



newscope

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

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

Fall, 2011

Dr. Maria Carrillo to Review Latest Research Findings Presented at International Conference

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~ Our Mission ~

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

The Alzheimer's Association International Conference (AAIC), held in July, drew a record-breaking number of dementia scientists to Paris to share the latest ideas, thoughts and theories in the field. Breaking studies captured global media attention as the world's leading experts explored innovative ways to further Alzheimer's research.

French President Nicolas Sarkozy addressed AAIC 2011 attendees about development and implementation of the French National Alzheimer's Plan. Launched in 2008, the French plan has three pillars: (1) improving the quality of life for people with dementia and their families; (2) mobilizing French society in the fight against Alzheimer's; and (3) advancing Alzheimer's research. According to the Alzheimer's Association, the French National Alzheimer's Plan can be a model for the creation of similar plans in other nations around the world.



Dr. Maria Carrillo

The findings from AAIC will be among the topics discussed by Maria Carrillo, Ph.D., Senior Director of Medical and Scientific Relations at the Alzheimer's Association, in a public lecture to be held at the Westchester

Marriott in Tarrytown from 6 p.m. to 8 pm. on **Wednesday, September 21** (Alzheimer's Action Day). For instance,

♦Research from two studies focused on clarifying the relationship between brain

injury and mild cognitive impairment. Older veterans who experienced traumatic brain injury showed a more than two-fold increase in the risk of developing dementia. Over a seven-year period, the risk of getting a dementia diagnosis was a little more than 15% in those who had a traumatic brain injury compared with just under 7% in those without traumatic brain injury.

♦Scientists reported on a study suggesting that falls are more common among individuals with the earliest brain changes of Alzheimer's. They measured the rate of falls among seemingly cognitively healthy older adults with and without preclinical Alzheimer's, as determined by a brain PET scan looking for deposits of a toxic protein called amyloid. Those people with amyloid deposits had twice the risk of falls. These study results suggest that, in some people, changes in gait and balance may appear as early indicators of Alzheimer's, even before memory changes.

♦Researchers at the University of California - San Francisco (UCSF) have developed a new mathematical model of global Alzheimer's risk, suggesting that reducing the prevalence of well-known, lifestyle-based, chronic disease risk factors by 25 percent could potentially prevent 3 million cases of Alzheimer's worldwide, including nearly 500,000 in the United States.

If you would like to learn more about these and other intriguing studies presented at AAIC, please join us for Dr. Carrillo's talk. The event is free and open to the public, but pre-registration is required. You can register by phone, 914.253.6860, or at alz.org/hudsonvalley.

Chapter News

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Among Friends

Purple, the signature color of the Alzheimer's Association, is the color of passion. And if there is one word that typically describes the Alzheimer's Association community, it is the word *passionate*. We're passionate about finding an end to this devastating disease.

This fall our Chapter will be hosting a wide variety of outstanding programs designed to educate and inspire all who attend (see pages 1, 3, 4, 5, and 10). In September, *World Alzheimer's Month*, a "Purple with a Purpose" campaign will help raise awareness of our cause, and we're encouraging everyone to "go purple" on September 21, *Alzheimer's Action Day*.

In September and October, we hope you will JOIN US for *Walk to End Alzheimer's™* (see back page). Help mobilize Alzheimer champions by forming a team and inviting your family, friends, and neighbors to walk with you! You can register for the *Walk to End Alzheimer's* event near you by visiting www.alz.org/hudsonvalley or by calling 1.800.272.3900.

Throughout the fall, the Alzheimer's Association will be spotlighting everyday people who are taking heroic action in the fight against Alzheimer's. There's **Theresa Abiagon**, whose mother in Nigeria suffers from Alzheimer's, who spends her day off each Friday from her job as a microbiologist making sure families facing Alzheimer's here in our area can find the resources they need. There's **Sophie Dolamore**, a young woman at Kingston High School who used her senior recital as a means to raise awareness and funds for Alzheimer's in memory of her grandfather, an accomplished violinist. There's **Enzo Simone**, whose mother suffers from early-onset Alzheimer's and who is always there for us, who took a lead role in the exhaustive search for a missing Westchester woman with Alzheimer's. And there's **Lydia Panaro**, a former literature professor now diagnosed with Alzheimer's, who is one of the Alzheimer's Association's most powerful advocates. Each of these people has taken it upon himself or herself to say, "The end of Alzheimer's starts with me."

Won't you share your passion with us and become one of our everyday heroes?

Elaine



Elaine Sproat

Unique Volunteer Opportunity

Another of our everyday heroes is **Elizabeth Bennett**, our Chapter's volunteer Librarian. Liz has served in that role for the past ten years, processing the materials in our Chapter's four lending libraries according to the Dewey Decimal system, establishing lending policies and procedures, creating an electronic catalog, and even collaborating with the Alzheimer's Association Green-Field Library in Chicago.

Our Chapter libraries are used by staff, caregivers, health care professionals, and students. We deeply appreciate the contribution Liz has made and continues to make. Since she and her husband anticipate moving their permanent residence at some point in 2012, we would like to identify another volunteer to work with her this year and take on the role of maintaining our collection going forward.

If this opportunity intrigues you, please contact Elaine Sproat at 845.471.2655 or elaine.sproat@alz.org.

Key Fall Programs

Annual Seminar: A Research Update

The *Alzheimer's Association Annual Research Seminar*, held in collaboration with the Alzheimer's Disease Assistance Center of the Hudson Valley (ADAC), Burke Rehabilitation Hospital, and the New York State Department of Health, will be held on **Friday, November 4**, 8:30 a.m. - 4:30 p.m. in the Rosedale Conference Room (Bldg. 4, 2nd Floor) at Burke Rehabilitation Hospital, 785 Mamaroneck Ave., in White Plains, NY.

The seminar focuses on the latest research and treatment of Alzheimer's disease. **Barry Jordan, M.D.**, Director of the ADAC and Director of the Memory Evaluation and Treatment Service (METS) at Burke, will speak on "Differential Diagnosis of Dementia."

Richard Lipton, M.D., Professor of Neurology and Principal Investigator of the Aging Study at Albert Einstein College of Medicine, will speak about "Novel Risk Factors and Protective Factors in Cognitive Aging and

Dementias." **Gary Gibson, Ph.D.**, Professor of Neuroscience at Weill Cornell Medical College and Director of the Laboratory for Mitochondrial Biology and Metabolic Dysfunction in Neurodegeneration, will question what we know about the brains of people with Alzheimers: "The Brain's Use of Oxygen, Sugar, and Calcium is Abnormal in Alzheimer's Disease. Does It Matter? Can We Do Anything about It?" And, finally, **Mary Sano, Ph.D.**, Professor of Psychiatry and Director of the Alzheimer's Disease Research Center at Mount Sinai School of Medicine, will speak on "Developing New Interventions to Protect against Cognitive Loss and Alzheimer's Disease."

The Annual Research Seminar is free and open to both professionals and family caregivers, but pre-registration is required. To register or obtain more information, please call the Alzheimer's Association at 1.800.272.3900.

Symposium Focuses on Impact of Alzheimer's

"*Preparing for the Epidemic of the 21st Century: the Impact of Alzheimer's Disease on Businesses and Diverse Communities*" will be the topic of a symposium held in collaboration with the Westchester Public/Private Partnership for Aging Services, the Westchester County Department of Senior Programs and Services, and the American Hispanic Business and Professional Association of Westchester. Chambers of Commerce in Putnam and northern Westchester have also been invited to participate.

The symposium will take place at the Holiday Inn, Mount Kisco, from 8:30 a.m. to 1 p.m. on **Wednesday, November 9**. Alzheimer's disease and related disorders

currently affect 5.4 million people in the U.S., but that number will swell to as many as 16 million by the year 2050. Similarly, the annual cost of caring for people with Alzheimer's disease is expected to swell from \$183 billion currently to \$1.1 trillion in 2050, with staggering effects not only on families, but also the economy.

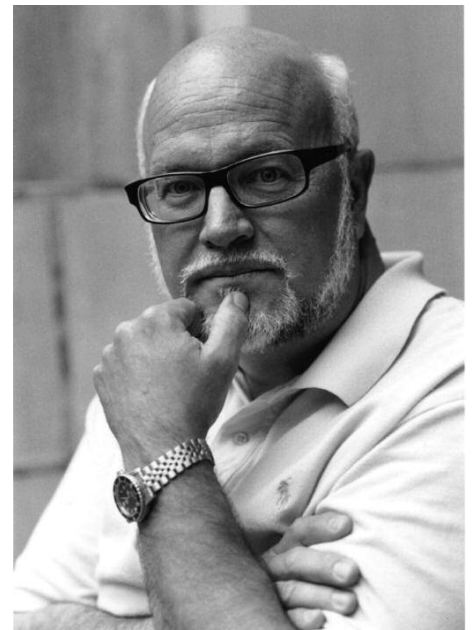
The November 9 Symposium will explore what needs to be done to prepare for and possibly ameliorate this health crisis.

The symposium is free and open to the public, but pre-registration is required. To register or obtain more information, please call the Alzheimer's Association at 1.800.272.3900.

Every Sixty-Nine Seconds . . .

"*Every 69 Seconds - Memories of Alzheimer's*," a photo essay about Alzheimer's created over three years by staff member Michele Muir, will be exhibited November 1 through December 1, at the Brother Kenneth Chapman Gallery at Iona College Arts Center, 715 North Ave., New Rochelle.

Noticing how the effect of Alzheimer's was revealed on her father's face during photo sessions, Michele was captivated by the imagery and began building her body of work. She later left her job as a professional photographer and joined the Alzheimer's Association Chapter staff.



Blant Brown, with Alzheimer's at age 53

"*Every 69 Seconds . . .*" is a body of black & white documentary still images, video, and hand-written dialogue, of eight persons living with Alzheimer's disease. A public Opening Reception will be held at the Brother Chapman Gallery on **Sunday, November 6**, 1:00 p.m. - 3:00 p.m. Discussions, an artist talk and a lecture are also planned at the Gallery during the exhibit month. To find out more, call us at 1.800.272.3900.

Alzheimer's Association Fall Programs

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

Dutchess/Ulster

♦A NEW 3-part series of educational programs for caregivers, *"Living with Alzheimer's"* is being offered this fall.

In Ulster County, the program will be presented at Woodland Pond retirement community, 100 Woodland Pond Circle (off N. Putt Corners Rd.), New Paltz from 2 p.m. to 4 p.m. on three consecutive Tuesdays: **Oct. 18** Early Stage Caregiving, Pt. 1; **Oct. 25** Middle Stage Caregiving, Pt. 1; **Nov. 1** Late Stage Caregiving, Pt. 1.

In Dutchess County, the program will be offered at the Starr Library, 66 W. Market St., Rhinebeck from 2 p.m. to 4 p.m. on the following three Tuesdays: **Nov. 8** Early Stage Caregiving, Pt. 1; **Nov. 15** Middle Stage Caregiving, Pt. 1; **Nov. 22** Late Stage Caregiving, Pt. 1.

♦Additionally, the 7th annual **Caregiver Conference** will be held **Thursday, November 3**, 8:30 a.m. - 4 p.m. at the Villa Borghese, 70 Widmer Rd., Wappingers Falls, NY.

Orange/Sullivan

♦*"Hospice: Everything You Want to Know"*

Hospice exists to provide support and care for persons in the final stages of incurable disease, so that they may live as fully and comfortably as possible.

Join us for an informative presentation by Janice Valentino and Dr. Timothy Domer from Hospice of Orange & Sullivan. The program will be held at the Alzheimer's Association, 384 Crystal Run Rd., Ste. 102, Middletown, NY on **Tuesday, Oct. 18**, 6:30 p.m. - 7:30 p.m.

♦*"Keeping Fit from the Neck Up"*

This session includes a brief overview of Alzheimer's disease and some current research about prevention (and some myths). We'll wrap up with a few "mind games" to stimulate the brain. The program will be presented on **Wednesday, Oct. 26**, 6:30 p.m. - 7:30 p.m. at Park Manor Rehab. & Health Care Center, 121 Dunning Road, Middletown, NY.

♦*"Caregiving through the Holidays"*

This program will offer tips for caregivers to cope with the challenges that can accompany the holiday season. Topics will include preparing for the holidays, coping with family visits, gift ideas, and safety issues. This program will be presented on **Tuesday, Nov. 1**, 1 p.m.-2:30 p.m. at Cornell Cooperative Ext., 64 Ferndale-Loomis Rd. Liberty, NY.

♦An educational program for caregivers. *"Living with Alzheimer's: The Middle Stages, Parts 1, 2 & 3"* will be presented from 1 p.m. to 2:30 p.m. on three consecutive Wednesdays--November 9, 16, & 23--at the Alzheimer's Association, 384 Crystal Run Rd. Suite 102, Middletown, NY. Join us for this program that will provide answers to the questions that arise in the middle stages of the disease.

Rockland

♦An educational program, *"Living with Alzheimer's--for People with Early-Stage Alzheimer's, Pt. 1"* will be offered on **Thursday, Sept. 22**, 11 a.m.-12 p.m., at the Alzheimer's Association office, 301 N. Main St., Suite. 7, New City, NY.

♦A program on *"Legal & Financial Issues"* will be presented by attorney Michael Ettinger at the Nanuet Public Library, 149 Church St., Nanuet on **Wednesday, Oct. 12**, 7 p.m. - 9 p.m.

♦A program for caregivers. *"Living with Alzheimer's: Middle Stage Caregiving, Pt. 1"* will be presented at the Chapter office from 2 p.m. to 3:30 p.m. on **Monday, Oct. 24**.

♦A program for caregivers. *"Living with Alzheimer's: Late Stage Caregiving, Pt. 1"* will be presented at the Chapter office from 2 p.m. to 3:30 p.m. on **Monday, Nov. 14**.

♦*"Know the Ten Signs: Early Detection Matters"* will be presented twice at the Chapter office--on **Tuesday, Nov. 8**, 1 p.m. - 3:30 p.m. and on **Tuesday, Nov. 29**, from 6:30 p.m. to 8 p.m.

Westchester/Putnam

♦An educational program for caregivers, *"Living with Alzheimer's: Early Stage Caregiving, Pt. 1"* will be offered three times: on **Wednesday, Oct. 5**, 10 a.m. to 11:30 p.m., at the Alzheimer's Association office, 2900 Westchester Ave., Suite. 306, Purchase, NY; on **Monday, Nov. 14**, from 1 p.m. to 2:30 p.m. at Burke Rehab. Hospital (Rosedale Conf. Rm., 2nd floor, Bldg. 4), 785 Mamaroneck Ave., White Plains, NY; and on **Thursday, Dec. 8**, 5:00 p.m.-6:30 p.m., at the Chapter office, 2900 Westchester Ave., Suite. 306, Purchase, NY.

♦*"Know the Ten Signs: Early Detection Matters"* will be presented at the Chapter office--on **Thursday, Oct. 13**, 10:30 a.m. - 11:30 a.m.

♦*"Keeping Fit from the Neck Up"* will be presented twice--on **Thursday, Nov. 10**, 2:30 p.m. - 3:30 p.m., at the Chapter office, and again on **Wednesday, Dec. 7**, from 1:30 p.m. to 3 p.m. at Classic Residence by Hyatt, 537 Riverdale Ave., Yonkers, NY.

Alzheimer's Association Fall Programs



world alzheimer's month

alzheimer's association®

September is now World Alzheimer's Month – and we're celebrating with several special events!

♦ **“Alzheimer's Research: A Hopeful New Direction,”** will feature Maria Carrillo, Ph.D., one of the nation's thought-leaders on the issues facing Alzheimer's research. The evening will also include a presentation of the 2011 **Margaret M. Cahn Research Award** to Adam M. Brickman, Ph.D. The event will be held on **Wednesday, September 21** (Alzheimer's Action Day), 6 p.m. – 8 p.m., at the Westchester Marriott, 670 White Plains Rd., Tarrytown, NY. Free & open to the public; pre-registration required. To register, call 914.253.6860 or visit alz.org/hudsonvalley.

♦ Join Alzheimer's Association friends for our **6th Annual Luminary Ceremony: A Commemorative Candle Lighting**.

The ceremony will take place at 7:30 p.m. on **Wednesday, September 21** (Alzheimer's Action Day), at Mahopac Chamber of Commerce Park.

Luminary candles are \$10 each or 3/\$25. To purchase luminaries or obtain more information, please contact Terry Kean, 845.278. 0343 or terry.kean@alz.org.

♦ **“Art Happening Day for Alzheimer's”**--an Open House at the Clay Art Center, 40 Beech Street, Port Chester, N.Y.--will be held on **Saturday, September 24**, 1 p.m. – 3 p.m.



The event will offer tours of the studio spaces, the clay exhibit **Electric Ladyland**, a community art project to participate in, and cookies. . . . This is a free, intergenerational event – everyone's invited! Call 845.471.2655 for more information.

Socialization Programs

Westchester County

Sunday Social Programs offer music, food and an opportunity to maintain social contacts in a comfortable atmosphere. The programs will be held at Burke Rehabilitation Ctr. (Rosedale Rm., Bldg. 4, 2nd Floor), 785 Mamaroneck Ave., in White Plains, NY, from 12:30 p.m. to 3 p.m. on **September 25, November 20, and December 11**. The Socials are free of charge. Space is limited to three persons per family. To reserve your place, call 1.800.272.3900 by the Monday preceding the Social.

Neu Experiences in Art uses art to spark connections in people with memory loss. Specially trained docents at the Neuberger Museum guide people with Alzheimer's disease and their care partners through the museum's galleries in an interactive program. Fall tours will be held from 2 p.m. to 3 p.m. on **September 15, October 20, and November 17**. For more information, call the Alzheimer's Association at 1.800.272.3900.

Special Session! On **October 20** Gary Glazner, founder and Executive Director of the Alzheimer's Poetry Project, will lead an interactive poetry workshop using paintings as a source of inspiration.

Thanks to a small family grant, we are collaborating with the **Clay Art Center** in Port Chester, NY! There will be three clay work sessions open to persons in the early stages of Alzheimer's (or a related condition) and three separate sessions for caregivers held on the same day & at the same time.

The Clay Art Center has been working with Gilda's Club in Westchester, so they know what we're looking for: a friendly place with lots of support and new activity/communication for people with Alzheimer's, and a place where caregivers can immerse themselves, relax and express.

Sessions will be held on three consecutive Saturdays, **October 15, 22, and 29**, from 12:30 – 3:30 p.m. For reservations, call 1.800.272.3900.

Rockland County

The Life's Journey Equine Therapy program will continue to meet on the **1st Thursday of the month**, 10 a.m. to 12 p.m., October - December, at Ramapo Equestrian Center. Cost: \$10/couple per session. Call 1.800.272.3900 for more info.

Orange County

The Alzheimer's Association's Music Socialization Program continues to meet on the third Friday of each month from 2 p.m. to 3:30 p.m. at New Harvest Christian Church, 1230 Route 94, Vails Gate, NY. For more info. or to reserve a place, call the Alzheimer's Association at 1.800.272.3900.

Advocacy / Caregiving

Thank You, Gov. Cuomo, for Law Creating Missing Vulnerable Adult Alert System

Law Establishes Public Notification System to Help Locate and Protect Missing Vulnerable Adults

On July 25, in an effort to improve the lives of vulnerable adults who may wander from safety, Governor Andrew M. Cuomo signed a law to create a statewide alert system for missing vulnerable adults, similar to the nationwide Amber Alert program, which will help authorities locate cognitively impaired persons who go missing. This Alert could be enacted in the event an individual living with a cognitive impairment should go missing. You, our advocates, and the Coalition of New York State Alzheimer's Association Chapters, Inc. played a leading role in shaping this bill and advocating for its passage.

The Coalition and its seven member chapters thank the Governor, the New York State Senate, and the New York State Assembly for taking this important step in protecting the State's residents. As the leading advocacy and support organization for Alzheimer's disease, the Alzheimer's Association and the Coalition have actively pursued this legislation. Today, we are one step closer to providing greater peace of mind to the more than 320,000 New York families - and the 40,000 who live in our Chapter territory - touched by this disease.

Today, we are one step closer to providing greater peace of mind to the more than 320,000 New York families--and the 40,000 who live in our Chapter territory--touched by this disease.

The passage of this legislation is the result of the tireless efforts of our staff and volunteer advocates. It can save lives by alerting the public in the instance a person with a cognitive impairment goes missing, and can provide some peace of mind to the person's family.

"Today New York joins a number of other states that have seen the value of this type of system in keeping safe cognitively impaired adults who wander away from home. I thank Senator DeFrancisco and Assemblyman Magnarelli for sponsoring this important legislation," said Governor Cuomo.

Safety services are core to our mission. Sixty percent of individuals with Alzheimer's wander at some point in the

course of the disease. On August 5, for instance, an 84-year-old woman suffering from Alzheimer's left the Irvington, Westchester County apartment that she shared with her daughter, who was also her caregiver. She began walking the lonely village streets at 2 a.m. and disappeared into the night, causing her family great distress and much concern and alarm in her community. Typically, the actions of someone with Alzheimer's are purposeful--trying to return to a childhood home, or heading off to a place of work.

Our seven-county Chapter offers two nationwide safety programs, and one more regional program. **MedicAlert® + Safe Return®** is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. The program has a 99 percent success rate. **Alzheimer's Association Comfort Zone™**, powered by Omnilink, provides location updates using GPS and cellular phone technologies. Family members can monitor a person's location, while individuals with Alzheimer's can maintain their independence and enjoy the emotional security of familiar routines and surroundings.

Project Lifesaver, offered in Westchester, Rockland, and Ulster Counties, is a rapid response, search-and-rescue program for persons at risk that can also save lives. It includes a personalized radio transmitter, worn on a band or bracelet, that emits a radio frequency signal.

Comprehensive training on interacting with individuals with dementia is made available by the Alzheimer's Association for law enforcement professionals and first responders throughout our Chapter territory.

Our advocates anticipate that the Missing Vulnerable Adult Alert System will elevate awareness of what may occur with Alzheimer's disease. For instance, Alzheimer's may render a person vulnerable to dehydration, prevent persons from calling out or taking precautions against extreme heat or cold, or affect depth perception and spatial awareness. All the while, a person with Alzheimer's may not look sick, or even lost.

For more information about the safety programs mentioned above or tips to help keep a person safe from wandering, call your local Alzheimer's Association office at 1.800.272.3900 or visit alz.org/safetycenter.

Caregiving / Research

Care Consultant's Corner

Driving and Dementia: Is It Safe?

By Wendy Rudder, LCSW

Driving is a skill that most of us learn as teenagers. Besides being an essential form of transportation to many, driving a car also represents freedom and control. Surrendering one's license can be a very difficult and emotional experience which symbolizes the loss of independence and physical or mental decline. Yet often, this is exactly what must be done when the driver has a decline in cognitive functioning.

Aging, in and of itself, is not a cause of decline in driving abilities. In fact, as a group, seniors are some of the safest drivers on the road. However, many changes that occur as people age do affect their driving, such as vision loss or slowed reaction time. Dementia, which is defined by memory loss and a decline in cognitive skills that affect everyday living, certainly can hinder one's ability to be a safe driver over time, though not necessarily in the earlier stages.

If you or someone you are close to has been diagnosed with a form of dementia or is experiencing some symptoms of memory loss, it may be time to reassess driving ability. Some signs of unsafe driving to watch for include:

- ◆ Forgetting how to locate familiar places
- ◆ Failure to observe traffic signs or activity on the road
- ◆ Driving at inappropriate speed for the road or stopping for no apparent reason
- ◆ Becoming confused, agitated, or easily distracted when driving
- ◆ Delayed responses to unexpected situations
- ◆ Making poor driving decisions such as using the wrong lane, confusion at exits, or near misses
- ◆ Hitting curbs
- ◆ Scrapes or dents in the car (or garage or mailbox)

Not everyone willingly surrenders their driver's license, even when their driving abilities are questionable. Fortunately, there are a few options for families who are dealing with such a driver, short of hiding the keys or disabling the car.

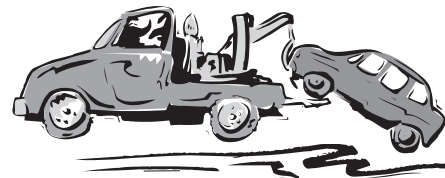
One option is to visit a driving rehabilitation specialist, who will evaluate the driver for overall skill and safety, then make a recommendation about whether the person can continue to drive, should drive with restrictions, utilize adaptive equipment, or not drive at all. Our chapter has the names and contact information for these specialists and we're happy to share them. Call or e-mail the Chapter office in your community at 1.800.272.3900 and speak to a Care Consultant for that information.

There are also two kinds of New York State DMV Request for Driver Review forms that are available through our Chapter (or from the DMV directly). Most physicians will complete the Physician Request for Driver Review form when they believe it is necessary. If not, there is another form that can be submitted to the DMV by any concerned, lay person. Once received, the DMV will conduct an on-the-road evaluation of the driver and make a determination whether the license should be maintained or revoked.



Unsafe driving is something that should be confronted sooner rather than later, despite the emotional charge of the issue. It may take many conversations or even desperate action to get an unsafe driver to relinquish the keys. The Alzheimer's Association is here to help. We have a variety of resources, including Alzheimer's Association handouts on driving, publications on older driver safety in our lending library, and free booklets on starting a family conversation about driving. Please feel free to call us at 1.800.272.3900, visit your local office, or e-mail info@alzhusonvalley.org.

Donate Your Car



If you have a vehicle that your family no longer uses or you're looking for an alternative to a low-value trade-in, please consider donating it to the Alzheimer's Association.

The process is simple! Just call us at **1.800.272.3900**. Towing is free and your donation is tax deductible.

Alzheimer's Association Support Groups

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

FAMILY SUPPORT GROUPS

DUTCHESS COUNTY

Beacon

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

Hopewell Junction

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

Hyde Park

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

Poughkeepsie

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

Rhinebeck

Starr Library
2nd Mon., 7 p.m.

ORANGE COUNTY

Goshen

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

Goshen

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

** Middletown

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

Newburgh

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

PUTNAM COUNTY

Carmel

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

ROCKLAND COUNTY

** Nanuet

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

New City

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

New City

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

West Nyack

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

SULLIVAN COUNTY

Call for info, 1.800.272.3900

ULSTER COUNTY

** Kingston

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

New Paltz

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

Woodstock

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

WESTCHESTER COUNTY

Ardsley

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

Cortlandt Manor

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

Hawthorne

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

Mt. Kisco

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

Mount Vernon

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

New Rochelle

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

Ossining

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

Purchase

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

* Purchase

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

Purchase

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

Scarsdale

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

Somers

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

Tuckahoe

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

White Plains

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

Yonkers

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

EARLY-STAGE GROUPS

Note: pre-registration interviews are required.

For an appointment, please call the staff member listed below.

ORANGE COUNTY

Donna Davies, 1.800.272.3900

DUTCHESS COUNTY

Meg Boyce, 1.800.272.3900

ROCKLAND COUNTY

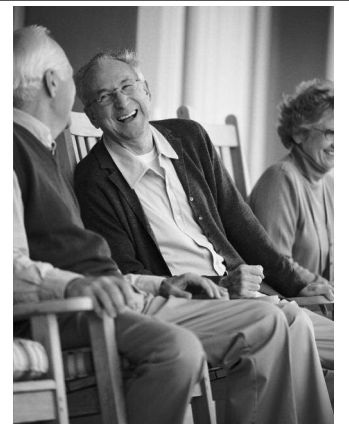
Inez Carling, 1.800.272.3900

ULSTER COUNTY

Wendy Rudder, 1.800.272.3900

WESTCHESTER COUNTY

Debra Kagan-Birkeland,
1.800.272.3900



Facilitators Sought for Caregiver Support Groups

We are currently seeking facilitators and co-facilitators for evening support groups in Newburgh and Rhinebeck and an afternoon group in Hopewell Junction.

Support group facilitators may be health professionals or former family caregivers. A full day of training is provided, and a one-year commitment is required.

To learn more, please contact Meg Boyce at 1.800.272.3900.

Don't See a Support Group in Your Area?

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

To express interest in a new group, please call us at 1.800.272.3900.

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

Advocacy / Caregiving

Your Input to NAPA Is Important

For too many families affected by Alzheimer's, the system has failed them, and today we are unnecessarily losing the battle against this devastating disease. Alzheimer's is the 6th leading cause of death in the U.S. and is the only cause of death among the top 10 without a way to prevent, cure, or even slow its progression.

The government must make a meaningful commitment to overcome Alzheimer's. The National Alzheimer's Project Act (NAPA) will allow Congress to assess whether the nation is meeting the challenges of this disease. Through its annual review process, NAPA will, for the first time, enable Congress to answer this simple question: Did we make satisfactory progress this past year in the fight against Alzheimer's?

Leadership from the federal government has helped lower the number of deaths from other major diseases such as HIV/AIDS, influenza and pneumonia, and stroke. By making Alzheimer's a national priority, we have the potential to create the same success that has been demonstrated in the fights against other diseases.

The Alzheimer's Association is committed to ensuring that NAPA's full potential is realized, and is already working to support its committed, effective implementation throughout the federal government.

Our chapter held two public input sessions to provide the Department of Health and Human Services with the perspectives and views of individuals in the Alzheimer's community. We invited two Members of Congress to participate in these listening sessions, the findings of which will be publicly available and accessible.

Ask Stephanie

Dear Stephanie,

My dear husband, who suffers from Alzheimer's disease, is starting to neglect dental hygiene. He was always meticulous about this, and I wonder if you have any hints about what I can do. Thank you.

Mary


Dear Mary,

You have my sympathy, and yes I do have a few hints. I hope they will be of help to you. My mother had a similar situation, and it helped for me to stay with her while she washed her hands and face. Then I handed her the toothbrush already filled with toothpaste. The old habit kicked in, and she did brush her teeth. I never did get her to floss, but she was willing to use mouthwash. (This alternative would not be advisable if your husband is further along in the disease process and might swallow the mouthwash.)

It also might be possible to gently put your hand over your husband's, and guide the toothbrush to his mouth. You might have to start the brushing, but he might take over. If he doesn't, try using a child's soft toothbrush and clean his teeth.

If your husband is agitated, or refuses to have anything to do with brushing his teeth, it is advisable to let it go and try again a little later. It is important for you to stay calm because your husband will sense your anxiety and this will make the task more difficult.

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.



If your husband has dentures, it is advisable to wash them after every meal. Plain water is fine, and a cleaning solution at night will do the trick. Be careful, if you have to insert the denture, to make sure it fits properly.

While your husband is able, it is very important to have regular check-ups at the dentist. We found a very sympathetic dentist through a recommendation from a fellow caregiver at my Alzheimer's Association support group. The dentist was calm and soothing and understood my mother's needs. If no one in your support group knows of a dentist (I hope you are in a support group!), contact the Alzheimer's Association office nearest you. I am sure they can help. (I was surprised to find that there is an Association of Geriatric Dentists.)

Although dental hygiene is important, unless your husband is in pain, you may need to remain flexible and follow his lead to ensure that the interaction remains positive.

My best wishes,

Stephanie

Share Your Input

If you were unable to attend one of the public NAPA Input Sessions, you can still have your voice heard. Officials creating the National Alzheimer's Plan need to hear from people like you! Tell them what you want to see in a national strategy to help those affected by Alzheimer's. Go to www.alz.org/napa, and click on "Share Your Input."

Chapter News

Transitions

Our Chapter's Board of Directors welcomed two additional Board members this summer: Karen Ganis and Richard McGuinness.

Karen Ganis has had significant personal experience with Alzheimer's disease, as her father, her grandmother, and three of her father's siblings suffered from the disease. She was a Chapter board member from 2004 to 2010, serving as the Board's First Vice Chair and as Chair of the Development Committee. Karen holds an M.B.A., and she has a strong background in marketing.



Karen Ganis

She is currently employed as a Program Director at Family Services of Westchester, and she will once again head up our Chapter's Development Committee.

Richard McGuinness, MS (Tax), CPA, is a Partner at Kahn, Hoffman & Hochman, LLC, an accounting firm in New City, NY which has become a Division of RSSM LLP (Rosen Seymour Shapps Martin & Company). Richard has over 25 years' experience and he directs his firm's Small Business Department, with specialization in real estate, community associations, construction and related business.



Richard McGuinness

He is also responsible for some of the largest real estate client groups within the firm. Richard says he is at a point in his life where he would like to give back to the community in a meaningful way, and he believes the Alzheimer's Association is an organization worth his best efforts.

The Chapter also welcomed **Joan Carl** as Administrative Assistant in the Poughkeepsie office. This past May, Joan received her Bachelor of Science magna cum laude from Marist College. From 2003 to 2010, she worked for Pepsi Bottling Group as an IT Associate in Asset Management, as Administrative Assistant in the IT and HR departments, and as Corporate Communications Coordinator. Previously, she worked for 25 years with IBM and MiCRUS, and for six years as Associate Director of Admissions at Oakwood Friends School.



Joan Carl

We thank **Shana Vitaliani** for her good work. We enjoyed being greeted every morning by her bright smile and wish her all the best as she begins a new job in a different field.

Cyclists Trigger Generosity

Chain Reaction 2011, formed to raise funds to support the Alzheimer's Association's services and research, bicycled 75 miles from Chappaqua to New Paltz and back again, over Friday and Saturday, August 5-6.

Organizers and Chappaqua residents **Mitchell Goldberg, Joe Nankof, Doug Winshall** and **Glenn Baken** created the ride in honor of Winshall's father, Arnold, who has Alzheimer's disease. The 15-person team raised almost \$36,000 to support the work of the Alzheimer's Association.

A highlight of the ride was crossing the Walkway Over the Hudson. Bikers stopped for this photo – and lunch – at Babycakes Cafe in Poughkeepsie.



Riders included: (bottom row, left to right) Bruce Wolfe, Mitchell Goldberg, Joe Nankof & Adam Silverman; and (top row, left to right) Marc Fischer, Paul Craine, Kenneth Ray, Doug Winshall, Jack Mitchell, David Morton, Glenn Baken and Ira Silverman. Not pictured are Bernard Crochon, David Factor and Richard Feldman.

Thank you, Foam & Wash!

Foam & Wash Car Wash recently donated \$2,200 to the Alzheimer's Association--\$1.00 for every booklet of car wash passes sold during their annual Summer Carwash Pass Book Sale.

Books were sold at Foam & Wash Car Wash locations in Poughkeepsie, Wappingers Falls, Fishkill, Newburgh, and Vails Gate, and on-line at www.foamandwash.com.

Thank you to the Baright Family, owners of Foam and Wash, for their longstanding support of the Alzheimer's Association's work and to the staff that promoted this special sale.

Memorials & Tributes / Development

We are grateful for all the memorials and tributes given to the Alzheimer's Association. These gifts honor friends and loved ones while helping us meet needs for education, family support, advocacy, and research. Listed below are individuals honored from 4/1/11 to 6/30/11.

Memorials

Virginia Aborn	Jean Ferlazzo	Helen McConnell	Sonja Simmons
Dolores Atkinson	Marie Fetzer	Mary McLee	Helen Simms
Maria Aulbach	Marie Filizzola	Connie McManus	Mildred Smith
Douglas Barrett	Frances Flory	Jay Michaelson	Dyckey Spanos
Alfred Battista	Thomas Forman	Mary Miller	William Staudt
Carl Beckett	Frances Francis	Howard Moore	Jessie Steiger
Tim Beyer	Marjorie Frankel	Frieda Muccigrosso	Lucille Stephenson
Caterina Bilotta	Doug Freeman	Thomas Muscente	Mary Rose Stolinis
Anita Blancero	Bernard Friedman	Wilma Nee	Jerry Sullivan
Arthur Bodenheimer	Helen Fumasoli	Anne Nichols	Norma Sverdluk
Normand Bourassa	Barbara Galloway	SueAnn O'Brien	Henry Swartz
Sally Cady	Regina Gelford-Landes	Anna Oliva	Lois Tabasko
Madeline Cannella	Michael Gillen	Joseph Pane	Evelyn Tramontano
Marie Carlucci	Ida Glasner	Bernard Pasqua	Marie Rose Van Demark
Sheila Carroll	Freida Glatt	Carol Pasquantonio	Ruth Weltman
Anthony Castellano	Samuel Grossman	Albert Picarello	Anne White
Karl 'Jake' Charter	Ralph Guarino	Allan Plasker	Donald Willis
Beatrice Cohen	Helen Halpern	Felicia Polverino	Marcia York
Irving Cohen	Jean C. Haviland	Louis Pomerantz	
Norman Colombar	Harry Hodges	Marie Porcaro	Tributes
Frances Coppersmith	Rosemarie Imundo	Angelo Pupa	Lia Giangrosso
Frank DeCicco	Dorothy Jones	Ralph Rahtz	Barbara Gilmore,
Marilyn DeFilippo	John Kastberg	Frances Ramsey	on her retirement
Joyce Delillo	Jeanne Kerns	Czeslawa Rizzolo	Anne Gottlieb,
Thomas Deppert	Grace Kent	Ethel Roberts	on her birthday
Robert Dinozzi	Rhoda Kittay	Marie Rode	Helen Kaplan
Rocco Disavino	Dr. Abe Levine	Anthony Romeo	on her birthday
George Drakakis	Bjarne Livollen	Eugene Ronaghan	Gordon Koota,
Joseph Duffy	Mary Lovelace	Arthur C. Roth Sr.	on his 80th birthday
Bill Emrich	Priscilla Lowery	Loretta Scheible	Marvin Levey,
Elizabeth Faerber	Domenica Lugo	Charlotte Scher	on his 85th birthday
Julius Ferlauto	Henry Luty	David Scott	John & Toni Levin,
	Caroline Malfa	Celia Silva	on their 25th anniversary
	Patrick McCarthy	Nickolau Silva	

The ALOIS SOCIETY: Your Questions Answered

Named after the pioneering neuropathologist Dr. Alois Alzheimer, the Alzheimer's Association ALOIS SOCIETY is a family of donors whose annual leadership gifts of \$1,000 or more are making a crucial difference in our goal to create a world without Alzheimer's and improve the quality of life of those affected by the disease.

Although the Alois Society has been in existence since 1995, recent program enhancements have generated a number of questions from donors who received membership packets for the first time. This year, two major changes were made to the program. Previously a national Alzheimer's Association giving society, the program opened Alois Society membership benefits to both national *and chapter* donors. Additionally, Alois Society membership previously started with single gifts

of \$1,000 or more. Beginning in 2011, donors who have made cumulative gifts over the course of the year equaling \$1,000 or more are eligible to become members:

Alois Society Member – \$1,000 to \$2,499

Alois Society Patron – \$2,500 to \$4,999

Alois Society Sustainer – \$5,000 to \$9,999+

What donations qualify? All tax-deductible contributions to the Alzheimer's Association, including cash, check, credit card and stock gifts made online, over the phone, in person, in response to mail appeals or through fundraising events. For more information about this special giving society and Alois Society benefits, contact Alison Buchalter, Director of Development, at 914.253.6860, x 107 or Alison.Buchalter@alz.org.

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

1.800.272.3900 (24-hour Contact Center)

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

Administrative Office and
Dutchess/Ulster Regional Office
845.471.2655

Orange/Sullivan Regional Office
845.695.2247

Rockland Regional Office
845.639.6776

Westchester/Putnam Regional Office
914.253.6860

Putnam Point of Service
845.278.0343

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

JOIN US at Walk to End Alzheimer's™

Walk to End Alzheimer's is just around the corner – there's still time to JOIN US at a walk near you! Register today at www.alz.org/hudsonvalley or call 1.800.272.3900.

Join the Alzheimer's Association *Walk to End Alzheimer's*™ and unite in a movement to reclaim the future for millions. With more than 5 million Americans living with Alzheimer's, and nearly 11 million more serving as caregivers, the time to act is NOW.

The End of Alzheimer's disease starts with you.



In 2011, our chapter is hosting seven Walk events to benefit families and employers impacted by dementia in Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester Counties

At the Alzheimer's Association *Walk to End Alzheimer's*, you are leading the way. Walk participants will be able to learn more about Alzheimer's disease and the Association, including advocacy opportunities, clinical trial participation, and programs and services. Each registered walker will also join in a meaningful tribute ceremony to honor those affected by Alzheimer's.

Beat the crowds during registration at the event by joining us for Bank Night. Form a team. Host events to raise funds and awareness for Alzheimer's. "Get Social" and utilize Facebook and other tools to spread the word!

To register, view our sponsors, get fund-raising tips and tools, and learn about Bank Night, visit alz.org/hudsonvalley.



2011 Walk Schedule

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

Register at alz.org/hudsonvalley
or call 1.800.272.3900