baby boomers in the United States--one out of eight--will develop Alzheimer's disease.

Today, as many as 5.2 million Americans are living with Alzheimer's disease, the seventh leading cause of death in the country and the fifth leading cause of death for those over age 65. "Now is the time to develop an effective blueprint to deal with this disease," said Elaine Sproat, President & CEO of the Hudson Valley/Rockland/Westchester, NY Chapter.

The Association's report offers numerous statistics that convey the burden Alzheimer's imposes on individuals, families, government, business, and the nation's health and long term care systems. For example,

- ◆ Every 71 seconds, someone in America develops Alzheimer's disease; by mid-century someone will develop Alzheimer's every 33 seconds.
- ◆ By 2010, there will be almost a half million new cases of Alzheimer's disease a year; and by 2050, there will be almost a million new cases each year.
- ◆ Women are nearly twice as likely as men to develop Alzheimer's disease (17 percent vs. 9 percent). One in six women and one in ten men age 55 and older can expect to develop Alzheimer's disease in their remaining lifetime. (More women will develop Alzheimer's because on average, women live longer than men.)

The report highlights that last year, in New York alone there were 643,151 caregivers, providing 555 million hours of unpaid care for a loved one with Alzheimer's or another



dementia valued at almost \$5.9 billion dollars. Nationwide, there were nearly 10 million Americans age 18 and over providing 8.4 billion hours of unpaid care to people with Alzheimer's disease valued at \$89 billion. An additional quarter of a million Alzheimer caregivers were children age 8 to 18.

With seventy percent of people with Alzheimer's and other dementias living at home where friends and family take care of them, the disease touches not only individuals but entire families.

According to the latest statistics from the Centers for Disease Control and Prevention, from 2000 to 2005 death rates have declined for most major diseases--heart disease (-8.6%), breast cancer (-0.8%), prostate cancer (-4.9%) and stroke (-14.4%), while Alzheimer's disease deaths continue to trend upward, increasing 45% during that period.

It is more important than ever that research funding be increased to find effective treatments that delay the progression of the disease.

To become an advocate, go to [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley) and click on "advocacy," or call Michele Muir at 1-800-872-0994.

## Chapter News

### Board of Directors

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Janet Troia, Administrator, Regional Office

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#### Brewster

Stuart Greif, Program Development Specialist

#### Purchase

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Ellen Imbiano, Care Consultant  
Terry Kean, Special Events Manager  
Erva Randolph, Helpline Coord./Admin. Asst.

#### National Colleagues

Laura Ewing-Mahoney, Planned Giving  
Yolanda Hancock, Major & Principal Gifts

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### Among Friends

The 2008 edition of Alzheimer's Disease Facts and Figures, published by the Alzheimer's Association, brings home the fact that Alzheimer's disease will indeed be the disease to conquer in the 21st century.

To advance our organization's mission, national and chapter staff and volunteers have been engaged for well over a year in an inclusive and participatory planning process to make recommendations for future Alzheimer's Association activities. The resulting Association-wide Strategic Plan, which identifies goals and strategies that will guide the development of chapter operating and business plans over the next three years, was approved in February by the National Board of Directors, upon the recommendation of the Delegate Assembly.

The overarching goals are aggressive—appropriately so, given the urgency of the problem and the need to increase the pace of advances in advocacy, research, and support:

- ◆ To increase public concern about Alzheimer's disease and awareness of the Association.
- ◆ To increase the reach, influence and effectiveness of advocacy as a tool for advancing the mission.

ing the mission.

- ◆ To develop and promote a full range of quality support, care and services across diverse cultures.

- ◆ To increase financial support of both biomedical and social/behavioral research.

- ◆ To provide the financial resources that will facilitate achievement of the strategic plan.

To me, one of the most striking features of the plan is that advocacy is no longer viewed as a discrete activity, but rather as an activity that must permeate everything we do. To achieve our goals, we must do no less than change Alzheimer's from a disease to a cause.

Now more than ever, we will need your help. We will need for you, and your family members, friends, and colleagues to become Alzheimer Champions! Please let us know how you would like to help.

Yours aye,

*Elaine*

Elaine Sproat



## Grand Opening to be Held Friday, May 16

*You are cordially invited  
to celebrate the Grand Opening  
of the  
Alzheimer's Association's  
new Westchester Regional Office.*

*Join us for an Open House  
on Friday, May 16,  
3 p.m. - 7 p.m., at  
2900 Westchester Avenue, Ste. 306,  
Purchase, NY 10577.*

*Refreshments will be served.*

*RSVP's appreciated: Erva Randolph,  
914-253-6860, ext. 100*

*The new office is located on the westbound side of Westchester Ave. If you are driving east on I-287, take Exit 10 and bear left, making a "U" at the first opportunity. 2900 Westchester Ave. is the first building on your right.*



## Research & Advocacy

### Alzheimer's Association Announces Creation of Margaret M. Cahn Research Award

The Alzheimer's Association proudly announces the creation of the Margaret M. Cahn Research Award, an award to be presented annually to a Zenith Research Award Recipient selected by the Cahn Family.

The Margaret M. Cahn Research Award recognizes the philanthropy of local Zenith Society member Margaret M. Cahn, who since 2004 has given more than \$1.7 million to support the work of the Alzheimer's Association.

Inspired by an article in the Alzheimer's Association's Philanthropy Magazine about other philanthropists who have made challenge gifts to the Association, Mrs. Cahn recently decided to create a challenge of her own. On the anniversary of making her first Zenith gift, Mrs. Cahn generously renewed her Zenith membership, for total giving of \$2.7 million, to motivate at least four other donors to each give \$1 million or more in 2008.

Mrs. Cahn and her family, including son Andy and daughter-in-law Jane, are excited about this opportunity to make an even greater impact on the fight against Alzheimer's disease. By renewing their Zenith commitment, the Cahns will continue to help change the course of Alzheimer's while giving hope to the



*The Alzheimer's Association recently celebrated the launch of the Margaret Cahn Zenith Society Challenge by announcing the creation of the Margaret M. Cahn Research Award. **Back row** - Chapter Board Chair Bret Jacobowitz, Dr. Steven Ferris of NYU, and Assoc. Director, Major & Principal Gifts, Yolanda Hancock; **Front row** - Jane Cahn, Margaret Cahn, Andy Cahn, & Chapter Development Director Alison DaMore*

millions who are facing it today. We commend the Cahn family for their leadership and look forward to celebrating the completion of their Zenith Challenge in the coming year!

To respond to the Margaret Cahn Zenith Society Challenge or to find out more, please contact Alison DaMore (Alison.DaMore@alz.org) or Yolanda Hancock (Yolanda.Hancock@alz.org) at 914-253-6860 or 1-800-872-0994.

### Voices Needed!

A Community Forum presentation and listening session, conducted by the New York State Department of Health, will be held **Wednesday, April 2, 3 p.m. - 7 p.m.** at Westchester County Center, 198 Central Avenue in White Plains.

This is a great opportunity for caregivers, individuals with dementia, and health professionals to express our concerns and let our State's Coordinating Council for Services Related to Alzheimer's Disease and Other Dementias

know the real impact of this disease. A comprehensive state plan for services related to Alzheimer's disease will be created based on this Forum and others being held throughout New York State.

Your Alzheimer's Association will be there - please join us to be sure we have a great presence and our voices are heard. (Respite care may be available.) The Forum is free but registration is necessary; to register, call us at 1-800-872-0994. Refreshments will be served.

### Program for African-Americans connects heart and brain health

"What's good for your heart is good for your brain" is the message of a new public awareness program for African-Americans from the American Heart Association and Alzheimer's Association. The public awareness program kicked off in February, both American Heart Month and Black History Month, and will run through May, American Stroke Month.

The program encourages individuals to take steps now to manage their heart and brain health. More information and a pedometer are found in a free Healthy Heart and Brain Kit for African-Americans, available while supplies last at [www.alz.org/heartbrain](http://www.alz.org/heartbrain).

Studies show African-Americans, compared to Caucasian Americans, are at greater risk of developing diabetes, high blood pressure and high cholesterol—all factors for stroke and Alzheimer's disease.

Every healthy heartbeat pumps about one-fifth of your blood to your brain, carrying the food and oxygen the brain needs to think, solve problems and remember. Conditions that damage the heart and its blood vessels may also damage the brain and its blood vessels.

A recent survey found that African-Americans expressed concern about their heart health (61 percent) and brain health (40 percent), yet only about 1 out of 20 (6 percent) were aware of the close connection between cardiovascular (heart) and dementia (brain) diseases. The survey was commissioned by the American Heart Association and the Alzheimer's Association.

For more information on the public awareness program, visit [www.alz.org/heartbrain](http://www.alz.org/heartbrain), call the Alzheimer's Association at 1-800-272-3900, or call the American Stroke Association at 1-888-478-7653.

# 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><b>FAMILY SUPPORT GROUPS</b></p>	<p><b>** Nanuet</b> Meals on Wheels Weds., weekly, 1 p.m.</p>	<p><b>## Mt. Kisco</b> Pres. Church of Mt. Kisco 2nd/4th Weds., 6:30-8 p.m.</p>	<p><b>EARLY-STAGE GROUPS</b> <i>Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.</i></p>
<p><b>DUTCHESS COUNTY</b></p>	<p><b>New City</b> Sunrise Senior Living 2nd/4th Mon., 6:30-8 p.m.</p>	<p><b>Mount Vernon</b> Sunrise Assisted Living Last Thursday, 6-7:00 p.m.</p>	<p><b>ORANGE COUNTY</b> Meg Boyce, 800-872-0994</p>
<p><b>Beacon</b> Elant at Fishkill 3rd Wed., 3 p.m.</p>	<p><b>Palisades</b> The Esplanade 2nd /4th Thursdays, 1 p.m.</p>	<p><b>Mount Vernon</b> The Meadowview at Wartburg 1st &amp; 3rd Weds., 2-3:30 p.m.</p>	<p><b>DUTCHESS COUNTY</b> Meg Boyce, 845-471-2655</p>
<p><b>Hopewell Junction</b> Hopewell Reformed Church 3rd Tues., 1 p.m.</p>	<p><b>Pearl River</b> Pearl River Meth. Church Last Tues., 7:30 p.m.</p>	<p><b>Port Chester</b> Port Chester Nursing Home 1st/3rd Thurs., 10-11:30 a.m.</p>	<p><b>ROCKLAND COUNTY</b> Camille Sharp, 845-639-6776</p>
<p><b>Poughkeepsie</b> Alzheimer's Association 1st Wed., 11 a.m.</p>	<p><b>SULLIVAN COUNTY</b> <b>Harris</b> Catskill Regional Medical Ctr. 1st Mon., 7 p.m.</p>	<p><b>Purchase</b> 2nd/4th Mon., 10-11:30 a.m. Call for info, 914-253-6860</p>	<p><b>WESTCHESTER COUNTY</b> Ellen Imbiano, 914-253-6860</p>
<p><b>Rhinebeck</b> The Thompson House 2nd Mon., 6 p.m.</p>	<p><b>#### Harris</b> Catskill Regional Medical Ctr. 3rd Mon., 7 p.m.</p>	<p><b>Purchase</b> 2nd/4th Mon., 2:30-4 p.m. Call for info, 914-253-6860</p>	<p><b>Don't See a Support Group in Your Area?</b></p>
<p><b>ORANGE COUNTY</b> <b>** Goshen</b> Valley View Center for Nursing &amp; Rehabilitation Last Mon., 7 p.m.</p>	<p><b>ULSTER COUNTY</b> <b>Ellenville</b> Always There Adult Day Care at Canal Lodge 4th Wed., 1 p.m.</p>	<p><b>* Purchase</b> 1st/3rd Wed., 11a.m.-12:30 p.m. Call for info, 914-253-6860</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><b>** Goshen</b> Valley View Center for Nursing &amp; Rehabilitation 2nd Tues., 2-3:30pm</p>	<p><b>New: ** Highland</b> Multi-County Adult Day Care 1st Thurs, 3-4:30 p.m.</p>	<p><b>Purchase</b> 2nd/4th Tues., 6:30-8 p.m. Call for info, 914-253-6860</p>	<p>To express interest in a new group, please call Meg Boyce at 1-800-872-0994.</p>
<p><b>** Middletown</b> Hand-in Hand Care, 48 E. Main 3rd Wed., 11 a.m.</p>	<p><b>** Kingston</b> Always There Adult Day Care at Greenkill 2nd Tues., 3 p.m.</p>	<p><b>Sleepy Hollow</b> Call for info, 914-253-6860</p>	<p><b>Support Group Leaders Wanted</b></p>
<p><b>Newburgh</b> Elant at Newburgh Conf. Rm. 2nd Tues., 7 p.m.</p>	<p><b>Woodstock</b> Christ Lutheran Church 3rd Tues., 2 p.m.</p>	<p><b>New: Somers</b> Astoria Federal Savings Bank, Somers Towne Center 1st Wed. &amp; 3rd Thurs., 4-5:30 p.m.</p>	<p>Leaders are being sought for new Alzheimer support groups in <b>Hastings, Briarcliff, and Mamaroneck.</b></p>
<p><b>PUTNAM COUNTY</b> <b>Carmel</b> The Plaza at Clover Lake 3rd Wed., 6:30-8 p.m.</p>	<p><b>WESTCHESTER COUNTY</b> <b>Cortlandt Manor</b> The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.</p>	<p><b>Valhalla</b> Westchester Meadows 2nd/4th Tues., 4-5:30 p.m.</p>	<p>The Alzheimer's Association will provide training, but some experience with Alzheimer's is essential. To express interest or obtain more information, please contact Ruth Ahearn at 914-253-6860 or e-mail <a href="mailto:Ruth.Ahearn@alz.org">Ruth.Ahearn@alz.org</a>.</p>
<p><b>ROCKLAND COUNTY</b> <b>#### Haverstraw</b> Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.</p>	<p><b>Hawthorne</b> Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.</p>	<p><b>#### White Plains</b> Call for information, 914-253-6860</p>	
<p></p>	<p></p>	<p><b>Yonkers</b> 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 Spring Programs

### Joanne Koenig Coste to Keynote Spring Conference

The Alzheimer's Association's spring educational conference, "The Caregiver Experience: Tools to Ease the Burden," will be held this year at the Holiday Inn, Suffern, NY, from 8:30 a.m. to 3 p.m. on **Wednesday, May 7**. The conference, planned in collaboration with Rockland Legislator John Murphy and the Rockland County Government Alzheimer's Task Force, offers much of interest for both family and professional caregivers.

Kicking off the conference will be Joanne Koenig Coste, author of *Learning to Speak Alzheimer's*. Ms. Coste is the founder of The Program Directors' Alliance, a grassroots organization designed to elevate the status of those working with individuals with AD in the community. She is an international consultant to healthcare providers and an outspoken advocate for individuals with AD and their families.

Following the keynote, Pasquale Fonzetti, M.D., Ph.D., will speak on How to Get a Proper Diagnosis. Dr. Fonzetti is Clinical Assistant Professor of Neurology at Cornell University Weill Medical College and Associate Director of the Memory Evaluation and Treatment Service (METS) and Staff Neurologist at Burke Rehabilitation Hospital in White Plains.

Other sessions will include workshops on public policy and advocacy, neuropsychological testing, the benefits of aromatherapy, and services that are available in the community. There will also be an opportunity to view exhibits sponsored by agencies and organizations that offer Alzheimer-related services. Closing the day will be a performance by the Rockland Players, a volunteer improvisational group from the Mental Health Association.

If you would like a copy of the conference brochure, please contact us at one of the numbers given below. The charge for the event is \$45 for family and general community, and \$75 for health care professionals. As seating is limited, pre-registration is required by April 30. To register or obtain further information, call 845-639-6776 or 1-800-872-0994.

### Chapter Offers Seminar for Clergy

**What:** "Ministering to the Caregiver," a seminar for clergy. Speakers will include Sue Kaufman, L.M.S.W., author of *The Well Spouse*; Ruth Ahearn, L.M.S.W.; Patricia Marino, M.D.; and Miriam Zucker, A.C.S.W.

**Where:** Westchester Center for Rehabilitation and Nursing, 10 Claremont Avenue, Mount Vernon, NY 10550.

**When:** Wednesday, April 2: Meet & Greet and Continental Breakfast, 8:30 a.m. - 9 a.m.; Program, 9 a.m. - 12 p.m.

**Info/Reservations:** Please call the Alzheimer's Association, 914-253-6860.

### Dr. Mary Mittelman to Give 2008 Adele Rohrlich Lecture

The fifth annual Adele Rohrlich Memorial Lecture on Cutting Edge Alzheimer's Care will be held at Saint Joseph's Medical Center (127 S. Broadway, Yonkers, NY) from 2 p.m. to 3:30 p.m. on **Thursday, April 17**.

Dr. Mary Mittelman will speak on "What Helps Caregivers? Research Shows What Works."

Dr. Mittelman is an epidemiologist who has been evaluating psychosocial interventions for family members of people with Alzheimer's disease for the past two decades. She is Director of the Psychosocial Research and Support Program at the Silberstein Institute, Research Professor in the Department of Psychiatry at NYU School of Medicine, and leader of the Education and Psychosocial Cores of the NYU Alzheimer's Disease Center. She is Principal Investigator of the NYU-Spouse Caregiver Intervention study, funded by the NIH since 1987, as well as other studies of psychosocial interventions for people with cognitive impairment or dementia and their family members.

With her colleagues, Dr. Mittelman has written several books, including *Counseling the Alzheimer's Caregiver: A Resource for Health Care Professionals* (Mittelman, Epstein and Pierzchala, 2003) and a book for family caregivers, *The Alzheimer's Health Care Handbook: How to Get the Best Medical Care for Your Relative with Alzheimer's Disease, In and Out of the Hospital* (Mittelman and Epstein, 2003).

The lecture is free, but registration is required. To register or obtain additional information, please call 914-253-6860.

### Putnam Spring Seminar To Be Held May 31

The Alzheimer's Association, in collaboration with Putnam County Office for the Aging and Putnam Hospital Center, will hold a free educational program, "Brainstorming about Alzheimer's Disease: An Interactive Seminar," from 8:30 a.m. to 2:30 p.m. on Saturday, May 31. The program will be held at William Koehler Senior Center on Rt. 6 in Mahopac, NY. The day will include a presentation by William J. Higgins, M.D., an internist whose practice focuses on the diagnosis and treatment of Alzheimer's disease and related dementias, and panel presentations on "Diagnosis/What Then?" "Community Services," "Caregiver Support," and "Managing Loss." Additionally, there will be an opportunity to browse displays and meet representatives of agencies and organizations that offer Alzheimer-related services. To register or obtain more information, please call Stuart Greif at 845-278-0343.

# Alzheimer's Association Spring Programs

## Getting Connected

**What:** A special invitation for family caregivers and professionals to learn about chapter programs and services.

- ♦ **Where:** Alzheimer's Assoc., Rockland Regional Office  
**When:** Wed., Apr. 9, and Wed., May 14, 12 p.m.-1 p.m.  
**Information:** Alzheimer's Assoc., 845-639-6776
- ♦ **Where:** Alzheimer's Assoc., Orange/Sullivan Reg. Office  
**When:** Wed., Apr. 23, and Fri., May 16, 12 p.m.-1 p.m.  
**Information:** Alzheimer's Assoc., 845-342-2247 or 845-794-3774

## Understanding Memory Loss

**What:** This program will cover general information about normal and abnormal memory loss, including the ten warning signs of Alzheimer's disease, how to get a proper diagnosis, stages of the disease, related disorders, and medications currently available.

- ♦ **Where:** Ambulance Corps Bldg., 231 - 1st Street, Wallkill, NY.  
**When:** Wednesday, April 9, 1 p.m. - 2 p.m.  
**Info/Registration:** Alzheimer's Assoc., 1-800-872-0994.
- ♦ **Where:** Willow Towers Assisted Living, 355 Pelham Rd., New Rochelle, NY.  
**When:** Thursday, April 10, 7 p.m. - 8:30 p.m.  
**Additional Info:** Instead of a single speaker, this program will have a panel comprised of an attorney, a physician, and a social worker.  
**Info/Registration:** Alzheimer's Assoc., 914-253-6860.
- ♦ **Where:** Atria Briarcliff Manor, 1025 Pleasantville Road, Briarcliff Manor, NY. (Free parking available.)  
**When:** Thursday, May 8, 6 p.m. - 7:30 p.m.  
**Info/Registration:** Alzheimer's Assoc., 914-253-6860.

## Dementia Care Training Program

**What:** This is a condensed version of the Dementia Care Specialist Program, taught by Meg Boyce, LMSW. Topics include General Information about Alzheimer's Disease and Related Disorders, The Art of Communication, Managing Challenging Behaviors, and Caring for the Caregiver.

**Where:** Business Resource Center, Ulster County Community College, 1 Development Ct., Kingston, NY.

**When:** Saturday, April 5, 9 a.m. - 1 p.m.

**Fee:** UCCC charges a fee of \$49.

**Info/Registration:** For information about the course, contact Meg Boyce, 845-340-8474. To register, contact UCCC, 845-339-2025.

## Caregiving Series

The eight modules in our Caregiving Series, covering a full range of caregiver issues, will be offered at different times and in different locations throughout the year. Each program is 1-2 hours long. Caregivers may select whichever programs are of interest.

### Making Sense of Challenging Behavior

- ♦ **Where:** Nanuet Public Library, 149 Church Street, Nanuet, NY.  
**When:** Wednesday, April 30, 11 a.m. - 12:30 p.m.  
**Info/Reservations:** 845-639-6776
- ♦ **Where:** Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.  
**When:** Tuesday, May 13, 1 p.m. - 3 p.m.  
**Info/Reservations:** Alzheimer's Assoc., 914-253-6860

### The Art of Communication

- ♦ **Where:** Alzheimer's Association, 2 Jefferson Plaza, Ste. 103, Poughkeepsie, NY  
**When:** Thursday, April 3, 2 p.m. - 3:30 p.m.  
**Info/Registration:** Alzheimer's Assoc., 845-471-2655
- ♦ **Where:** Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.  
**When:** Tuesday, April 22, 1 p.m. - 3 p.m.  
**Info/Reservations:** Alzheimer's Assoc., 914-253-6860

### Community Resources for Caregivers

- Where:** Meals on Wheels of Rockland County, 121 West Nyack Rd., Nanuet, NY  
**When:** Wednesday, April 16, 1 p.m. - 3 p.m.  
**Info/Registration:** Alzheimer's Assoc., 845-639-6776

## Early-Stage Programs

**8th Annual Early-Stage Memory Disorders Forum,** "For the Record: Sharing the Past; Living the Present."

**Where:** Roosevelt Hotel, Madison Ave. & 45th St., NYC.

**When:** Friday, May 2, 2008.

**Registration:** \$20 for caregivers and individuals with dementia; \$125 for professionals.

**Info:** Contact Ellen Imbiano, 914-253-6860.

### Introductory Class, Silver Sneakers Program

Group exercise for older adults who are fit and active, as well as those who are sedentary, intimidated, or unfamiliar with exercise & ALL those who enjoy a positive, upbeat social environment. Early stage individuals & caregivers are welcome.

**Where:** Bare Fitness, 130 Dolson Ave., Middletown, NY

**When:** Wednesday, May 14th, 10:00a.m.-1:00pm

**Info/Registration:** Alzheimer's Assoc., 845-342-2247.

## Alzheimer's Association Spring Programs

### Taking Control of Memory Impairment: An Education Program for Persons with Early Memory Loss and Their Care Partners

**What:** Persons recently diagnosed with early stage memory loss and their care partners are invited to a seminar. Topics to be discussed will include the nature of memory/cognitive disorders, taking control of the “problem,” memory enhancement, management of symptoms, issues such as driving, family issues, depression and anxiety, legal and financial planning, and supports and resources available.

**Where:** Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.

**When:** Thursdays, May 22 & 29, 10 a.m. - 12 p.m.

**Info:** For further information, please call Ellen Imbiano or Alice Feintuch at the Alzheimer's Association, 914-253-6860

### Other Programs of Interest

#### Frequency and Indications of Malnutrition in the Elderly: Strategies for Intervention

**What:** Learn about the importance of nutritional screening, the signs and characteristics of malnutrition and dehydration in the elderly. Explore the nutritional requirements of older adults and learn how simple interventions can help avert malnutrition in the elderly. Presented by Ben Pearce of Potomac Homes.

**Where:** Alzheimer's Assoc., Orange/Sullivan Regional Office.

**When:** Friday, June 20, 2 p.m. - 3p.m.

**Info/Registration:** Alzheimer's Association, 845-342-2247.

#### Wandering: Who's at Risk and What to Do

**What:** Over 60% of those with Alzheimer's will wander at some point during the course of the disease. Join us to learn about the Alzheimer's Association's live, 24-hour emergency response service for wandering and medical emergencies. You can't know when an incident will happen, but you will know what to do when it does.

- ♦ **Where:** Catskill Regional Medical Center (Board Room), Harris, NY.  
**When:** Tuesday, May 13, 12 p.m. - 2 p.m. (lunch included)  
**Info/Registration (required):** Alzheimer's Assoc., 845-342-2247 or 845-794-3774
- ♦ **Where:** Alzheimer's Assoc., Orange/Sullivan Regional Office.  
**When:** Tuesday, Apr. 29, 10:30 a.m. - 11 a.m., or by appt.  
**Info/Registration:** Alzheimer's Association, 845-342-2247 or 845-794-3774.

### Social/Activities Programs

#### What: Sunday Social Programs—for Families

Individuals diagnosed with early dementia and their primary caregivers are invited to attend programs that offer fun, food, and an opportunity to maintain social contacts in a comfortable, non-judgmental atmosphere.

**Where:** Burke Rehabilitation Center (Bldg. 7, Room G-41), 785 Mamaroneck Ave, White Plains, NY.

**When:** Apr. 13, May 18, and June 8, 12:30 p.m. - 3 p.m.

**Info/Registration:** The program is free to caregiver and care receiver, but space is limited and reservations are required. For reservations, please call 914-253-6860 by the preceding Monday.

#### What: “Neu Experiences in Art”

The Alzheimer's Association and the Neuberger Museum in Purchase, NY, have formed a partnership to offer a new program for individuals with Alzheimer's disease and their care partners. Specially trained docents will guide visitors through the museum's galleries in an interactive program. The monthly program is the first of its kind in our area. The inaugural tour is scheduled for June 12. The program will be free of charge, but space is limited and reservations will be required. For more information, please contact Alice Feintuch at 914-253-6860 or the Neuberger Museum at 914-251-6110.

### Celebrations

**What:** The Alzheimer's Association is proud to present Gary Glazner, Founder of **The Alzheimer's Poetry Project**. The Alzheimer's Poetry Project is based on the premise that, by improving the quality of life of the most forgotten members of our community, we improve the quality of life for everyone. By saying to people with dementia, “We value you,” we are saying we value all members of our community. By working with health care professionals and giving them a tool to have fun with, to stimulate the people they serve, we are saying, “We value your work.” By working with family members who have a loved one with dementia, we are saying, “You are not alone in your struggle to treat your loved one with dignity.”

- ♦ **Where:** Hand in Hand Care, 48 East Main St., Middletown, NY  
**When:** Friday, May 2, 2 p.m. - 3 p.m.  
**Info/Registration:** Alzheimer's Assoc., 845-342-2247.
- ♦ **Where:** Cornell Cooperative Extension, Ferndale-Loomis Rd., Liberty, NY.  
**When:** Friday, May 2, 6 p.m. - 7 p.m.  
**Info/Registration:** Alzheimer's Assoc., 845-794-3774

## Caregiving

### Care Consultant's Corner:

## Waiting Too Long ... Don't Let Guilt Keep You from Getting the Best Care for Your Loved One

By Wendy Rudder, LCSW

"Guilt is inextricably tied up with love," a co-worker of mine recently stated.

What a profound truth that is. Too often, I hear family members refuse offers of various kinds of assistance with replies such as these: "We don't need to talk to anyone. My family is close and they're pitching in." Or, "No, mom wouldn't want a stranger in her house. And besides, I can do a better job than any paid person."

Yet, there is only so much responsibility, stress, and physical work that caregivers can take on by themselves until they simply burn out or drop from exhaustion. That is especially true when the caregiver is an aged spouse who might have health problems or physical limitations of his or her own. And it is compounded by the emotional drain of witnessing a loved one's changes in functional ability, behavior, or mental capacity.

Some of these folks will eventually seek and accept help. But often they wait until they are in a crisis before they do. Why do they wait so long? One reason is guilt: guilt at not being able to "do it all" for their loved one or at not doing enough; guilt over their feelings of burden or frustration at the relentless nature of the care that is required; guilt over the cost and necessity to spend their loved one's money for more care; guilt over their desire for respite or even a wish that creeps in now and then, for the whole thing to be over, once and for all.

None of these feelings or desires is uncommon. Nor should one be ashamed of them. Such thoughts are completely natural responses to the tremendous and often overwhelming burden of caring for a loved one who has become mentally and/or physically frail.

I believe there is a hefty share of grief that underlies the entire experience of aging in our culture, because of all the losses that accompany this period of life. For some people, this includes loss of independence due to debilitating illnesses or physical limitations, and loss of their former identity due to some form of dementia. Imagine how difficult that is to cope with!

Caregivers need to be aware of their own feelings of loss and grief if they are to be effective at providing for the needs of their loved ones. This may include taking time to mourn, or seeking a healthy outlet for their feelings, through counseling or a support group (or both). Asking for help with the myriad tasks of caregiving is also an important step, whether it is

paid, professional assistance, or the help of friends or family.

What can you do to help a caregiver who may feel too guilty to ask for or accept help? Here are a few suggestions:

- ◆ **Don't wait to be asked to help.** This sounds easy enough, but keep in mind that there is a fine line between being helpful and being intrusive. For instance, a phone call offering to go grocery shopping might go like this: "Hi, I'm going to the supermarket and I'd like to pick up some groceries for you." (A statement--not a question--the person may feel less like he is troubling you since he doesn't have to ask and isn't taking you out of your way.) "How about if I stop by in a half hour to pick up your list?" (Gives the caregiver the option to refuse or change the terms without eliminating the offer.)

- ◆ **Provide specific & concrete assistance.** For instance: bring over a meal, do a couple loads of laundry, or offer to provide respite care--for a specific day & time. Then, mark it on your calendar, and stick to it. (The more specific, the more likely this offer will be utilized instead of remaining vague & non-committal.)

- ◆ **Be willing to listen without giving advice.** Sometimes that's what a caregiver needs most of all: a companion to talk to; a shoulder to cry on; a willing ear to hear his frustration and let him vent. It can be a great relief when there is someone who just provides supportive listening. ("Supportive" means not interrupting, not being distracted by things around you, not changing the subject to something more comfortable or that you want to talk about, and not being judgmental.)

- ◆ **Be positive and encouraging as much as possible.** I'm a firm believer in the power of positive thinking. It doesn't solve every problem but it's certainly easier to cope with adversity with a positive attitude and it can provide a needed boost. (Remember, humor goes a long way too.)

We're in an age when people seem to be more and more disconnected from each other. Personal contact becomes less a priority in people's lives, while they endure a greater level of stress and more demands on their time. In light of this, being that friend who is there when needed is an invaluable asset and a true gift from the heart.

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### Can You Help?

A chapter staff member with a home in Northern Dutchess seeks to rent a room in Westchester, within 10-15 miles of I-287, to facilitate participation in occasional evening events and early morning networking meetings. Please contact Elaine Sproat, President & CEO, 914-253-6860 or 1-800-872-0994.

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## Caregiving & Advocacy

### "Dear Stephanie"

*Dear Stephanie:*

*First I would like to tell you that you are beautiful to be involved in doing this. My mother has Alzheimer's. She does not know me much anymore. The situation just rips me apart. My mother and father are my best friends. I get the newscope. That is how I got your name.*

*If you could give me some tips, IT WOULD HELP ME.*

**Barbara**

Dear Barbara:

First, allow me to say that I feel I know what you are going through, and you have my sincere sympathy. It is terrible to see one's beloved parent suffering with illness.

I found that my mother liked it when I sat quietly by her and held her hand. It seemed to calm her agitation, and we sat together quietly for some time.

When that period was over, my mother seemed interested when I read to her. She enjoyed listening to the stories. When she seemed to get restless, I shared a National Geographic, or another pictorial magazine with her, making comments on the pictures. She looked at them intently.

When visiting with your mother, you may also want to bring a photo album of family gatherings and events that the two of you can reminisce about, or that you can comment upon if she is no longer capable of participating.

It is very difficult to know how much a loved one comprehends when they are not able to communicate clearly. Your dear mother may be able to understand more than she is able to let you know.

Stephanie Cohen welcomes questions relating to Alzheimer's disease or caregiving. Please send your inquiries to "Ask Stephanie," c/o the Alzheimer's Association, 2 Jefferson Plaza, Ste. 103, Poughkeepsie, NY 12601 or to [info@alzhusdsonvalley.org](mailto:info@alzhusdsonvalley.org).



Reminiscing about the past is a safe activity since long term memory usually is not affected as much as short term memory.

Other times, I placed a ball of wool in my mother's hands, with some of the yarn unrolled. It seemed to me that she automatically wound the yarn. I had a few balls of yarn with me, and sometimes she would spend our time together rolling yarn. Of course I always thanked her profusely for helping me.

No matter that she didn't recognize me. After we had sat together for a while, I always kissed her, and hugged her. I didn't do this when I first visited, for fear of alarming her. I always told her how much I loved her. I'm not sure she understood, but it certainly did make me feel better.

If you have not done so already, I would strongly encourage you to attend a caregiver support group in your area. I couldn't have gotten through my dear mother's illness without those kind people.

I wish you the best of luck, and the strength to go with it.

*Stephanie*

### Advocacy Day - An Empowering Experience!

On February 12, 2008, more than 50 Chapter advocates were eager to join our ride to Albany - and though weather reduced our size, it did not reduce our Voice! We rallied alongside hundreds from other Alzheimer's Association chapters throughout New York State.

The moving and potent messages from caregivers and Early Stage advocates captured the attention of all in the rooms, as we went from legislative office to office, constituents meeting firsthand with our elected officials and aides. In all, our six teams visited 27 offices!



*Among the legislators visited by Chapter advocates was Assemblywoman Sandy Galef, back row, third from left. Team members for the visit included John Levin, Stuart Greif, Ruth Ahearn, Elisabeth Schalk, David Schalk (back); Evelyn Popper, Dr. Bill Higgins, and Ellen Higgins (front).*

Afterwards, our advocates used the words "empowering" and "motivating" to describe their experience. Each of the visits was followed with letters asking for New York State support of vital Alzheimer's issues.

Thank you to all who were Champions for Alzheimer's that day, and to those considering becoming an advocate, we have a role for you! Please contact Michele Muir at 1-800-872-0994 or [Michele.Muir@alz.org](mailto:Michele.Muir@alz.org).

## Development



The Alzheimer's Association will hold its annual gala, "A Night of Wine & Roses," at the Grandview in Poughkeepsie on Saturday, April 26.

Enjoy a sumptuous dinner, silent and live auctions, and dancing to sounds of the Michael Dell Orchestra. This year's event will honor two outstanding businesses, Health Quest and Compensation Risk Managers (CRM).

To purchase tickets or obtain more information, contact Pamela Perkins-Dwyer at 1-800-872-0994, or visit our Web site, [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley).

### Planned Giving Options May Benefit You and Your Family

Did you realize that there are ways to support the Alzheimer's Association's programs and research while ...

- ♦ Reducing your income taxes or capital gains taxes?
- ♦ Receiving a stream of income for your (and your spouse's) lifetime that will be partially tax free?
- ♦ Helping your heirs minimize costly estate taxes?

You and your family could benefit from any number of Planned Gift options, including:

- ♦ Charitable Gift Annuity
- ♦ Charitable Lead or Remainder Trust
- ♦ IRA Rollover
- ♦ Gift of Life Insurance, Real Estate, or Other Assets
- ♦ Gifts of Appreciated Stock
- ♦ Will Provision

For more information, please contact Alison DaMore ([Alison.DaMore@alz.org](mailto:Alison.DaMore@alz.org)) or Laura Ewing-Mahoney ([Laura.Ewing-Mahoney@alz.org](mailto:Laura.Ewing-Mahoney@alz.org)) at 914-253-6860 or 1-800-872-0994.

### Forget Me Not Days To Be Held May 16 and May 17

With the opening of their new office in White Plains, NY, Bankers Conseco Life Insurance Company will be holding Forget Me Not Days® in our area this spring! This is the first year of the drive in New York, which raises funds for the Alzheimer's Association and raises public awareness of the disease. As part of the event, Bankers' agents and employees will collect donations in green gardening aprons and hand out packets of Forget-Me-Not flower seeds for people to plant in honor of the more than 5 million Americans with Alzheimer's.

For more information, please contact Michael Machado at Bankers Conseco Life Insurance Company, 914-821-1200, ext. 1153, or [Michael.Machado@bankerslife.com](mailto:Michael.Machado@bankerslife.com).

### Did You Know American Businesses Spends an Astonishing \$61 Billion a Year\* on Alzheimer's Disease?

These funds are equivalent to the net profits of the top 10 Fortune 500 companies!

**Find out how the Alzheimer's Association can help you and your employees and how your company can become a Champion in the fight against Alzheimer's.**

Join Orange County Executive Edward Diana and Dr. John D'Ambrosio, President of the Orange County Chamber of Commerce, at a breakfast on **Thursday, April 10, 2008**, 7:30 a.m.-9 a.m., at the Chamber office, 30 Scott's Corners Drive, Montgomery, NY. Please call Janet Troia at 845-342-2247 to reserve your place.

\* According to the study, *Alzheimer's Disease: The Costs to U.S. Businesses in 2002*.

#### Save these Dates!

**Monday, September 8, 2008**  
**Alzheimer's Association 10th Annual Golf Tournament**  
**914-253-6860**

**Weekends, September/October 2008**  
**Memory Walk - The Nation's Premier Alzheimer Fundraiser**

<b>Sun., September 21</b>	Putnam Co.	845-278-0343
<b>Sun., September 28</b>	Sullivan Co.	845-794-3774
<b>Sat., October 4</b>	Orange Co.	845-342-2247
<b>Sun., October 5</b>	Westchester Co.	914-253-6860
<b>Sat., October 11</b>	Dutchess Co.	845-471-2655
<b>Sun., October 12</b>	Rockland Co.	845-639-6776
<b>Sat., October 18</b>	Ulster Co.	845-471-2655

# 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 10/1/07 to 12/31/07. Unfortunately, space limitations do not allow us to list Memory Walk or Luminary gifts here.

## Memorials

Lawrence Abbamonte  
Herbert Abraham  
Dorothy Adelman  
Susan Anolick  
Katherine Arceri  
Renee Aronsky  
Helen Barlow  
Roma Barone  
William Bassett III  
Josephine Becci  
Charles A. Bedingfield  
Rita Beisinger  
Juliette Bennett  
Ruth Berg  
Tess Berman  
Emily Bink  
Sylvia Bobroff  
Sima Bogdanoff  
Frederick Brackis  
Ruth Browser  
Alice R. Bulkeley  
Lillian Campanella  
Anna Cariello  
Natalie Carnese  
Audrey Carnright  
Alice Chas  
Guy Michael Chemi  
Richard Clift  
Anna Corbacio  
Carmela Corritori  
Lois Crum  
Joseph F. DeCaprio  
John Decker  
Michael DiTullo  
Raymond Dolan  
Walter Dresch  
Janet Duda  
Charles Dunetz  
Arny DuPont  
Justine Englander  
Pearl Ezratty  
Anthony J. Famighetti  
Frances Fedele  
Joe Fisch  
Dorothy Fisher  
Josephine Florio  
Joe Franca  
Paula Freisitzer  
Ben French  
Harry Fritz  
Ida Fucello  
John Furka  
Marie Gagliardi  
Rose Gallo  
Richard Genoski  
Jane Gerstheimer

Bertha Ginsberg  
Arthur B. Glas  
Robert Glatter  
Barry Goldberg  
Florence Gorkin  
Danny Granozio  
Mary Dorothy Griffin  
Doris Guildford  
Katherine Haas  
Sylvia Halbreich  
Anne O'Neil Hartnett  
Steve Hartstein  
Bertha Hlavacek  
Kayla Horowitz  
Shirley James  
Adele Kadden  
Lillian Kafka  
Adley Kassler  
Jennie Katz  
Mary E. Keane  
Joseph Keegan  
Dorothy Kehn  
Frederick J. Keller  
Violet T. Kempter  
Jessie Elizabeth Kennedy  
Catherine King  
Irvin King  
Rhoda Kittay  
William R. Kittay  
Lillian Klein  
Walter Klink  
Ellen R. Kreuz  
John W. Lambert  
Mary Langer  
Lillian Laska  
Gustav Launhardt  
Thelma Lawrence  
Antoinette LeLorenzo  
Mary A. Lennon  
Barnett Liebman  
George E. Lindenberger  
Reidun Sofie Lindstrom  
Rose Longo  
Wei Yung Loo  
Louis Mahoney  
Helen Mandel  
Gabriel Marchionni  
John Marengo  
Judson Markle  
Cecelia McCasland  
Charlie McGinnis  
Luba Meiselman  
June Merriman  
Hilda Meyer  
Antoinette Miraghia  
Sophie Mudrick  
Carmelo "Art" Musmerci  
Theodore Newhoff

Armando Nieto  
Betty Nussbaum  
William O'Malley, Sr.  
Mary O'Malley  
John Padgett  
Venero Pagano  
Marilyn Parfitt  
Anthony Parisi  
Leon H. Pазian  
Harry Peterson  
Eva Petrik  
Charlotte Pines  
Nancy Pinsker  
Margaret Pitcher  
Carol Plapinger  
Alfred Postiglione  
Michael Potenza  
Claire Price  
Catherine Proto  
Louise Pugsley  
Philip Pugsley  
Walter Rapp  
Arthur Reece  
Connie Renza  
Catherine Reynolds  
Irene Reznick  
Jim Ritzenthaler  
Richard Robinson  
Rita Roche  
Rosemarie (Lily) S. Rodell  
Digna Rodriguez-Alto  
Anthony N. Romeo  
Racille Sameth  
Thelma Sandler  
Marvin Sands  
Jack Sanglyn  
Josephine Santelha  
Kenneth Schult  
Dr. Nick Seguljic  
Natalina Serratore  
Edel I. Shaw  
Anna Silano  
Joseph Silvestri  
Barbara Simoni  
Betty Singer  
Dr. Albert Sloan  
Anna Smaldone  
Louis E. Smith  
Nathan Srol  
Dorothy Stein  
Gregory P. Stosser  
Renee Sulsky  
Max Tager  
Frank Tenore  
Annamarie Tintera  
Dr. Joseph Triestman  
William Trocher  
Gwendolyn VanDemark

Dorothy VanValkenburgh  
Deborah K. Victorson  
Clara Violante  
Jessie Vitale  
George Peter Wagner, Jr.  
Keith George Walters  
Pearl Waschlek  
Katherine "Kitty" Washington  
Effie G. Weber  
Nathan Weidenbaum  
Jerry Weisberg  
Ann Werntz  
Kenn & Ethel Weyant  
Francis Whalen  
Ken Wilson  
Joseph M. Wuest  
Ethel Yaver  
Allen York  
Raimondo Zangrandi  
Carlos Zsiros

## Tributes

Alzheimer's Association  
The Boldrin Family  
Maryann Cariello  
The Constable Family  
Staff At Rich Travel  
Mimi & Gordon Frank  
Gloria Gates,  
on her 65th birthday  
Elliot Grosswirth  
Pat Haaf, on her retirement

Dr. William Higgins  
Nora Kaufman,  
on her 80th birthday  
Eleanor Keleshian  
Elena Laudati  
Mr. & Mrs. Jack Loretoni,  
Mr. & Mrs. John Loretoni, &  
Mario Loretoni  
Mr. & Mrs. Ira M. Millstein  
Maria Muller, on  
becoming a U.S. Citizen  
Mr. & Mrs. Dennis Murphy, Jr.,  
on their 40th Anniversary  
Mr. & Mrs. Gabbett Murphy  
Joan Murphy  
David Niederhoffer  
Anna & Pat Novello  
Maria Paliotta  
Neil & Marilyn Rimsky,  
on their 25th anniversary  
Marian & David Rokeach,  
on their 35th anniversary  
David Rosenstock,  
on his 80th birthday  
Alice Shindler,  
on her birthday  
Mitchell Steinhouse,  
on his 60th birthday  
Liz & Ken Tremain  
The Van Norstrand Family  
Dorothy VanPelt  
Tina Yacovacci

## Extra! Extra!

### What: Demystifying Alzheimer's

(Presenters: A noted physician and Ruth Ahearn, L.M.S.W.)

**Where:** The Fountains at Rivervue, 1 RiverVue Place, Tuckahoe, NY

**When:** Tuesday, April 15, 6:30 p.m. - 8 p.m.

**Info/Registration:** 914-253-6860.

**What:** The Alzheimer's Association is pleased to present **Community Playback Theatre**. Playback Theatre is interactive, improvised storytelling, created through collaboration between performers and the audience. The actors will provide opportunities for caregivers and early-stage individuals to have their concerns played out on stage, promoting awareness and community dialogue.

**Where:** Glen Arden (Rhinebeck Room), 214 Harriman Drive, Goshen, NY.

**When:** Sunday, June 8, starting at 2 p.m.

**Info/Registration:** 845-342-2247.

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

*Return Service Requested.*

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)

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## 20th Annual Public Policy Forum

When and Where  
May 12-14, 2008  
Washington, D.C.

The 20th Annual Alzheimer's Association Public Policy Forum will take place May 12-14, 2008, in Washington, D.C. The Forum offers an update on public policy issues and the opportunity for chapter advocates to make face-to-face visits with Members of Congress.

This year is critical to our cause: Growing numbers of lawmakers have pledged to support the President's attempts to reduce or hold the line on spending for programs such as medical research. Additionally,

**This year is critical to our cause. . . . November's presidential election provides us with the opportunity to urge candidates to recognize and address the Alzheimer emergency facing our nation.**

November's presidential election provides us with the opportunity to urge candidates to recognize and address the Alzheimer emergency facing our nation.

Keynote speaker Mike McCurry, former White House press secretary, will share strategies on how to make our goals a high priority for legislators. And other experts in the field will provide tips to ensure that our messages are heard loud and clear on Capitol Hill.

We'll also be releasing our second annual Alzheimer's Disease Facts and Figures report, which will bring to light the latest national statistics on the deadly and growing reach of Alzheimer's disease.

Join us as we reflect on 20 years of Alzheimer advocacy and continue our fight to communicate the urgency of our mission to legislators.

If you would like more information or decide to attend, please contact Michele Muir, Communications & Public Affairs



Manager, at 1-800-872-0994 and consider registering through our local chapter.

This year, to make the Forum more affordable, the Alzheimer's Association is offering free registration for the first 50 people with Alzheimer's or a related disorder who register through their local chapter. Also, for every three fully paid registrations submitted by a group at the same time, one free registration will be offered.

Detailed information about the Forum is also available on-line at [www.alz.org/publicpolicyforum](http://www.alz.org/publicpolicyforum).