



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, 2010

NIA & Alzheimer's Association Lead Effort to Update Diagnostic Criteria for Alzheimer's Disease

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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.

Scientists at the Alzheimer's Association International Conference on Alzheimer's Disease 2010 (AAICAD 2010), which took place in July, presented the first draft reports from three workgroups convened by the National Institute on Aging (NIA) and the Alzheimer's Association to update the diagnostic criteria for Alzheimer's disease.

The current criteria for the diagnosis of Alzheimer's were established 25 years ago. These criteria have been useful. However, the field has evolved to a great extent since then.

At AAICAD 2010, leaders of the three workgroups – which covered Alzheimer's disease dementia, mild cognitive impairment (MCI), and preclinical Alzheimer's disease – presented preliminary reports at a special session for initial comment by the Alzheimer's community.

The Importance of Earlier Diagnosis

Alzheimer's is thought to begin years, perhaps even decades, before symptoms are noticeable. But there is no single, generally accepted way to identify the disease in its earliest stages – before symptoms are evident.

“The NIA and the Alzheimer's Association hope this process of updating and revising the Alzheimer's diagnostic criteria with modern technologies and the latest advances will provide standards that move the field further in the direction of early detection and treatment,” said William Thies, Ph.D., Chief Medical and Scientific Officer at the Alzheimer's Association.

Significant Advances in Research

Since the publication of the earlier diagnostic criteria, important advances in our understanding of Alzheimer's disease have been made:

- ◆ Alzheimer's-driven changes in the brain, as

well as the accompanying cognitive deficits, develop slowly over many years, with dementia representing the end stage of years of pathology accumulation. At the same time, we know that some people have the brain changes associated with Alzheimer's and yet don't show symptoms of dementia.

- ◆ Predictive genes in early onset Alzheimer's indicate that the initial events ultimately leading to both clinical symptoms and pathological brain changes begin with disordered beta amyloid metabolism.

- ◆ The e4 allele of the APOE gene is well accepted as a major genetic risk factor for late onset Alzheimer's disease, which is defined as onset at 65 or older.

- ◆ Biomarkers for Alzheimer's have been developed and are being validated.

In addition, it has been only in the past decade that a better understanding of the distinctions and overlaps of Alzheimer's with non-Alzheimer's dementias has begun to emerge.

Read more about these findings and other research advances on treatments, risk factors, and diagnosis at the Alzheimer's Association new research center, www.alz.org/research.

[alz.org/research](http://www.alz.org/research)

AAICAD is the world's largest conference of its kind, bringing together researchers from around the world to report and discuss groundbreaking Alzheimer research. It serves as a catalyst for generating new knowledge about dementia and fostering a vital, collegial research community.

Chapter News

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Among Friends

Dear Friends,

Since July 15, researchers have been cycling across the country, relay-style, to collect signatures in support of the Alzheimer's Breakthrough Act, which would make Alzheimer's disease a national priority. Specifically, the Alzheimer's Breakthrough Act would authorize \$2 billion per year in research funding. We thank **Congresswoman Nita Lowey** and **Congressman Scott Murphy** for becoming co-sponsors of this bill and hope that other members of Congress from our local area will sign on soon.

As *newscope* goes to press, we are thrilled to report that the nationwide goal for signatures has been doubled from 50,000 to 100,000 to show just how important this cause is, and on Sept. 21, World Alzheimer's Day, riders will gather in the nation's capital to deliver these signatures to Congress.

If you receive your newsletter before Sept. 21, help bring the tally of signatures to 100,000 — sign the petition to make the fight against Alzheimer's disease a national priority at www.alz.org/hudsonvalley.

While you're there, check out the new Alzheimer's Association research center, at

alz.org/research.

It's a robust site with information on what we know about Alzheimer's today, research updates, clinical trials, and what the future might hold. There's an especially interesting section where you can read about the "hot topics" and advances discussed at the Alzheimer's Association International Conference on Alzheimer's Disease 2010.

Our success in research and our ability to provide support and assistance to families who are caring for a loved one with Alzheimer's today are dependent on people like you. We need you to reach out in your community, to share your passion for our cause. We need you to write to your legislators and to your local newspapers. And we need your help in getting your friends and family involved and raising funds for research, education, and support through this year's Memory Walk.

Together, we *will* end Alzheimer's!

Elaine



Elaine Sproat

Rockland Office Moves to New Space



The new office is not much larger than our old one, but it makes more efficient use of space, offers better visibility and accessibility, and provides a more accommodating space for our clients and volunteers.

The new address is **301 N. Main Street, Ste. 7, New City, NY 10956-4021**. Phone and fax numbers will remain the same.

By the time this newsletter reaches you, our Chapter's Rockland Regional Office, which has been located for the past ten years on Squadron Blvd. in New City, will have moved.

We are planning to hold a Grand Opening in January. Please call the Office at 845-639-6776, or check the next edition of *newscope* for details.

Key Educational Programs

October Conference Offers Strategies for Caregivers

“Follow the Yellow Brick Road to the Caregiver’s Conference: The Sixth Annual **Caregiver’s Conference**,” co-sponsored by the Alzheimer’s Association, the Dutchess County Office for the Aging, St. Francis Hospital and Home Care, and Wingate Healthcare, will be held at the Holiday Inn, Fishkill on **Thursday, October 28**, from 9:00 a.m. to 3:30 p.m. The conference employs a *Wizard of Oz* theme to highlight the qualities—courage, heart, knowledge, and a sense of home—needed for successful caregiving.

This larger, collaborative event replaces our Chapter’s Fall Educational Conference, originally scheduled for Friday, November 12.

Kicking off the conference will be **Dr. Lawrence Force**, a widely published author on developmental models of aging, life-long disabilities, Alzheimer’s disease, family caregiving, and end-of-life care, who will be speaking on mental health issues in the older population. Dr. Force is Professor of Psychology at Mount Saint Mary College in Newburgh, NY, where he serves as Director of the Center on Aging and Policy.



Dr. Larry Force

The second plenary session will feature **Dr. Peter Muir**, who will speak on “Medicine for the Soul: The Universal Power of Music.” Dr. Muir is co-founder and co-director of the Hudson Valley’s Institute for Music and Health, which is dedicated to promoting, disseminating and teaching the work of John Diamond, M.D., a world authority in utilizing the arts in healing, for wellness, and for building community.



Dr. Peter Muir

In addition there will be a panel discussion titled “How to Protect Your Family.” Presenters on the panel include Vincent Mancino, elder law attorney; Alice Mann, from the Mediation Center of Dutchess County; Kristin Swanson, from Hospice, Inc.; and Meg Boyce, from the Alzheimer’s Association. There will also be plenty of time to visit exhibitors who provide support services to caregivers.

The conference is FREE but there is limited seating. Pre-registration is required by Monday, October 18. To register, or to obtain further information, please call the Alzheimer’s Association at 845-471-2655 or 1-800-872-0994.

Seminar Highlights Latest Research Findings

The Alzheimer’s Association Annual Research Seminar will be held in collaboration with the Alzheimer’s Disease Assistance Center (ADAC) on **Friday, November 5**, from 9:00 a.m. to 12 noon at Burke Rehabilitation Hospital (Rosedale Conference Room, Building 4, 2nd Floor), 785 Mamaroneck Avenue in White Plains, NY.

The seminar focuses on cutting edge research and treatment of Alzheimer’s disease. **Richard Mayeux, M.D.**, Professor of Neurology, Psychiatry and Epidemiology and Co-Director of the Taub Institute for Research on Alzheimer’s Disease and the Aging Brain at Columbia University Medical Center, will speak about the Genetics of Alzheimer’s Disease. **Hillel Grossman, M.D.**, Co-Director of the Clinical Research Core of the Alzheimer’s Disease Research Center and Clinical Director of the Mount Sinai Memory and Aging Center, will speak about “Natural Medications for the Treatment of Alzheimer’s.” Finally, **Barry Jordan, M.D.**, Director of the Alzheimer’s Disease Assistance Center and Director of the Memory Evaluation and Treatment Service (METS) and the Brain Injury Program at Burke Rehabilitation Hospital, will speak about “Metabolic and Nutritional Aspects of Alzheimer’s Disease.”

The Research Seminar is free and open to both professionals and family caregivers, but pre-registration is required. For more information, please call the Alzheimer’s Association, 914-253-6860.

Congratulations!

The Alzheimer’s Association International Research Grant Program lies at the heart of our commitment to advance Alzheimer research. Congratulations to two researchers working in our Chapter territory who have been named recipients of 2010 Alzheimer’s Association research awards!

Efrat Levy, Ph.D., won one of the Alzheimer’s Association’s prestigious Zenith Fellows Awards, a grant of \$450,000 over three years. The topic of his research is “Transgenic Models of the Anti-Amyloidogenic Activity of a Mutant Form of A β .”

Sebastien Gauthier, Ph.D., will receive a New Investigator Research Grant of \$80,000 over two years for work on a project titled “CysC Restores the Flow of Autophagy to Counteract AD Pathogenesis.”

Both grant recipients are affiliated with The Nathan S. Kline Institute for Psychiatric Research in Orangeburg, NY.

Alzheimer's Association Fall Programs

The Chapter's Regional Offices have planned the following educational programs and activities for the fall. *Unless otherwise indicated, all programs are open to the public and free of charge, but registration is required.*

Dutchess/Ulster

"Understanding Memory Loss," a program for the general public, will be offered in Ulster and Dutchess Counties:

◆ on **Monday, October 18**, 11 a.m. - 12:30 p.m., at the Highland Library, 30 Church Street, Highland, NY;

◆ and on **Wednesday, November 10**, 12:30 p.m. - 1:00 p.m., at the East Fishkill Senior Friendship Center, 890 Rt. 82, East Fishkill, NY. (For lunch--optional--call Rosemary Yasiejko at 226-3605.)

"Keeping Fit from the Neck Up" will also be presented in both Ulster and Dutchess Counties:

◆ on **Monday, October 4**, 1:30 p.m. - 2:30 p.m., at the Jewish Community Center, Rt. 32 N., New Paltz, NY;

◆ and on **Wednesday, November 17**, 11 a.m. - 12 p.m., at Admiral Halsey Senior Village, 135 Main Street, in Poughkeepsie, NY.

"Caring Through the Holidays" will be the topic of a program held on **Tuesday, November 23**, 2 p.m. - 3:30 p.m., at the Alzheimer's Association's Dutchess/Ulster Regional Office, 2 Jefferson Plaza, Ste. 103, Poughkeepsie, NY.

Additionally, a special series of educational programs is being offered by the Alzheimer's Association in collaboration with the VA Hudson Valley Health Care System, specifically for caregivers of veterans and veterans who are caregivers:

◆ **"Understanding Memory Loss," "The Art of Communication,"** and **"Managing Behaviors,"** on **Thursday, September 16**, 9 a.m. - 12 p.m., at the Pine Plains VA Clinic, 2881 Church St. (Rt. 199); repeated on **Friday, September 17**, 9 a.m. - 12 p.m. at the Poughkeepsie VA Clinic, 488 Freedom Plains Road.

◆ **"Driving and Dementia," "Safety in the Home,"** and **"Caring through the Holidays"** **Thursday, September 23**, 9 a.m. - 12 p.m., at the Pine Plains VA Clinic, 2881 Church St. (Rt. 199); repeated on **Friday, September 24**, 9 a.m. - 12 p.m. at the Poughkeepsie VA Clinic, 488 Freedom Plains Road.

To register for educational programs in Dutchess or Ulster Counties, please call the Chapter's Dutchess/Ulster Regional Office at 845-471-2655 or 1-800-872-0994 unless otherwise indicated.

Orange/Sullivan

"Ten Warning Signs: Early Detection Matters," a program for the general community, will be presented at Catskill Regional Medical Ctr. (Board Rm. A, 2nd Flr., Ambulatory Services Bldg.), 68 Harris Bushville Rd., Harris, NY, on **Wednesday, October 20**, 1 p.m. - 2:30 p.m. The program is co-sponsored by the Alzheimer's Association and the Catskill Regional Medical Center Health Information Library and Adult Day Care Program. Light refreshments will be served. Register by calling the Alzheimer's Association at 845-794-3774.

"Keeping Fit from the Neck Up" will be offered at the Port Jervis Free Library, 138 Pike Street, in Port Jervis, NY, on **Wednesday, November 10**, 1 p.m. - 2:30 p.m. Register by calling the Alzheimer's Association at 845-695-2247.

"Caring through the Holidays" will be the topic of a program at The Promenade at Tuxedo Place, 40 Hospital Rd., Tuxedo, NY, from 6 to 7 p.m. on **Tuesday, November 16**. (Register by calling the Alzheimer's Association at 845-695-2247.)

The same program will be offered as part of the Mount St. Mary L.I.F.E. Program at the Desmond Campus, 6 Albany Post Road, Newburgh, NY from 2:30 p.m. to 4 p.m. on **Tuesday, November 30**. L.I.F.E. programs are open to adults age 55+ only, and there is a \$5 fee. Register by calling Jennifer Laubach at Mount Saint Mary, 845-565-2076.

Additionally, Social Programs will be held in Orange and Sullivan Counties for people with Alzheimer's disease and their caregivers. Join us in Sullivan for some holiday cheer at Kathy's Tea Cozy, 158 Sullivan Street, Wurtsboro, NY, or plan to attend the Alzheimer's Association's annual Orange County Holiday Get-Together at Goshen Gourmet Cafe & Bakery, 14 West Main Street, Goshen NY. Please call the Chapter Office, 845-794-3774 (Sullivan) or 845-695-2247 (Orange) for date and time.

Rockland

"Dealing with Difficult Behaviors" will be held on **Monday, October 25**, 2:30 p.m.-3:30 p.m., at the Chapter's Rockland Regional Office, 301 N. Main Street, Ste. 7, in New City, NY.

"Caring Through the Holidays" will be the topic of a program held on **Wednesday, November 17**, 12:30 p.m. - 1:30 p.m., in the Bobbie Lewis Center at Meals on Wheels of Rockland County, 121 West Nyack St., in Nanuet, NY.

Additionally, two social programs for people with Alzheimer's disease and their caregivers will be held in Rockland this fall.

Alzheimer's Association Fall Programs

The first, from 1 p.m. to 3 p.m. on **Thursday, September 30**, is an outing for **Apple Picking** at Dr. Davies Farm at 306 Route 304N, in New City, NY.

The second, on **Thursday, October 28**, 1 p.m. – 3 p.m., is a **Visit to Camp Venture Farm**. This small farm has mules, miniature horses, sheep, and a host of other animals. Our visit will include an educational discussion, a tour on which we can feed the animals, and a demonstration of sheep herding by a handler in partnership with a border collie.

To register for educational and social programs in Rockland County, please call the Chapter's Rockland Regional Office at 845-639-6776.

Westchester/Putnam

In addition to offering educational programs at nutrition sites around the County, Alzheimer's Association staff will offer a program for the general public, **"Ten Warning Signs: Early Detection Matters,"** on **Friday, October 1**, 10 a.m. – 11 a.m. Also, on **Tuesday, December 7**, 10 a.m. – 11 a.m., Anna Wyganowska, from the Westchester County Dept. of Public Works, will discuss **"Driving - Is It Still Safe?"**; this program is for both caregivers and people with early-stage dementia.

Both programs will be held at the Chapter Office, 2900 Westchester Ave., Ste. 306, in Purchase, NY. To register, please call the Alzheimer's Association at 914-253-6860.

Individuals with dementia and their primary caregivers are invited to attend **Sunday Social Programs** that offer an opportunity to maintain social contacts in a comfortable atmosphere. The programs will be held at Burke Rehabilitation Center (Bldg. 7, Room G-41), 785 Mamaroneck Ave., in White Plains, from 12:30 p.m. to 3 p.m. on **Nov. 14** and **Dec. 5**. The Sunday Socials are free of charge, but reservations are required. For reservations, call 914-253-6860 by the Monday preceding the Social.

The Alzheimer's Association
Hudson Valley/Rockland/Westchester, NY Chapter
cordially invites you to the

5th Annual Luminary Ceremony: A Commemorative Candle Lighting

6:00 p.m., Sunday, November 7, 2010
Mahopac Chamber of Commerce Community Park

Luminary candles may be purchased for \$10 each or 3/\$25. To take part in this commemorative event, please contact Terry Kean at 845-278-0343 or terry.kean@alz.org.

Art for Alzheimer's



Using the Arts to Help with Alzheimer's

This series uses art to explore your creative side, and movement to relax and refresh you, with help from the artists of Mill Street Loft, a multi-arts center. No experience necessary! Some sessions are designed for caregivers and some for those with Alzheimer's and their care partners. Sponsored in part by the Community Foundation of Dutchess County:

Restore and Renew with Yoga – Wed., Oct. 6, 11 a.m. – 12 p.m. at the Alzheimer's Association's Poughkeepsie office. Designed for caregivers. Free of charge.

Restore and Renew with Art – Wed., Nov. 3, 11 a.m. – 12 p.m. at the Alzheimer's Association's Poughkeepsie office. Designed for caregivers. Free of charge.

Relaxation with Paint – Saturdays, November 6 and 20, 11 a.m. – 12:30 p.m. at Hampton Inn & Suites, Poughkeepsie, NY. Simultaneous workshops for caregivers and individuals with Alzheimer's disease. Free of charge.

Drawing on the Right Side of the Brain (a fee-based program for caregivers and people with Alzheimer's) – Four Thursday sessions in **Oct. or Nov.-Dec.**, 6 p.m. – 8 p.m.

For more info., please contact the Alzheimer's Association at 845-471-2655 or Mill Street Loft at 845-471-7477.

New Experiences in Art

This partnership between the Alzheimer's Association and the Neuberger Museum uses art to spark connections in people with memory loss. Specially trained docents guide people with Alzheimer's disease and their care partners through the museum's galleries in an interactive program.

Fall Tours will be held on Thursdays from 2 p.m. – 3 p.m., on **Sept. 23, Oct. 14, and Nov. 18**. Refreshments are provided.

The program is free but reservations are required. For more info, contact the Alzheimer's Association at 914-253-6860, or the Neuberger Museum in Purchase, NY, at 914-251-6110.

Volunteer Spotlight

Ask Stephanie

Dear Stephanie,

I have read your column with interest. My husband and I had a grueling five-year battle with Alzheimer's disease. He died last year, and I now find myself wanting to do something about this terrible disease which took my beloved husband of forty years away from me. Do you have any suggestions for people who have served as caregivers in this battle after their loved ones have passed?

Sarah in Peekskill

Dear Sarah,

First, I offer my sincere condolences. Having lost my mother to this disease, I feel I know something of what you went through.

I will tell you what I did, and offer some suggestions to you. After my mother passed, I was determined to become active in the fight against Alzheimer's disease and to help others who are struggling. I volunteered at my local Alzheimer's Association office, answering telephones and helping with mailings. After a while I became more active, doing fund raising and recruiting volunteers, until I eventually became the Board Chair of our local Chapter. Although I am retired from the Board, I have remained involved by writing this column and actively supporting fundraising events.

There are so many opportunities, and there is such a great need for volunteers in this fight. We need office assistants to answer phones, do data entry, thank donors, and help with mailings and preparation for special events. We need people to greet and make newcomers feel welcome at educational and social programs. We can never have too many people helping promote our Memory Walks and assisting us at the events. If

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.



you are interested in advocacy, there is a need for people to speak to officials in their district about Alzheimer-related services and research funding. We need support group leaders who facilitate groups for family caregivers and care partners; facilitator training is provided. Volunteers are needed to represent the Alzheimer's Association at health fairs and to make presentations about the disease to seniors, clubs, community organizations, congregations and schools; the Alzheimer's Association provides training for these jobs also.

We will welcome your efforts on our behalf, no matter how much or how little time you are able to give. Please contact your local office and discuss the possibilities with them. You will find a warm welcome.

I wish you the best.

Sincerely,

Stephanie

Alzheimer's Association Training Program Enhances Care

When a continuing care retirement community opened earlier this year in New Paltz, NY, the administrators of the Memory Care Unit that was slated to open shortly thereafter anticipated the need for specialized dementia care training. Kudos to **Woodland Pond at New Paltz** for recognizing this need and for utilizing the Alzheimer's Association's expertise.

The training provided was part of the **Foundations of Dementia Care** program, which was developed by the Alzheimer's Association's national office after much research into best practices of patient care. Donna Davies, LCSW, and Wendy Rudder, LCSW, Chapter Care Consultants who have been trained in the program, were on hand to facilitate workshops of the various modules. The **Foundations** program is geared to all the staff of nursing homes and assisted living facilities, from supervisors to kitchen help, to nurse's aides.

Congratulations again to Woodland Pond at New Paltz for choosing this important training to enhance the skills and knowledge of their dementia care staff.

All facilities could benefit by training staff members in best practices of dementia care. Call us for information or to set up an appointment to learn more about this innovative training.

Will You Be an Outreach Volunteer?

Our Chapter of the Alzheimer's Association serves seven counties and covers 4,552 square miles. With a small staff, we need a lot of help in getting the word out about Alzheimer's Association services and events!

We are now looking for volunteers throughout our Chapter territory to

distribute brochures, posters and program flyers, and to represent our Chapter at community health fairs.

Are you willing to help? If so, please call the Regional Administrator of your nearest Chapter Office. Contact information is on the back page of this newsletter.

Care & Advocacy

Safety Services Bring Peace of Mind

Wandering, one of the most common behaviors associated with Alzheimer's disease, can be dangerous—even life threatening—at any time of year, but especially in winter. People who wander away from home may suffer from dehydration or exposure to the elements; they may be found, disoriented, in their own neighborhoods, in dense brush, in heavy traffic, or hundreds of miles away. Because of memory loss and cognitive impairment, they may be unable to seek help or to tell anyone who they are. The stress can weigh heavily on caregivers and family.



Project Lifesaver

Westchester and Ulster Counties, and the Town of Clarkstown in Rockland, now offer a program that can help. Project Lifesaver is a rapid response, search-and-rescue response program for locating people who wander, including those afflicted with Alzheimer's or dementia. Clients enrolled in Project Lifesaver wear a personalized radio transmitter on a band or bracelet worn around the wrist or ankle. The unit constantly emits a radio frequency signal which can be tracked regardless of where the person has wandered—even into a densely wooded area, a marsh, a concrete structure such as a garage, or a building constructed with steel. If a person registered in the program goes missing, a call to 911 will cause the police to deploy officers with the antenna equipment needed to track the signal and locate the person. On average, a search using the equipment takes under 30 minutes.

The normal cost of enrollment is about \$300 for the transmitter and a year's worth of bands and batteries, but a number of units are currently available free of charge.

MediAlert + Safe Return (MASR)

The MASR service is available throughout the seven counties in our Chapter territory and works no matter where you may travel. MASR can help in circumstances

when a caregiver is not yet aware that a loved one is lost or has wandered. It is also open to everyone, including seniors in residential care facilities who have been known to wander away despite safeguards. The service is not dependent on batteries or reception, and costs under \$50.

Comfort Zone

Comfort Zone is a new safety program introduced by our national organization. It is a location-based mapping service, similar to a GPS device. A person with Alzheimer's wears or carries a locator device or mounts one in his or her car. As the person travels around town or the country, the device receives signals and communicates with the Comfort Zone Web application. Family members access information about the person's location by using the Internet or calling the monitoring center; they can also be notified automatically when their loved one wanders outside a designated area. This service offers a secure Web monitoring site plus access to 24/7 live support. Service plans start at \$42.99 per month plus a \$45 activation fee.

For more information about any of these safety services, call the Alzheimer's Association Regional Office nearest you. (Our office phone numbers are on the back page of this newsletter.)

Governor Vetoes Gold Alert

The NYS Coalition of Alzheimer's Association Chapters is deeply disappointed that Governor Paterson chose to veto the Gold Alert (generally known across the country as "Silver Alert"), a bill that would have created a state-wide alert system to help locate individuals with dementia who wander. At a time when more than 300,000 New Yorkers have been diagnosed with Alzheimer's disease, it seems imprudent to veto a piece of legislation that could help so many of these individuals and their families.

This legislation would have had no fiscal impact as it would have expanded upon an existing Alert system within the Department of Criminal Justice Services. The Governor's veto leaves many vulnerable individuals without protection in the event that they wander from their homes.

We thank the New York State Senate and Assembly for their efforts to provide this important safety net for families coping with the ravages of Alzheimer's.

We are pleased that Rockland County has enacted its own Silver Alert system, and can only encourage other counties to follow their example and initiate Silver Alert while we continue to advocate for change on the State level.

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).

FAMILY SUPPORT GROUPS

DUTCHESS COUNTY

Beacon

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

Hopewell Junction

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

Poughkeepsie

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

Rhinebeck

The Thompson House
2nd Mon., 6 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., 2-3:30pm

**** 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.
(exception: 2nd Thurs. in Oct.)

ROCKLAND COUNTY

Haverstraw

Action Partnership
(CAPROC)
1st Wednesday, 7-9 p.m.

**** 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 Weds., 5:30-6:30 p.m.

SULLIVAN COUNTY

Liberty

Cornell Cooperative Extension
4th Wed., 5 p.m.

ULSTER COUNTY

****Ellenville**

Always There Adult Day
Program at Ellenville
2nd Wed., 1:30-3 p.m.

**** Kingston**

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

Woodstock

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

WESTCHESTER COUNTY

Ardley

Atria at Woodlands
1st Wednesday, 1-2 p.m.

New group: Ardley

Atria at Woodlands
1st Wednesday, 7-8 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, 6-7:00 p.m.

Purchase

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

Purchase

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

*** Purchase**

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

Scarsdale

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

Somers

Astoria Federal Savings
1st & 3rd Mon., 1-2:30 p.m.

New, beginning 10/12/10:

Yonkers

Classic Residence
2nd/4th Tues., 6 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, 845-695-2247

DUTCHESS COUNTY

Meg Boyce, 845-471-2655

ROCKLAND COUNTY

Inez Carling, 845-639-6776

WESTCHESTER COUNTY

Ellen Imbiano, 914-253-6860



New Facilitator Training Being Held This Fall

A new full-day training that has been developed by our national organization will be offered to new support group leaders at each of our Regional Offices in September and October. Current support group leaders are also encouraged to attend.

To obtain further details, please contact Meg Boyce, Director of Programs & Services, at 1-800-872-0994.

Don't See a Support Group in Your Area?

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.

To express interest in a new group, please call Meg Boyce at 1-800-872-0994.

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

Adult Children Caregivers ##### Spanish-speaking Group

Research

Myths vs. Facts about Clinical Trials

New treatments for Alzheimer's disease cannot be discovered without clinical trials, and the shortage of participants is significantly impeding critical research and the development of new treatments. Today, at least 50,000 volunteers, both with and without Alzheimer's, are urgently needed. More than 100 Alzheimer's clinical studies are now recruiting participants. Here are some common myths that may stand in the way of participation.

It's too late – the disease is too advanced to participate in a research study.

There are clinical studies that work with people in every stage of Alzheimer's. Participating in a trial could have a potentially measurable impact on the disease.

If I join a clinical trial, I won't receive the same quality of care that I currently have with my doctor.

All participants have the opportunity to talk with study staff, and should also continue care with their doctors.

Research shows that people involved in clinical studies do somewhat better than people in a similar stage of their disease who are not enrolled, regardless of whether the experimental treatment works. This may be due to the general high quality of care provided during clinical studies.

If I join a treatment clinical trial, I will get a placebo, and I don't want that.

In a randomized clinical trial, some of the participants may get a placebo as part of the trial design. Potential participants should consider their comfort level in not knowing whether they will receive the experimental treatment or a placebo before deciding to join a trial.

There won't be any clinical trials convenient to me unless I live in a big city, near a major Alzheimer's disease research center, and/or have my own means of transportation.

Alzheimer's disease research is taking place in hundreds of locations throughout the country. Some clinical studies reimburse travel costs, and some may provide compensation to participants. Alzheimer's Association TrialMatch® can provide you with information.

There may be painful or invasive procedures as part of the clinical trial.

Each potential clinical trial participant should inquire about the trial design and the potential treatments and procedures they may receive during the study before deciding whether to join a trial. Volunteers can withdraw from a study at any time they or their physician feels it is in their best interest.

It costs too much to participate in a clinical trial.

Every clinical trial is designed differently. Some clinical trials reimburse associated travel costs, and some may provide compensation to participants. Still, there may be costs associated with participating, so contact your trial site for information pertaining to a trial of interest.

I am going to be rejected from a clinical trial because I have another disease or condition, too.

Some people with Alzheimer's disease also have other chronic medical conditions, such as heart disease, diabetes and cancer. However, they may still qualify for a clinical trial. Each clinical study has different inclusion and exclusion criteria. Check with the trial site, or Alzheimer's Association TrialMatch for more details.

If there is a clinical trial that could help me, my doctor will tell me about it.

More than 100 Alzheimer's clinical studies are currently taking place. Your physician may be unaware of all the research studies in your area.

Introducing Alzheimer's Association TrialMatch®

The Alzheimer's Association has launched a first in the Alzheimer's field, TrialMatch®, a free, confidential service that offers internet-based and phone-based searching for Alzheimer's and related dementia clinical trials. The service is available to people with Alzheimer's, caregivers, physicians, researchers and people interested in becoming "healthy volunteers."

How do I use Alzheimer's Association TrialMatch?

STEP 1: Access Alzheimer's Association TrialMatch online at www.alz.org/TrialMatch or by calling 1-800-272-3900.

STEP 2: Complete a brief questionnaire, online or over the phone, to create a profile for the potential participant.

STEP 3: Based on the specified eligibility and criteria (i.e., diagnosis, treatment history, location), the Alzheimer's Association will compare your unique profile to its comprehensive, up-to-date clinical trial database.

Specialists will not recommend a particular trial, but will help you identify trials that match your eligibility and criteria.

The Alzheimer's Association Contact Center is available 24 hours a day, 365 days a year to answer questions about clinical trials and the recruiting process. Alzheimer's Association TrialMatch specialists are available Monday-Friday from 8 a.m. to 8 p.m. EST.

Development

From the Director of Development

It's that time of year again! The fall is a time of changing leaves, a crisp bite in the air, ... and requests for support from charities across the country! The Alzheimer's Association greatly appreciates the generous gifts we receive from our donors--family members, area employers, and concerned members of the community--all year long. Your continued support is needed now more than ever before.



Alison J. Buchalter

There are many ways you can advance our important cause this season!

- ◆ Sign up for Memory Walk and raise funds as a team or as an individual (www.alz.org/hudsonvalley).
- ◆ Make a gift through an Alzheimer's Association appeal or your employer's Workplace Giving Campaign.
- ◆ Serve on an event committee or distribute promotional materials in your community.
- ◆ Donate your car, boat, or recreational vehicle.
- ◆ Make a gift of appreciated stock or life insurance.
- ◆ Consider making a special gift. Become an *Alois Society* Member (\$1,000+). Establish a Tribute Fund (\$10,000+) or Family Fund (\$25,000+). Or join the *Zenith Society* (\$1 million+).
- ◆ Join the *Founder's Society*: include the Alzheimer's Association as a beneficiary in your will, or make a lifetime planned gift.
- ◆ If you are an employer, join the *Alzheimer's Early Detection Alliance* (AEDA) and help spread awareness of Alzheimer's disease. Educate staff impacted by dementia with a free "Lunch and Learn" program. Match employee donations. Or ask about how your company can partner with us in 2011: Corporate Champion packages & event sponsorship and underwriting opportunities are now available!

To learn more about specific giving opportunities, please contact Alison J. Buchalter at 914-253-6860, x107 or Alison.Buchalter@alz.org.

Our vision is a world without Alzheimer's disease. With your help, we can make this vision a reality!

Warm regards,

Alison J. Buchalter

Special Events & Community FUN-raisers



The Walk to End Alzheimer's Disease

7 Local Walks

4,000 Walkers - 800 Teams

\$600,000 to raise for

One Important Cause!

9/26/2010	Rock Hill, NY (Sullivan)
10/2/2010	Montgomery, NY (Orange)
10/3/2010	White Plains, NY (Westchester)
10/10/2010	Sparkill, NY (Rockland)
10/16/2010	Poughkeepsie, NY (Dutchess)
10/17/2010	Carmel, NY (Putnam)
10/23/2010	Stone Ridge, NY (Ulster)

Sign-up TODAY!

www.alz.org/hudsonvalley ◆ 1-800-872-0994

Knock 'em Down for Alzheimer's

Strike for a great cause!

Bowl with us on Sunday, September 26, 1 p.m. - 3 p.m., at Hi-Tor Lanes, 44 South Route 9W, West Haverstraw, NY

Adults, \$20; Children under 12, \$15. Includes 2 GAMES, SHOES, PRIZES! Buy tickets in advance, or pay at the door. For more information, call the Chapter at 845-639-6776.

DINE to End Alzheimer's Disease

From October 3 to October 9, restaurants throughout Dutchess County will be donating a percentage of their proceeds to the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter!

For details, go to www.alz.org/hudsonvalley and click on "special events" or call the Chapter office at 845-471-2655.

The 8th Annual Race to Remember

Grand Slalom Challenge

Join us Sunday, January 9, 2011. Race check-in and breakfast will be from 8 a.m. to 10 a.m. at the Upper Lodge at Belleayre Mountain. Beginners are welcome!

The \$40 Breakfast package includes a hot breakfast buffet, an all-day lift ticket and race entry; the \$25 Ski Only package includes an all-day lift ticket and race entry.

These make great holiday gifts! For more info, call the Chapter at 1-800-872-0994 or visit www.alz.org/hudsonvalley.

Memorials & Tributes

We are grateful for all the memorials and tributes given to the Alzheimer's Association. These gifts honor friends and loved ones while helping us meet needs for education, family support, advocacy, and research. Listed below are individuals honored from 4/1/10 to 6/30/10.

Memorials

Ann Alfonso
 Anthony Aurricchio, Jr.
 Katherine Azzari
 Judge Richard Barlow
 Doreen Beaver
 Michael Benicase
 Trudy Berhang
 Gizi Binder
 Carmella Blake
 Edith Buonassisi
 Vera Burch
 Eleanor Burguiere
 Emilio Calicchia
 Christina Callahan
 Rita Cantor
 Harold Capo
 Roy Carlson
 Florence Cashdollar
 Lucille Cassa
 Geraldine Cassidy
 Philip Cerone
 Vivian Christian
 Joseph Cioffi
 Joan Cook
 Hugo Cordiano
 John Daniels
 Angelina DeGasperi
 Joseph DiLeonardo
 Kay DiNardi
 Doris Divney
 Gloria Ehardt

William Engstrom
 Camella Enright
 Joseph Jay Esposito
 Esther Evans
 Peter Ferrari
 Adeline Ferraro
 Helen Fetky
 William Fiffik
 Conrad Fried
 Shirley Friedman
 Herbert "Herbie" Gallwitz
 Kenneth Garn
 Martin Geller
 Berta Gindes
 Charles Grant
 Kenneth Green
 Helen Sabo Gunther
 Helen Halpern
 Loretta Helde
 Eunice Hospodar
 Dorothea Hudson
 S. K. S. Hussain
 Mary Iacono
 Charlotte Ann Jaroscsak
 Irene Joyce
 Abraham Kaplan
 Beverly Kasman
 Barry Ker
 Richard Kip
 Rhoda Kittay
 Heddy Knoth
 Jean Kutcher
 Louis Lazarus

Eileen Lemischak
 Vincent (Jim) Leone
 Theodore (Teddy) Loblanco
 Caroline Longobardi
 Betty Mack Gobbell
 Shirley Maines
 Josephine Martin
 Peggy McEvoy
 Margaret McGarvey
 Arthur Millman
 Catherine Mitchell
 Grace Moller
 Kathleen Moran
 Edward Morey
 Ivy Muller
 Martin Nadler
 John F. Nau
 Stan Niebur
 Jillana Novich
 Marjorie O'Keefe
 Anne Ortolani
 Mary Oster
 June C. Palmer
 Elvira Palumbo Ogden
 Mural Patrick
 Grace Pellerzi
 Herman Curtis Place
 Donald J. Pomarico, Sr.
 Laura Poster
 Joseph E. Quirk
 Dorothy E. Brownell Ramundo
 Fanny Rizzari
 Shirley Rosinoff

Mary Carmel Seisedodos
 Elizabeth Shedlin
 Margaret "Marge" Siegrist
 Ray Silverman
 Virginia "Lola" Solian
 Martin Soslowitz
 Gilbert Stanzione
 Ruth Strait
 Norma Sverdluk
 Rita Tanzilli
 Elizabeth Teller
 Josephine Thomas
 Margaret Tinervia
 Ernest P. Tsaldaris
 Peter H. Wade
 Robert C. Wilson
 Frank Wurtz
 Charlie "Chuck" Zieg

Tributes

Roman and Lesia Botorfalvy
 Stephanie Cohen
 Elizabeth A. Daniels,
 on her 90th Birthday
 Bob and Connie Decker
 May Groccia,
 on her birthday
 Dr. Jane Recant
 Carole Rogers
 Lynne Smith,
 on her birthday
 The Rampo Family

Congratulations!



A group of ALZStars poses at the summit of Mount Washington

Congratulations to the 52 ALZStars who climbed Mount Washington, the highest peak in the northeastern United States, as part of **"The Army of Change"** in July, 2010. The Mount Washington challenge has raised \$20,000+ for the Alzheimer's Association to date! Check out the photo album from this event at <http://ArmyOfChange.kintera.org/AlzheimersAssociation>.

Congratulations also to the Orange County Memory Walk Committee, which coordinated the **4th Annual Wine & Mini-Music Fest** held at Warwick Valley Winery on August 13. The evening, which raised over \$5,500 for our cause, was described by many of the 150 attendees as "one of the best times I have had in a very long time!" Special thanks to the Winery, the committee members, musicians Loretta Hagen and Joe D'Urso & Stone Caravan, sound engineer Darren Lunar, and everyone who came out to support the event!

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

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

Orange/Sullivan Regional Office
O: 845-695-2247 S: 845-794-3774

Rockland Regional Office
845-639-6776

Westchester/Putnam 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@alzHUDSONVALLEY.org
1-800-872-0994
1-800-272-3900 (24-hour Contact Center)

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

2010 Memory Walk

MOVIE
TO END ALZHEIMER'S