



Fall, 2009

People with Dementia Ask to Be Treated with Dignity and Compassion

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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.

Last year, the Alzheimer's Association hosted a series of town hall meetings that brought together several hundred people living with dementia. The meetings resulted in publication of a report, *Voices of Alzheimer's Disease*, that identified diagnostic challenges and dissatisfying experiences with the medical community as major concerns.

In response, the Alzheimer's Association Early Stage Advisory Group drafted a statement calling for changes in how people are treated during and after the diagnostic process. *Principles for a Dignified Diagnosis* is the first statement of its kind written by people with dementia on the subject of the Alzheimer diagnosis experience.

Principles for a Dignified Diagnosis

Talk to me directly, the person with dementia. I am the person with the disease, and though my loved ones will also be affected, I am the person who needs to know first.

Tell the truth. Even if you don't have all the answers, be honest about what you do know and why you believe it to be so.

Test early. Helping me get an accurate diagnosis as soon as possible gives me more time to cope and live to my fullest potential and to get information about appropriate clinical trials.

Take my concerns seriously, regardless of my age. Age may be the biggest risk factor for Alzheimer's, but Alzheimer's is not a normal part of aging. Don't discount my concerns because I am old. At the same time, don't forget that Alzheimer's can also affect people in their 40's, 50's, and 60's.

Deliver the news in plain but sensitive language. This may be one of the most important things I ever hear. Please use language that I can understand and that is sensitive to how this may make me feel.

Coordinate with other care providers. I may be seeing more than one specialist--it is important that you talk to my other providers to ensure

that you have all the information, so that changes can be identified early on and that I don't have to repeat any tests unnecessarily.

Explain the purpose of different tests and what you hope to learn.

Testing can be very physically and emotionally challenging. It would help me to know what the purpose of the test is, how long it will take, and what you expect to learn from the process. I would also appreciate the option of breaks during longer tests and an opportunity to ask questions.

Give me tools for living with this disease. Please don't give me my diagnosis and then leave me alone to confront it. I need to know what will happen to me, and I need to know not only about medical treatment options but also about what support is available through the Alzheimer's Association and other resources in my community.

Work with me on a plan for healthy living. Medication may help modify some of my neurological symptoms, but I am also interested in other recommendations for keeping myself as healthy as possible through diet, exercise, and social engagement.

Recognize that I am an individual and the way I experience this disease is unique. This disease affects each person in different ways and at a different pace. Please be sure to couch your explanation of how this disease may change my life with this in mind.

Alzheimer's is a journey, not a destination. Treatment doesn't end with the writing of a prescription. Please continue to be an advocate--not just for my medical care but for my quality of life as I continue to live with Alzheimer's.



Chapter News

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Among Friends

This summer I had the pleasure of visiting Mill Street Loft to attend the opening of "Every 71 Seconds - Memories of Alzheimer's," a moving photo exhibit by Association staffer Michele Muir. The exhibit attracted about 300 people, including several of the people with Alzheimer's disease whose lives were depicted in the photographs. One of these individuals, Art Widman, spoke eloquently about the impact that Alzheimer's Association programs and services have had on his life. His participation in our chapter's early-stage programs, he said, had "taken the fear out of the disease."

One in three of us—approximately 600,000 people in the area our chapter serves—knows and cares about someone, like Art, who is living with Alzheimer's disease. Yet in previous years, only a small fraction of that number have worked to support the Alzheimer's Association's mission—to eliminate Alzheimer's disease through the advancement of research, and to provide and enhance care and support for all affected—by participating in Memory Walk®, the nation's largest Alzheimer fundraiser.

This year we are aiming to double the number of people participating in Memory Walk®, and we have an

ambitious goal—to raise \$600,000, one dollar for each person in our seven counties touched by the disease.

In today's economic climate, it is especially important that we recruit more participants to the event. We cannot give up any of the Alzheimer's Association's critical services, especially as the numbers in need grow. If each participant invites just one new walker this season, we could double our fundraising—think about the *impact* that would have on local families!

Dramatically increasing the number of walkers would also send the message that thousands of people in our communities—old, young, and middle-aged—*care* about this disease.

Please urge family, friends, and co-workers to join you at this year's Memory Walk®! Log on to www.alz.org to register, or call your local office (see back page) to get started today! You'll be glad you did.

Yours aye,
Elaine



Elaine Sproat

We're on the Move!

Our Chapter's Orange/Sullivan Regional Office, which has been located for the past ten years on Route 211 in Middletown, will be moving this fall to **384 Crystal Run Road, Suite 102, Middletown, NY 10941**, near the new Orange Regional Medical Center. The new Middletown phone number is not yet known, but the Sullivan County number will remain the same, and calls to the current Middletown number will be forwarded well into 2010.

The new office will offer more privacy for staff who are meeting with families and more work space for volunteers.



We plan to celebrate the Grand Opening at a November Open House. Please watch our chapter web site, www.alz.org/hudsonvalley, call the office at 845-342-2247, or check local newspapers for more details.

Advocacy & Local News

Chapter Advocate Testifies at SSA Hearing

On July 29th, the Social Security Administration (SSA) held a hearing in Chicago examining whether people with younger-onset (under age 65) Alzheimer's disease and related dementias should be included in the SSA's Compassionate Allowances Initiative for Social Security benefits.

The Initiative is an effort to improve and expedite the Social Security disability (SSDI) determination process for debilitating and/or life threatening medical conditions and diseases that prevent individuals from being able to work for at least 12 months.

Those testifying at the hearing included Joyce Simons, of New City, NY, one of our Chapter's advocacy volunteers and a newly-appointed member of the Alzheimer's Association Early-Stage Advisory Group.

Younger-onset persons can quickly reach a point where they can no longer maintain gainful employment. Yet many face multiple challenges when applying



Joyce Simons

for SSDI, including a lengthy decision process and multiple appeals. In her testimony, Joyce shared that, after a second medical opinion, she learned that she had mixed Alzheimer's and vascular dementia: "Armed with this information, I knew that I had no choice but to end my 30 year teaching career. Teaching was all that I had ever known. I went online to try to com-

plete the paperwork for Social Security benefits, but for someone who has cognitive impairment - it is way too much information to process.

The financial implication of this disease has been devastating for my family. My husband was two years away from retirement, but now he has to continue to work. I don't know how we would have been able to pay for our children's education, manage our household expenses and deal with the mounting medical expenses of my care otherwise. This disease has forever changed my life."

If the SSA decides to include younger-onset Alzheimer's disease and related dementias on the list of Compassionate Allowances, it would simplify and streamline the SSDI application process, decrease the wait time for benefits and help people access the assistance they need. The hearing provided the SSA with a briefing and introduced the broad range of issues concerning those with younger-onset dementias.

"The Regulars" - Reaching New Heights for the Cause!

Local resident Vincent "Enzo" Simone and his international team of fellow climbers completed the fourth expedition along their "Trail Called Hope," when they reached the summit of Mt. Kilimanjaro this summer. The team, known as The Regulars, are a group of "regular" people who do extraordinary things.

In 2006, Enzo & The Regulars began "10 Mountains - 10 Years: A Quest For The Cure" to raise funds and awareness



for Alzheimer's disease and Parkinson's disease. Their quest doesn't stop there!

They have just finished filming a feature with Backlight Productions, LLC, and they encourage our supporters to join the Facebook group, "10 Mountains - 10 Years (the movie)," and stay up to date with what's going on in the film as it comes to life on the silver screen!

To make a donation, or to learn more about The Regulars, please visit <http://theRegulars.kintera.org/AlzheimersAssociation> or call the Association (see back page).

For Alzheimer's disease and Parkinson's disease. Their quest doesn't stop there!

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, 48 E. Main
3rd Wed., 11 a.m.

Newburgh

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

PUTNAM COUNTY

Carmel

The Plaza at Clover Lake
2nd /4th Thurs., 6:30-8 p.m.

ROCKLAND COUNTY

Haverstraw

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

**** Nanuet**

Meals on Wheels
Weds., weekly, 1 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 Greenkill
2nd Mon., 2-3:30 p.m.

Woodstock

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

WESTCHESTER COUNTY

Ardsley

Atria at Woodlands
1st Wednesday, 1-2 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.

Mount Vernon

The Meadowview at Wartburg
1st & 3rd Weds., 2-3:30 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

Alzheimer's Association
2nd/4th Tues., 6-7:30 p.m.

Somers

2nd & 4th Wed., 3:30-5 p.m.
Somers Manor Nursing & Rehab Ctr

Yonkers

Sunrise Sr. Living at Crestwood
1st Saturday, 2-3 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, 845-342-2247

DUTCHESS COUNTY

Meg Boyce, 845-471-2655

ROCKLAND COUNTY

Camille Sharp, 845-639-6776

WESTCHESTER COUNTY

Ellen Imbiano, 914-253-6860

New Early-Stage Group Offered in Orange County

A new early stage support group is now meeting in Newburgh on the second Wednesday of the month, from 1 p.m. to 2:30 p.m. For details, please contact Donna Davies, LCSW, at the Alzheimer's Association's Orange/Sullivan Regional Office, 845-342-2247.

Facilitators Sought for Caregiver Support Groups

We are still seeking support group leaders for an evening group in Newburgh and an afternoon group in Somers.

Support group leaders may be health professionals or former family caregivers. Training is provided. To learn more, please contact Meg Boyce 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

Alzheimer's Association Fall Programs

Key Seminars and Conferences

Two educational programs of interest to readers throughout our seven counties will be held in November, National Alzheimer's Disease Awareness Month.

The **Alzheimer's Association Annual Research Seminar** will be held in collaboration with the Alzheimer's Disease Assistance Center (ADAC) on Thursday, **Nov. 5**, 9 a.m. – noon, at Burke Rehabilitation Hospital (Rosedale Conference Center, Bldg. 4, 2nd floor), 785 Mamaroneck Ave in White Plains, NY.

The seminar focuses on cutting edge research and treatment of Alzheimer's disease. **Dr. Sam Gandy**, Professor of Alzheimer's Disease Research at Mount Sinai School of Medicine and Chairman Emeritus of the Alzheimer's Association's Medical and Scientific Advisory Council, will speak on "New Therapeutic Strategies in Clinical Trials for Alzheimer's Disease"; **Dr. Hanni Dorn**, founder of The Cognitive Fitness Center in Rye Brook, NY, will speak on "The Role and Remediation of Prospective Memory in the Everyday Functioning of Persons with Dementia"; and **Dr. Barry Jordan**, Director of the Alzheimer's Disease Assistance Center, will speak on "The Management of Behavioral Problems in Alzheimer's Disease."

The 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.

The **Alzheimer's Association Fall Caregiver Educational Conference, *Sharing the Journey: Support for the Caregiver***, will be held on Thursday, **Nov. 12**, 8:30 a.m. – 1 p.m. at Ulster BOCES, 175 Rt. 32 North, in New Paltz, NY.

Keynote speaker for the conference will be **Dr. Carmen Morano**, Associate Professor at Hunter College School of Social Work, whose research focuses on caregiving and Alzheimer's disease. Workshops of interest to both family and professional caregivers will follow, including one in which the HBO documentary titled "Caregivers" will be shown. Exhibitors will also be on hand to share information about the services they provide for people with Alzheimer's and their families.

Pre-registration is required, and there is a nominal fee (\$10 for family members; \$20 for professionals) to attend. To register or to receive a brochure if you reside outside of Ulster and Dutchess Counties, please call 1-800-872-0994.

Additionally, we call your attention to two conferences sponsored by related groups or organizations. The **4th Annual Dutchess County Caregiver Conference**, will take place on Saturday, **Nov. 14**, at Casperkill Country

Club in Poughkeepsie, NY. The conference will cover topics of interest to caregivers generally, such as Depression and the Elderly, and Caregiver Stress. The conference is sponsored by a consortium of agencies of which the Alzheimer's Association is a part.

A **Fronto-Temporal Dementia Caregivers Conference**, organized by the NYC Area Consortium on FTD will be held in NYC on Friday, **Nov. 20**, at the New York Academy of Medicine. This is the first conference of its kind in NYC. For information, contact Jill Goldman at Columbia Medical Center's Taub Institute, 212-305-7382.

The Alzheimer's Project

Films from "The Alzheimer's Project," HBO's award-winning documentary series about Alzheimer's disease, will continue to be shown this fall. Don't miss them! Call your local chapter office (see back page) to reserve a seat.



Dutchess County – at St. Paul's Parish Hall, 7412 S. Broadway, Red Hook, NY: *Momentum in Science* will be shown in November (call 845-471-2655 for date and time).

Orange County – at Mount Saint Mary College (Aquinas Hall 163), 330 Powell Ave., Newburgh: *The Memory Loss Tapes*, 1 – 3:30 p.m., Thursday, **Nov. 5**, and *Momentum in Science*, 1 – 3:30 p.m., Thursday, **Nov. 12**.

Putnam County – at the Mahopac Public Library, 668 Route 6, Mahopac, NY: *The Memory Loss Tapes*, Tuesday, **Sept. 22**, and *Caregiving*, Thursday, **Oct. 8**, both 7 – 8:30 p.m.

Rockland County – at the New City Library, 220 N. Main Street, New City, NY: *Grandpa, Do You Know Who I Am?* with Maria Shriver, 6:30 – 8 p.m., Wednesday, **Nov. 18**.

Team Noah Mini-Golf Open

Team Noah is hosting its first annual "**Team Noah Mini-Golf Open**" on Saturday, **Nov. 7**, at 9:30 a.m. at Monster Mini Golf, 88 Dunning Rd., in Middletown, NY. Tickets are \$15 per golfer; Tees & Greens, \$25. For more information, please contact Jennifer, 845-342-2247. All proceeds will benefit this year's Memory Walk.

Alzheimer's Association Fall Programs

Dutchess/Ulster

Besides educational conferences (see p. 5), the Dutchess/Ulster Regional Office will offer several educational programs this fall. **"Understanding Memory Loss"** will be presented on Tuesday, **Sept. 29**, 11 a.m. - noon, at the Dutchess County Senior Friendship Center, First Reformed Church, 1153 Main Street, in Fishkill. **"Alzheimer's Association Resources: Finding Help that You Need"** will be presented on Wednesday, **Oct. 21**, 1:15 - 2 p.m. in the Ambulance Corps Bldg., 231 First Street, in Wallkill. For more info., call Wallkill Seniors at 845-744-6101.

"Keeping Fit from the Neck Up" will be presented in both Ulster and Dutchess Counties. In Ulster, the seminar will held on Tuesday, **Oct. 20**, 10:30 - 11:15 a.m., as part of a course ("Taking Charge of Your Health") offered through the LifeSpring Adult Learning Community in Saugerties; for info., log on to www.lifespringsaugerties.com or contact Lifespring at 246-2800, ext. 452. In Dutchess, the seminar will be offered on Wednesday, **Nov. 4**, 11 a.m. - noon, at the Senior Friendship Center, American Legion Hall, 154 Charles Coleman Blvd., in Pawling. Lunch is available for a modest charge. For reservations, call 845-855-4409 by Nov. 2.

"Getting through the Holidays," a program for dementia caregivers, will also be offered in both counties: in Ulster, on Thursday, **Nov. 19**, 3 - 4 p.m., at Multi-County Adult Day Care Center, 11 Milton Avenue, in Highland; and in Dutchess, on Monday, **Nov. 30**, 3 - 4 p.m., at Multi-County Adult Day Care Center, 7578 N. Broadway, in Red Hook. Free respite care and refreshments will be available at both programs. To register, call the Alzheimer's Association at 845-340-8484 or 845-471-2655.

Additionally, Meg Boyce, LMSW, Director of Programs and Services, will teach the Chapter's **"Dementia Care Specialist Course"** at UCCC's Business Resource Center in Kingston. Research shows that people with dementia, cared for by knowledgeable and skilled individuals, can have a better quality of life. The course is aimed at those working and/or seeking job opportunities in home care, adult day care, human service agencies, assisted living, and skilled nursing facilities. Family members are encouraged to attend. The course will be taught in two parts on Friday, **Oct. 2**. Part I will cover understanding Alzheimer's disease, improving communication, and understanding and managing challenging behaviors. Part II will continue the discussions and cover activities of daily living and caring for the caregiver. UCCC charges a fee of \$39 for each part. For more info about the course, contact Meg Boyce, 845-340-8474. To register, contact UCCC, 845-339-2025.

Orange/Sullivan

In addition to screenings of The Alzheimer's Project (see page 5), and the Grand Opening of the new Orange/Sullivan Regional Office (see page 2), fall programs offered in Orange and Sullivan Counties will include several workshops and two social gatherings.

In Orange County, **"Safety in the Home and on the Road,"** an educational program facilitated by Alzheimer's Association staff, will be presented on Thursday, **Oct. 29**, 6 - 8:30 p.m., at Valley View Center for Nursing Care and Rehabilitation, Glenmere Cove Rd., Goshen. Safety is important for everyone, but individuals with dementia and their caregivers need to take particular precautions when it comes to creating a safe environment. This program will teach caregivers how to address issues of driving and dementia, as well as improve safety in the home. A light dinner will be provided free of charge. Registration is required by Oct. 1. To register, call Toni Nekvapil, Orange County Office for the Aging, at 845-615-3721.

Note: "Safety in the Home and on the Road" is part of a seven week educational series for caregivers of older adults sponsored by the Orange County Office for Aging. Other topics will include medication and nutrition management, mental health issues facing older adults, legal issues facing caregivers, and understanding Medicaid, Medicare, Social Security and veterans benefits. If you are interested in attending any part of the caregiver series, please contact Toni Nekvapil for more information.

"Happy Holidays! Tips for Caregiving Through the Holidays," a program to help caregivers cope with the challenges that can accompany the holiday season, will be presented by Donna Davies, Alzheimer's Association Care Consultant, on Tuesday, **Dec. 1**, 7-9 p.m. Topics will include preparing yourself and your loved one for the holidays, coping with family visits, gift ideas, and safety issues. This free program will be held at Elant Community Health Services, 31 Cerone Place, in Newburgh. Spanish-speaking caregivers are encouraged to attend, as a Spanish speaking social worker from Elant will be available to interpret and speak to families as needed, and Spanish literature will be available from the Alzheimer's Association. Refreshments will be served. Registration is required by November 30. To register, call Donna Davies at the Alzheimer's Association, 845-342-2247.

Individuals diagnosed with dementia and their primary caregivers are invited to celebrate the start of the holiday season by joining other families for a relaxing **Social Event at Goshen Gourmet Bakery**, 14 W. Main Street, in Goshen, on Friday, **Dec. 4**, 2-3:30 p.m. Refreshments including coffee/tea/delightful treats will be served. There is no charge to participate. However, we do ask that you call the Alzheimer's Association, 845-342-2247, to reserve a place.

Alzheimer's Association Fall Programs

In Sullivan County, a free educational program, "**Know the New 10 Warning Signs of Alzheimer's Disease**," will be presented by Donna Davies, Alzheimer's Association Care Consultant. The presentation will outline how early detection and early diagnosis of Alzheimer's disease give individuals the power to make choices about their own health and future. Come and learn how you can take control! The program will be held on Wednesday, **Oct. 21**, 7:30 - 8:30 p.m., at the Ethelbert B. Crawford Public Library, 393 Broadway, in Monticello. To register or obtain more information, call the Alzheimer's Association, 845-794-3774.

A **Social Event at Kathy's Tea Cozy**, 120 Sullivan St., in Wurtsboro, will be held on Thursday, **Dec. 10**, 2-3:30 p.m. Individuals with memory loss and their caregivers are invited to join us for a relaxing afternoon with friends, as we celebrate the holiday season with a special guest--Elvis' Lost Brother, Eric Bressi! Refreshments will be served. There is no charge to attend. However, as always, we ask that you call the Alzheimer's Association, 845-794-3774, to reserve a place.

Rockland

The Rockland Regional Office has a full schedule of educational programs this fall.

The first program, "**Making Sense of Challenging Behavior**," part of the Chapter's Caregiving Series, will be held at Meals on Wheels of Rockland County, 121 West Nyack Rd., in Nanuet, from 1 p.m. to 2 p.m. on Wednesday, **Oct. 14**.

The second program, "**Living with Change: As Alzheimer's Disease Progresses**" will be held at the Chapter office, 20 Squadron Blvd., Ste. 345, in New City from 2:30 p.m. to 3:30 p.m. on Monday, **Oct. 26**.

Two additional programs will be held in November, National Alzheimer's Disease Awareness Month. A workshop on "**Community Resources for Caregivers**" will be held on Wednesday, **Nov. 4**, 5:30-6:30 p.m., at Jewish Family Service of Rockland County, 450 West Nyack Rd. in West Nyack. Additionally, "**Caring through the Holidays**," a program for family caregivers and professionals, will be held at Meals on Wheels of Rockland County, 121 West Nyack Rd., in Nanuet, from 1 p.m. to 2 p.m. on Wednesday, **Nov. 11**.

Finally, a **Caregiver Holiday Party** will be held on Wednesday, **Dec. 16**, 1 - 3 p.m., location TBD.

For more information about any of these programs, please call the Alzheimer's Association's Rockland Regional Office at 845-639-6776.

Westchester/Putnam

Besides the Chapter's annual Research Seminar (see p. 5), the Westchester/Putnam Regional Office is sponsoring three educational programs and on-going programs and activities for individuals with Alzheimer's disease and their caregivers.

"**Is It Memory Loss or Is It Alzheimer's?**" a Lunch & Learn seminar presented in collaboration with the Westchester County Dept. of Senior Programs and Services and the Visiting Nurse Association of Hudson Valley, will be held on Wednesday, **Sept. 23**, 12 - 2 p.m., at the White Plains Library, 100 Martine Ave., Room B, in White Plains. Dr. Roger Madris, a local geriatrician, will be the featured speaker. The program is free, but registration is required. Please call the Alzheimer's Association, 914-253-6860, for more information.

"**Caregiving and Dementia: Advanced Directives Guidelines and Holistic Modalities of Care**," an educational seminar sponsored by a consortium of caregiver agencies, will be held in the auditorium at White Plains Hospital, 41 East Post Rd., in White Plains, on Thursday, **Oct. 1**, 3 - 6 p.m. The program, intended for family caregivers and professionals, is free of charge, but registration is required. For more information, please call Elderserve, 914-368-5508.

The public is also invited to "**Know the 10 Signs**," a program designed to promote understanding of the Alzheimer's Association 10 Warning Signs of Alzheimer's Disease and to increase awareness of the benefits of early detection. This free workshop will be presented on Tuesday, **Nov. 17**, 4 - 5 p.m., at Somers Manor Nursing Home, 189 Route 100, in Somers. To register or obtain more information, please call the Alzheimer's Association, 914-253-6860.

Individuals with diagnosed early dementia and their primary caregivers are invited to attend **Sunday Social Programs** that offer music, food and 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 Avenue, White Plains, from 12:30 p.m. to 3 p.m. on **Nov. 8** and **Dec. 6**. The Sunday Socials are free of charge, but space is limited and reservations are required. For reservations, please call 914-253-6860 by the Monday preceding the Social.

Individuals with Alzheimer's and their caregivers are also invited to participate in **Neu Experiences in Art**, a collaboration between the Alzheimer's Association and the Neuberger Museum in Purchase, NY, in which specially trained docents will guide them through the museum's galleries in an interactive program. Fall tours are scheduled for **Sept. 24**, **Oct. 22** and **Nov. 19**, 2 - 3 p.m. Refreshments will be provided after the tours. The programs are free, but reservations are required. For more information, contact the Alzheimer's Association, 914-253-6860.

Caregiving & Research

Care Consultant's Corner

Changing Relationships: Dealing with Intimacy & Sexuality

By Wendy Rudder, LCSW

It is not a topic that comes up at cocktail parties, or even in the care consultations I provide for people with dementia and their care partners. Nevertheless, dealing with the need for intimacy in a family member with Alzheimer's is an issue of much importance that is often shrouded in misunderstanding, anxiety, frustration, and other negative feelings.

While interest in sexual activity decreases for many people with dementia (though by no means all), this should not be mistaken for a lack of interest in physical and emotional closeness. We all crave human connection and intimacy.

Sometimes because of the effects of the disease, one's partner with dementia demonstrates inappropriate behavior. This behavior might be taken for sexual activity when it really isn't. For instance, disrobing or fondling oneself in public may signal that the partner is hot or has to use the bathroom and has lost the ability to communicate this, or to find and use the bathroom without assistance.

Behaviors like flirting or making unwanted advances toward others, such as a homecare worker, can hurt as well as embarrass the spouse or family caregiver. To help cope with this, the caregiver needs to remember that it is the

disease and its accompanying confusion, disorientation, and loss of memory, judgment, and inhibitions that is causing the behavior, not the family member. If the caregiver can intervene with an expression of affection such as a quick hug or squeeze of the hand, this might go a long way toward diverting their loved one's attention and satisfying that urge for closeness.

We have all heard of situations where nursing home residents with dementia begin romances with other residents, despite the fact that they have a loving spouse who visits them regularly. There is no easy way to cope with this; it is a painful reminder of how much has been lost. Despite the grief and sorrow this causes, it is important not to reprimand or argue with persons with dementia, as they will not know what they have done wrong or why you are so angry and upset. Best to remove yourself from the situation until you feel calmer and better able to confront the reality that awaits you.

For those whose spouse continues to want to maintain a sexual relationship, there are additional challenges. Inevitably there are a host of mixed feelings that will arise--guilt, anger, and lack of desire being just a few. It can be very helpful to talk

about your feelings with someone who understands and knows how to listen without being judgmental, perhaps at a support group or in individual counseling.

Remember, the Alzheimer's Association is there to help. Please avail yourself of the wealth of information in our libraries, or through our information and referral services, support groups, and individual or family care consultations.

Ten Ways to Be Intimate

There are many ways to express intimacy. Here are a few that are legal anywhere.

- ◆ Hug, hug, and hug some more
- ◆ Hold hands (add a loving squeeze for good measure, if you or they feel like it)
- ◆ Give a reassuring touch, such as a pat on the back or arm
- ◆ Kiss
- ◆ Sing a song to your loved one
- ◆ Look into his eyes and wink, smile, or blow a kiss
- ◆ Brush or stroke her hair
- ◆ Dance to "your" song
- ◆ Offer a light massage on the shoulders or back
- ◆ Cuddle together on a couch or love seat . . . that's what they're for, isn't it?

Clinical Trials: Vital to Research

If you have Alzheimer's disease, you could help advance knowledge about possible treatments by participating in a clinical study.

A research study to investigate a possible treatment for Alzheimer's disease - ICARA - is being conducted in Rockland and in Westchester. The ICARA study drug, bapineuzumab, is the first development candidate for passive immunization in AD. Information about the study

is available at www.ICARASTUDY.COM.

For information about taking part, contact The Nathan S. Kline Institute (Geriatric Psychiatry Division) in Orangeburg, NY, 845-398-5582, or Advanced Bio-Behavioral Sciences (Kristen A. Stair) in Elmsford, NY, 914-345-9154.

For general information about clinical trials, go to www.alz.org/national/documents/topicsheet_clinicalstudies. For a full listing of Alzheimer's disease clinical



trials being conducted in our area, go to www.clinicaltrials.gov.

Caregiving & Research

Ask Stephanie

Hi Stephanie,

My mother-in-law is showing signs of Alzheimer's. However, she is in denial, and so is the rest of the family. We are trying to get her to go to the doctor, but so far she refuses. Any advice?

Thanks,

Charlotte

Dear Charlotte,

I compliment you on your concern for your mother-in-law. Obviously you are a caring person, and the family is lucky to have you as an observer.

It is not unusual for an impartial person to observe changes and symptoms of dementia before the immediate family is ready or able to see that things are not right.

The first suggestion I make is that you keep notes documenting incidents or statements that are unusual. If indeed this is a progressive disease you suspect, the family will sooner or later come to grips with the fact that your mother-in-law needs medical attention. At that point you can be of great assistance with your notes, and a few suggestions.

If there is a medical emergency, of course your dear mother-in-law will have no say in the matter. If she is aware and physically resistant, paramedics should be able to help, as they are trained to deal with such situations.

Some people have told their relative that it is necessary for them to get a check-up, and asked the relative to accompany them. Others have had the doctor's office contact the relative and tell them it is time to schedule a check-up. A therapeutic fib may be appropriate in order to get a loved one the medical care they need.

If your mother-in-law agrees to a doctor's

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@alzhusonvalley.org.



appointment, it might be a good idea to call the scheduling person to explain the situation, asking for a time when there is the shortest wait. You or another family member might even try to speak with the doctor before your mother-in-law goes to the office. This would serve you well in that you will avoid upsetting her. She may be very frightened about what is happening to her, and it would be helpful for the doctor to be alerted in advance to your concerns.

Another possibility is a house call from the doctor. Some physicians do make these calls, or can refer you to someone whose practice includes making house calls on people who for various reasons are unable to come to the office.

These are only a few suggestions. A very helpful source is an Alzheimer's Association support group. I don't know how I would have managed without the sympathy and caring of people who were facing the same problems I faced when my dear mother was ill.

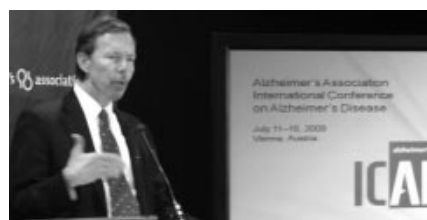
There is no charge for support groups or the advice you can get from the Alzheimer's Association. So many people I know have found that "sharing the burden" is truly helpful.

Again, I offer my sympathy and hope one of the above suggestions may be of some help to you.

Stephanie

ICAD Fuels Progress in Alzheimer Research

Nearly 3,800 of the world's leading scientists convened in July at the Alzheimer's Association 2009 International Conference on Alzheimer's Disease (ICAD 2009) in Vienna, Austria, to report and discuss the latest advances in research on treatments, risk factors, diagnosis and the causes of Alzheimer's disease.



Dr. Ralph Nixon

Among those attending from our area were Dr. Ralph Nixon, Vice Chair of the Alzheimer's Association Medical and Scientific Advisory Council, who is Director of Research and the Center for Dementia Research at the Nathan S. Kline Institute in Rockland County, and Dr. Alan Jacobs, a new member of our Chapter's Board of Directors.

Highlights from ICAD 2009 included the report of a Phase III clinical trial suggesting that the drug Dimebon may improve cognitive function in people with mild to moderate Alzheimer's, but that how the drug produces these benefits remains unclear. In a surprising result, researchers found that treatment with Dimebon caused an increase in a brain protein, known as beta amyloid. This result is highly unexpected as most Alzheimer's drugs are tested for how much they can lower beta amyloid levels.

Staff Challenge

In the last newsletter we mentioned that chapter staff had adopted a "healthy lifestyle" challenge. We are pleased to report that, in 10 weeks, participating staff have lost 55 pounds.

Development

A Season for Sharing

As we enjoy the last days of summer, 2010 may seem like a long way off, but it's not too early to think about end-of-year planning.

November and December are traditionally a season for sharing--a time when Americans of philanthropic intent give generously to the causes they are most passionate about, while also ensuring they have taken appropriate steps to reduce their income taxes. To give you some helpful hints on how to take advantage of possible tax deductions, here are our top ten ways to give.

1. Appreciated stock or mutual fund shares. Avoid capital gains tax and deduct the full market value of shares held more than one year.

2. Cash. Qualify for a 2009 deduction for up to 50% of your adjusted gross income when you mail us a check as late as December 31. Excess deductions can be carried over for up to five years.

3. Bequest in a will or living trust. Protect your current assets and leave a legacy beyond your lifetime by including the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter in your will or trust. A brief codicil to your existing will is all that you need to prepare.

4. Retirement account assets. Designate the Alzheimer's Association, Hudson Valley/Rockland/ Westchester,

NY Chapter as the contingent beneficiary on your policy.

5. Life Insurance. Donate an existing policy or include us as a beneficiary of your existing policy.

6. Charitable Gift Annuities. Receive fixed payments for life, often at a higher rate of return than a savings bond or CD, an immediate tax deduction, capital gains tax savings if appreciated securities are used, and an alternate source of income.

7. Charitable Remainder Trusts. Receive income for life from the trust assets and an immediate income tax deduction.

8. Cars, trucks, boats, or recreational vehicles. Receive a tax deduction for vehicles donated to us through The Car Program, LLC.

9. Workplace Giving Campaigns. Designate the Alzheimer's Association as the recipient of donations through your employer's charitable giving program.

10. Birthday, anniversary, or holiday gifts. Honor special friends or occasions with a gift to the Alzheimer's Association, or ask your friends and family to do so on your behalf.

For more information on ways to give, please call Alison Buchalter, Development Director, at 914-253-6860 or 1-800-872-0994. For questions about possible tax deductions, please consult with your financial advisor.

A Race to Remember - January 10, 2010

Belleayre Mountain and Clearchannel Radio are proud to present "A Race to Remember," the 7th annual Grand Slalom Challenge, to help local families served by the Alzheimer's Association.

Receive an all-day lift ticket and race entry for \$25 **or** a lift ticket, race entry, hot breakfast, champion T-shirt, and free raffle ticket for just \$40. These special packages, **which make excellent holiday gifts,**



are limited. Snowboarders are welcome. To register, call 1-800-872-0994 or visit www.alz.org/hudsonvalley.

Dining to Donate

This fall you can do good by eating well! Applebee's will donate 10% of your check to the Alzheimer's Association, excluding tax and tip, when you present a "Dining to Donate" voucher* on one of the following dates.

Monday, **September 14**, 4 - 9 p.m.
Applebee's, 3450 North Rd., Poughkeepsie

Monday, **September 21**, 4 - 9 p.m.
Applebee's, 115 Independent Way, Brewster

Tuesday, **September 29**, 4 - 9 p.m.
Applebee's, 1171 Ulster Ave., Kingston

Wednesday, **November 4**, 4 - 9 p.m.
Any Applebee's in Orange County

Thursday, **November 5**, all day. Any Applebee's in Westchester & Rockland



* Printing out a "Dining to Donate" voucher is easy! Just visit our web site, www.alz.org/hudsonvalley, click on "Special Events," and scroll down until you see the "Dining to Donate" listing. Thank you, Applebee's!

Holiday Cards Raise Awareness & Funds

The Alzheimer's Association will once again be producing its own line of holiday cards, utilizing the artistic talents of people with Alzheimer's disease. You may view and order these cards beginning in early September by visiting "Shop for the Cause" on the Alzheimer's Association's national web site, www.alz.org.

Additionally, holiday cards benefiting the Alzheimer's Association will be made available through Cards with a Heart, a company known for its consumer-friendly ordering process. To view and order cards from Cards with a Heart, visit the chapter web site at www.alz.org/hudsonvalley.

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 4/1/09 to 6/30/09.

Memorials

Arcoli "Corky" Abbatiello
Joseph Adler
Barbara Arnold
Morton Asher
Don Charles Ballow
John P. Baltera
Morton Baron
Harry Bayne
Elizabeth Becker
Cyrena Berger
Rose Bernard
Florence Bielemeier
Shirley Blauvelt
Alfred Bocket
Rudolph Bonafilia
Estelle Bonk
Helen Bonk
Dr. Gerard Cacio
Jeanne Canazon
Mary Cerven
Thomas Ciarlante
John Ciccarella
Isabel Corrado
Eileen Cosgrove
Mary Coughlin
Franklin D. Curtis
Fiorello D'Agata
John G. Dahlem
Muriel D'Amico
Julian Dancy
Anna D'Angelo
Fannie Daniels
Ella Darrow
Pasquale "Pat" Debellis
Rose Delago
George D. Delaney
Alexander Delgado
Bernard Derris
Lena Diana
Mary Donohue
Julia Scalpi Downey
Barbara Dunlavy
Sylvia Eisen
Robert Engstrom
Margaret Fallon
Anita Fay
Margaret Fay
Harvey Feldman
Margaret Fitzpatrick
Vinnie Fragala
Anne Francis
Edith Frengs
Murray Friedman

Jane A. Fulton
Rose Gaeta
Grace George
Robert H. Gibson
Mollie S. Geller
Michael P. Giordano
Florence Goldstein
Frank Goldstein
Joseph Gould
Frances Hance
Lorna W. Hibberd
Ruth L. Hoose
Richard A. Iaboni
Stefania Jablonska
Steve Katsigianis
Phyllis Katz
Phyllis Klein
Edna Knickerbocker
Dorothy Kriker
Jean Lampl
Rena Lauren
Anna Legere
Edward Lemanski
Henry Lindner
Joseph Mahady
Myron Mandel
Ann Mann
Louise Mantini
Genevieve Markisello
Dorothy Marks
Peter G. Marzziotti, Sr.
William Masten
Grace Mayer
Charles J. McCormack, Jr.
John McCormick
Catherine F. McGilvery
Anna Miller
Donald Moore
Ralph Mosiello
Lilly Moss
Raymond Murphy
Doris Kirsch Neale
Louise O'Neill
Norma Oswald
Phillip Pantaleo
Eugene Parrotta
Dr. Carlton Patrick
Walter Peek
Marie Penna
Richard Peterson
Gabriele Petrella
Nina Pistone
Sheldon Platt
Thomas J. Prunty
Concetta Pugliese

Lucia Rampa
Mary Rinato
Anthony N. Romeo
Eleanor Romeo
Bernard Rosenberg
Irma Rosenblum
Ruth Rosenblum
Toby Rosenblum
Ellen Ross
David Rothaus
Lillian Rubin
Josephine Rudzianski
Mary F. Rupp
Margaret Ruvo
Hyman Salzberg
Mary Sarona
Ann Saunders
Grace Savarese
David Shair
Eleanor Ruth Sheldon
Steven Sherwin
Shirley Siegel
Helen Smyla
Nancy Sprogis
Thomas Stalker
Anna Terwilliger
Howard Terwilliger
Margaret Tiso
Helen Toddonio
Alethia Todriff
Kathleen Tompkins
Carmine Troccoli
David A. Weeks
Mrs. Westfall
Norman Winik
George Wolf
Philip Wolfstich

Tributes

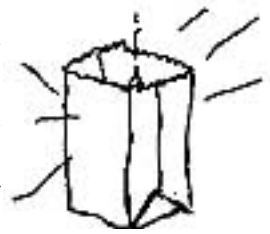
Ruth Ahearn
on her retirement
Mr. & Mrs. Andy Cahn
Beatrice Flagler
on her 100th birthday
Susan & Ralph Freyberg
on their 50th anniversary
Larry Garrett
get well wishes
Stuart Greif
Mr./Mrs. Richard Hammer
on their 50th anniversary
Morton Kanner
on his 80th birthday
Beatrice Keegan
on her 100th birthday

Wayne Manzi
on his birthday
Marie Palumbo
on her 90th birthday
Casper Pinsker
on his 90th birthday
Ken & Peggy Schmelkin

Frances Stewart
The Regulars
Jon & Kim Urban
Terry & Barry Zingman,
on their birthdays
Eva & John Zysk,
on their 40th anniversary

A Light to Remember

To mark the beginning of National Alzheimer's Disease Awareness Month, **Luminary Ceremonies** will be held at 6 p.m. on Sunday, **November 1**, at two locations in our chapter territory:



Orange County Government Center
255 Main Street, Goshen, NY

Mahopac Chamber of Commerce Park
Corner of Rt. 6 and Route 6N, Mahopac, NY

The Luminary Ceremonies are held in memory of and in honor of loved ones with Alzheimer's disease, and the names of those touched by this disease are read during the ceremonies amidst the glowing lights of luminary candles.

Luminaries with the name(s) of your loved one(s) are \$10 each or 3 for \$25. All proceeds will be used to further the fight against Alzheimer's disease.

To participate in the Mahopac event, please contact Terry Kean at 845-278-0343 or terry.kean@alz.org. For the Goshen event, contact Janet Troia at 845-342-2247 or janet.troia@alz.org.

Congratulations!

The Westchester Regional Office sends a big round of congratulations to their longtime volunteer Mollie Mellen, on her recent acceptance into NY Law School. Mollie will have a rigorous schedule of commuting to Manhattan for her classes, along with continuing her volunteer work. We all wish her the best of luck!

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

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

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

Rockland Regional Office
845-639-6776

Westchester/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@alz-hudsonvalley.org
1-800-872-0994
1-800-272-3900 (24-hour Helpline)

**All offices of the Alzheimer's Association,
Hudson Valley/Rockland/Westchester, NY Chapter
are now open M-F, 8:30 a.m. - 4:30 p.m.**

Memory Walk

In 2008, more than 220,000 walkers and 35,000 teams across the country raised more than \$38 million through Memory Walk®. By the time this newsletter reaches you, many of you will have started building your teams and asking for support for Memory Walk® 2009. **It's not too late to join the fun!**

Memory Walks are taking place on four weekends from late September until late October. Find a Walk that fits your schedule:

- Saturday, September 26** **Goshen**
- Sunday, October 4** **White Plains**
- Sunday, October 4** **Monticello**
- Saturday, October 17** **Poughkeepsie**
- Sunday, October 18** **Carmel**
- Sunday, October 18** **Pearl River**
- Saturday, October 24** **Stone Ridge**

To create or join a team, go to www.alz.org/memorywalk, or call your nearest office (listed above). Easy tools are available both on line and from our chapter staff.



Team Memory Angels--l to r, Angela M. Kanceler, Director of Marketing and Business Development, LCS Landscapes; Nicole Plata, Recruiter, EA Staffing; and Julie Gerrard, Manager of Business Development, Integrated Enterprise Solutions (IES)--gathered at the Dutchess County Memory Walk Kick-off Breakfast. As Angela was busy recruiting more team members, she told us she is ready to "easily surpass our team goal of \$1,000."

Volunteers Needed

Memory Walk and other events may seem to sprout like mushrooms, but they don't take place without a lot of volunteer planning and preparation. If you would like to be part of a Memory Walk Planning Committee, your assistance would be greatly appreciated.

Help is especially needed for this year's Orange County Memory Walk, which is being held for the first time at the Goshen Historic Track.

Additionally, the Chapter is recruiting volunteers to serve on the committees for spring events in Westchester and Dutchess Counties.

To volunteer for Memory Walk, please call the Chapter office nearest you. To help with the spring event in Westchester, call Terry, 914-253-6860. In Dutchess, call Karen, 845-471-2655.