



Spring, 2009

Spring Educational Programs Offer Cutting-Edge Information about Alzheimer Care

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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.

This spring, in addition to the regional educational programs described on pages 4-5, the Alzheimer's Association offers two programs designed to draw attendees from throughout our chapter territory.

The 6th annual **Adele Rohrlach Memorial Lecture** will serve as the keynote for a program with a range of workshops on "Creating Stimulating Activities for Persons with Dementia." The Lecture and workshops, which will be of interest to families, as well as home health staff, recreation therapists, and all facility and adult day care staff, will be held at White Plains Hospital Center from 9 a.m. to 1 p.m. on **Friday, April 24.**

Giving the Adele Rohrlach Memorial Lecture this year is Dr. Cameron Camp, author of *Montessori Based Activities for Persons with Dementia*. As research Professor of Psychology at the University of New Orleans and as Director and Senior Research



Dr. Cameron Camp

Scientist at the Myers Research Institute in Cleveland, Ohio, Dr. Camp specialized in applied research in gerontology and his work explored non-pharmacologic interventions for behaviors associated with dementia. His current position as Director of Research and Product Development at Hearthstone Alzheimer Care enables him to continue his work on the application of interventions to alleviate challenging behaviors and to increase the level of functioning of persons living with dementia.

While registration is required, the program is free of charge. To register, please contact the Alzheimer's Association at 914-253-6860, by April 17.

Special thanks go to our sponsors: *the Rohrlach family; White Plains Hospital Center*, which has

generously donated space for the program; *Hearthstone Alzheimer Care*, which has partially underwritten the cost of Dr. Camp's lecture; and the *NYS Health Care Providers Association*, which has underwritten the cost of breakfast.

The Chapter's **Spring Educational Conference**, "When the Diagnosis is Alzheimer's or Related Dementia: Help for the Journey," will also offer lectures and workshops of interest to professionals and family caregivers alike. The conference will be held at the Holiday Inn, Suffern from 8:30 a.m. to 3 p.m. on **Thursday, May 7.**

The keynote will be given by Randy Griffin, RN, MS, a Certified Holistic Nurse and internationally-known author. Ms. Griffin will speak on "Providing Comfort throughout the Disease Process: Therapeutic Touch."



Randy Griffin

Additionally, Albert Riddle, MD, Medical Director at Wingate Healthcare, will speak about "Caregiver Health," and the program will include a choice of caregiving and legal workshops and the opportunity for exhibit visits. The day will end with "In Our Own Words," a panel presentation by early-stage individuals.

Thanks to Gold Sponsor *Majestic Insurance*, Silver Sponsors *At Home Health Services* and *Sunrise Senior Living*, and Bronze Sponsors *Home Instead Senior Care* and *Northern Services Group*, the conference fee (which includes a continental breakfast and lunch) is only \$35 for the public and \$60 for health and social service professionals.

To register or obtain more information, please call the Alzheimer's Association at 845-471-2655 or 1-800-872-0994 by April 30.

Chapter News

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Among Friends

It's always saddens me to discover people who connect with the Alzheimer's Association only after their loved one has passed away. Typically, these individuals come to us as volunteers, as advocates, or as event participants and say, "if only I had reached out! . . ."

I've often wondered why such people did not turn to the Alzheimer's Association for help. Perhaps they did not know the range of resources that were available. Perhaps they found support elsewhere. But more often I suspect these caregivers were hindered by denial or by the uniquely American belief in the importance of self-sufficiency.

One caregiver, whose mother-in-law was diagnosed with dementia three years ago, recalled that, instead of rallying around her mother-in-law, family members seemed to wait for each other to handle the situation and looked the other way. "We all desperately needed help, yet resisted seeking assistance," she told us recently. "You helped me understand my family's denial and helped me see how I was wasting my energy on misguided anger. You encouraged me to refocus my attention on my mother-in-law, gave me literature to share with the family, and offered resources and services if/when they were ready to receive them. . . . The information and resources that you made available to us continue to be a great support as the disease progresses and we face new challenges. I am very grateful to you for what you have done for our family."

Every 70 seconds, someone in America now develops Alzheimer's disease. If you know a family that could benefit from the information and services we provide, please encourage them to call us. Our 24-hour Helpline number is 1-800-272-3900.

Yours aye,

Elaine

Elaine Sproat



Elaine Sproat

Transitions

In March, the Hudson Valley/Rockland/Westchester, NY Chapter welcomed back **Donna Davies**, LCSW, to the position of Care Consultant in the Chapter's Orange/Sullivan Regional Office.

Donna, who served as the Orange/Sullivan Care Consultant from 2000 to 2003, says she is thrilled to be working with the Alzheimer's Association and its resources have grown, and I'm excited and optimistic about the new challenges the position offers. I especially look forward to starting an early-stage support group serving Orange and Sullivan Counties.



Donna Davies

We say good-bye to **Alicia Terrana** and to **Gina Faustner**, who have left the chapter to pursue other opportunities. Alicia served as a Care Consultant for seven years, first in Poughkeepsie and later in Middletown, while Gina assisted staff in the Poughkeepsie office for over five years. We wish them both the very best.

Spotlight on Volunteers

As National Volunteer Week is celebrated in the third week of April, we applaud the commitment, passion, and compassion of the Alzheimer's Association's 250+ volunteers. Our volunteers include members of our Board of Directors, members of standing committees (such as our Finance Committee), support group leaders, Helpline and office volunteers, advocates, socialization program volunteers, event committee members, day-of-event and health fair volunteers, and others such as our wonderful paralegal volunteer, Bernie Scheiman, and our chapter librarian, Liz Bennett.

Together (and individually!) these volunteers dedicate countless hours to the Alzheimer's Association's mission and make it possible to MOVE our cause forward. Here is what a few of them have to say about why they do what they do.

Arnie Pachman, Helpline specialist in our Chapter's Rockland Regional Office:

"I lost my mother and my aunt (her sister) to Alzheimer's. There is no way that I could ever thank them for what they gave to me except to try to make sure that another generation does not have to know this terrible disease.

"Volunteering is a way of giving back. I only hope that in some way I can make life a little easier for an Alzheimer's patient, a caregiver, or someone who will not have to ever know what this disease is."



Arnie Pachman, Retiree

Lisa Goldman, LMSW, Support Group Leader, Westchester County:

"I have met so many incredible caregivers as a support group leader. They are people who for years do more than anyone could expect them to do, and more than they thought they could ever do. And for the most part they do it with dignity and grace. They often criticize themselves for not being tolerant enough, or for yelling, or for having uncharitable thoughts, but I leave almost every meeting amazed by their strength and their ability to laugh, and to be compassionate to one another, and to simply get up each morning and face some of the most dif-



Lisa Goldman, Social Worker,
Morningside House Adult Day Program

icult circumstances anyone could imagine. I wish no one ever had to experience the things I hear discussed at our meetings, but I feel privileged to be there with them and to offer whatever help and support I am able to give."

Donna Brundage, Ulster County Memory Walk Chair

"I could very well be the most fired up committee person in the Hudson Valley. After attending the national Memory Walk® Conference in New Orleans in January, I got it--the big picture--why we Memory Walk volunteers do what we do!"



Donna Brundage, Director of
Marketing & Public Relations,
Westwood Metes & Bounds Realty

"I came to realize the daunting numbers of people with Alzheimer's disease and the tremendous need not only to raise funds but also to educate the general public. Greater awareness of this disease can lead to earlier diagnosis, greater public support, and a cure!"

"After the conference I became so motivated, it was like seeing my position for the first time: what I had to do, who I needed to meet, and how all our committees could and should function. I just began talking about what I do to friends, colleagues, and business people. What did this achieve for me/our committee? Immediate response from those I spoke with . . . new, fabulous committee people . . . service group contacts . . . interested sponsors . . . and speaking engagements with the Alzheimer's team! This networking has not only helped create a huge stir in the community, but has provided me personally with professional networking that I might otherwise have missed.

"Being a chair is like being a director of a play. Find the best actors for the event (i.e., committee persons) and project, project, project. Tell everyone you know, who will tell everyone they know, deliver an awe inspiring performance, and the rest will come."

The Alzheimer's Association is actively recruiting additional volunteers from throughout our Chapter territory who share our vision of a world without Alzheimer's disease. Volunteers of all ages, and from all cultural, socio-economic and educational backgrounds, are needed to help make this vision a reality. We especially welcome expressions of interest from volunteers who would like to step up to the plate and take leadership roles within the Chapter.

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

Alzheimer's Association Spring Programs

Dutchess/Ulster

The Dutchess/Ulster Regional Office will hold four educational programs this spring. The first, **"Understanding Memory Loss"** (designed for the general community) will be held from 10:30 a.m. to 12 noon on Wednesday, **June 3**, in the Ellenville Public Library, at 40 Center Street.

The second, **"Caring for the Caregiver,"** will be held in Fishkill, Highland, and Beacon at the following locations and times: Wingate at Dutchess, 3 Summit Ct., Fishkill (3 p.m. - 4:30 p.m., Wednesday, **April 29**), Wingate at Ulster, 1 Wingate Way, Highland (3 p.m. - 4:30 p.m., Wednesday, **May 27**), and Wingate at Beacon, 10 Hastings Dr., Beacon, NY (3 p.m. - 4:30 p.m., Wednesday, **June 24**).

The third program, **"Making Sense of Challenging Behavior,"** is appropriate for both family and professional caregivers. It will be presented at the Alzheimer's Association's office, 2 Jefferson Plaza, Ste. 103, Poughkeepsie, on Monday, **May 4**, from 2 p.m. to 3:30 p.m. For information & reservations, call 845-471-2655 (Dutchess) or 845-340-8474 (Ulster).

Lastly, for community professionals, the Alzheimer's Association will present a free Panel Discussion & Workshop on **"Intimacy, Sexuality & Dementia in Long Term Care"** from 9 a.m. to noon on Tuesday, **April 21**. The program will take place in the Benedictine Hospital Auditorium in Kingston. Please register by April 17 by calling 845-471-2655 or e-mailing wendy.rudder@alz.org with your name, title, agency/facility, contact information, and how you heard about the workshop. The auditorium is used courtesy of HealthAlliance, and refreshments will be provided by Bermac Home Aides.

Rockland

In addition to hosting our Chapter's **Spring Educational Conference** on Thursday, May 7 (see front page), the Rockland Regional Office will be holding three educational programs for caregivers this spring.

The first, on **"Community Resources for Caregivers"** will be held at Meals on Wheels of Nanuet, 121 West Nyack Rd., in Nanuet, from 1 p.m. to 2 p.m. on Wednesday, **April 15**. The second, **"Caring for the Caregiver,"** 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, **April 27**. The final program, to be held from 3:30 p.m. to 4 p.m. on Monday, **June 15**, is **"Living with Change: As Alzheimer's Disease Progresses."** This program will take place in the Chapter's New City office (see above) and is suitable for both family and professional caregivers.

For more information, please call the office at 845-639-6776.

Orange/Sullivan

The staff of the Orange/Sullivan Regional Office invite family caregivers and professionals to "get connected" and learn about chapter programs and services by visiting the office, 253 Route 211 East, Ste. 345, in Middletown, between noon and 2 p.m. on Wednesday, **April 15**. For detailed directions, call 845-342-2247.

Two **social programs** will take place in the coming months. In Orange County, experience **"The Joy of Music"** with music therapist Melinda Burgard. Join us from 2 p.m. to 4 p.m. on Friday, **May 8**, at New Harvest Christian Church, 1230 Route 94, Vails Gate. Refreshments will be served. For reservations or more information, please call the Alzheimer's Association at 845-342-2247 by May 6.

In Sullivan we invite you to **"Step into Summer!"** Join us from 10 a.m. to noon on Saturday, **June 13**, for a relaxing walk around the grounds of Cornell Cooperative Extension and then stay for a light lunch. Cornell Cooperative Extension is located on Ferndale-Loomis Rd., in Liberty. For reservations or more information, please call the Alzheimer's Association at 845-794-3774 by Thursday, May 14.

We also invite you to support a third-party event that will benefit the 2009 Memory Walk. Come enjoy a **Pancake Breakfast at Chili's** (at 33 Crystal Run Crossing in Middletown) from 8 a.m. to 9:30 a.m. on Sunday, **April 26**. Tickets are just \$5. Call the Alzheimer's Association, 845-342-2247, for tickets and more information.

Save the date! The **Wine & Mini Music Fest** is back and scheduled for Friday, **August 14**, starting at 7 p.m. at Warwick Valley Winery. All proceeds will support the 2009 Memory Walk. For information, please call 845-342-2247.

Thank You!

A word of appreciation to the following for their generous support:

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Alzheimer's Association Spring Programs

Westchester/Putnam

The Alzheimer's Association and the Visiting Nurse Association of Hudson Valley are partnering to present a series of three workshops for caregivers on sensory caregiving. The series, called "**Caregivers - Come to the Senses,**" will teach specific holistic approaches, including aromatherapy, therapeutic touch, hand massage, and uses of sound and color to improve quality of life and manage difficult behaviors. Caregivers will learn how to assess their loved one's needs and how to apply these techniques to help cope with their loved one and their own caregiver stress.

The initial programs were very successful; space is still available for the **May 6** session, which will be held at the Learning Center of the Visiting Nurse Association of Hudson Valley, 540 White Plains Rd., Tarrytown, from 5:30 p.m. to 7:30 p.m. A light dinner will be provided. The program is free but registration is required. Please call 914-253-6860 for more information.

Individuals with diagnosed early dementia and their primary caregivers are invited to attend **Sunday Social Programs** that offer fun, food, and an opportunity to maintain social contacts in a comfortable, non-judgmental atmosphere. The programs will be held at Burke Rehabilitation Center (Bldg. 7, Room G-41), 785 Mamaroneck Avenue, in White Plains from 12:30 p.m. to 3 p.m. on **April 19, May 16, June 14, and July 12**. The Sunday socials are free to caregiver and care receiver, but space is limited and reservations are required. For reservations, please call 914-253-6860 by the preceding Monday.

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

Save the date! **Neu Experiences in Art** is a collaborative partnership between the Alzheimer's Association and the Neuberger Museum in Purchase, NY. Specially trained docents guide people with Alzheimer's disease and their care partners through the museum's galleries in an interactive program. Spring tours are scheduled for **April 30, May 28, and June 25**, 2 p.m. - 3 p.m. Refreshments are provided after the tour. The program is free but reservations are required. For more information, contact the Alzheimer's Association, 914-253-6860.

Conversations about Early Stage Memory Loss: A dialogue among persons with memory loss, their care partners, and Chapter staff. This two-part workshop will be held on Tuesdays **April 7** and **May 12** from 10 a.m. to 11:30 a.m. at the Westchester Regional Office, 2900 Westchester Ave., Ste. 306, in Purchase. Bring your questions and concerns, such as recent early-stage diagnosis, relationship issues, and coping strategies. There is no fee, but registration is required.

Putnam Annual Seminar, Saturday, April 25, 8:30 a.m. - 1:30 p.m. The public is cordially invited to an informative gathering at the William Koehler Friendship Center, 180 Route 6, in Mahopac, to discuss memory loss. The keynote speaker will be **Alan Jacobs, M.D.**, a behavioral neurologist who is Asst. Prof. of Neurology at the Downstate Medical Center. Dr. Jacobs will speak about understanding memory and memory loss, the dynamics of memory, the impact of memory loss impairment, and treatments and medical advances. Other sessions will include brain teasers, a discussion of mini-mental status exams, and interactive exercises exploring how it feels to have memory loss. The day will end with support group sessions for people with memory loss and for caregivers, family, and friends. The program is free of charge, but those planning to attend are asked to RSVP by calling the Alzheimer's Association, 845-278-0343, by Friday, April 17.

Wednesday, May 6, 3 p.m. - 6 p.m.: "Dementia: What Every Caregiver Should Know," an educational seminar for family caregivers and professionals, will be held at Burke Rehabilitation Hospital (Billings-2nd Floor), 785 Mamaroneck Avenue in White Plains, in cooperation with ElderServe and a consortium of caregiver agencies.

The keynote speaker is **Pasquale Fonzetti, M.D., Ph.D.**, Assoc. Director of the Burke Memory Evaluation and Treatment Center, who will discuss "Stages of Dementia, Current Treatments and Management."

Three breakout groups will follow: "Legal Capacity--What to Do When," Robin Friedman, Esq. and Neil Reig, Esq.; "Effective Communication Techniques," Ruth Ahearn, LMSW, Alzheimer's Association; "Caregiver Stress and How to Reduce It," Mary Edgar-Herrera, Westchester County Department of Senior Programs & Services.

Registration is required. To register or obtain more information, call the Alzheimer's Association at 914-253-6860.

Wednesday, June 10, 1 p.m. - 3 p.m.: Two educational programs, "**Caring at Home: Strategies for Safety in the Home**" and "**Succeeding with Personal Care and Hygiene,**" will be presented together in the Chapter's Westchester Regional Office (2900 Westchester Ave., Ste. 306, Purchase, NY). To register, call 914-253-6860.

Research

Alzheimer's Disease Research Center Clinical Trials

The Alzheimer's Disease Research Center at Mount Sinai School of Medicine is currently recruiting participants for the following clinical trials. For further information, please contact the Mount Sinai staff listed below.

Investigational Clinical Amyloid Research in Alzheimer's

(GCO #08-0241, 08-0242; MSSM approved through 2/6/10)

Volunteers are being sought to participate in a clinical study to evaluate the safety and effectiveness of an investigational drug to help control the progression of Alzheimer's disease. Study participants will be randomized to investigational product or placebo.

For more information, contact George Marzloff at (212) 241-1514.

EPIX PRX-03140 202 Combination (GCO #08-0962; MSSM approved through 10/6/09)

There is a new phase 2 study to evaluate the efficacy and safety of an experimental drug, PRX-03140, in combination of donepezil-treated patients with Alzheimer's disease. Volunteers will receive either active study drug or placebo for approximately 6 months, the duration of the study, while continuing to take the prescribed donepezil.

For more information, contact Danielle Charney at (212) 659-8883.

EPIX PRX-03140 203 Monotherapy (GCO #08-0961; MSSM approved through 10/6/09)

There is a new phase 2 study to evaluate the efficacy and safety of an experimental drug, PRX-03140, for the potential treatment of Alzheimer's disease. Volunteers will receive active study medication, donepezil, or placebo for approximately 4 or 7 months, the duration of the study.

For more information, contact Danielle Charney at (212) 659-8883.

Reducing Amyloid in Alzheimer's Disease (GCO #08-0194; MSSM approved through 5/12/09)

Researchers are participating in a new nationwide study that will test an experimental treatment, R.A.G.E. Inhibitor, to target the source of the disease. The experimental drug may block a critical pathway in Alzheimer's disease that causes damage to the nerve cells in the brain. Participants will receive either the active study drug or placebo (inactive pill). All participants will be monitored carefully by a team of doctors and nurses at the research clinic throughout the study.

For more information, contact Tessa Lundquist at (212) 659-8885.

The Home-Based Assessment Study (GCO #91-208(13); MSSM approved through 8/31/09)

Participants are randomly assigned to one of three home in-home assessment methods - a telephone, electronic kiosk, or mail-in forms - and their memory and thinking skills will be assessed using their particular method monthly, quarterly, or annually for a four-year period.

For more information, contact Jessica Egan at (718) 584-9000 x 1704.

Trial of a Nutritional Supplement in Alzheimer's Disease (GCO #05-1394; MSSM approved through 4/30/09)

A study investigating whether an antioxidant formula containing resveratrol can help memory and thinking of Alzheimer's disease patients. Some study participants will receive the formula (8 oz. of grape juice twice a day with medication in it) and some will receive a placebo (sugar pill).

For more information, contact Danielle Charney at (212) 659-8883.

Antipsychotic Discontinuation in Alzheimer's Disease (GCO #06-0930; MSSM approved through 8/31/09)

This study examines the treatment of participants' behavioral and psychiatric symptoms (e.g., agitation, aggression, pacing, paranoia, hallucinations) with risperidone, a medication known to improve these symptoms.

For more information, contact Andrew Vigario at (212) 241-5692.

Functional Deficits of ACC in Mild Cognitive Impairment (GCO #08-0443; MSSM approved through 6/19/09)

A new study is being conducted to examine the effects of aging on memory and attention. Volunteers will be trained for a simple computer task and will perform this task in an MRI scanner.

For more information, contact Yunsoo Park at (212) 241-7641.



MOUNT SINAI
SCHOOL OF
MEDICINE

Advocacy & Chapter News

The Voice of Alzheimer Advocates

This year we were 40 strong! On a cold but sunny February day, early-stage individuals, caregivers, Board members, volunteers and staff rode together to Empire State Plaza in Albany, where we rallied alongside others representing the New York State Coalition of Alzheimer's Association Chapters.



Advocates meet with NYS Senator Andrea Stewart-Cousins, 4th from R

The heartrending messages from the Early Stage individuals captured the attention of all as we went in groups from legislative office to office, constituents meeting firsthand with their elected officials and aides. Each of the 26 visits was followed with a letter campaign asking for New York State support of vital Alzheimer's issues.

Our top legislative issues this year include the restoration of funding for Alzheimer's community services and programs, maintaining Medicaid funding for home care, and adopting a statewide Silver Alert system.

As often happens with these opportunities for sharing personal stories and making an impact, our advocates used the words "empowering" and "motivating" to describe their experience. Thank you to all who were Champions for Alzheimer's that day.

As we go to press with this issue of *Newscope*, more than 20 persons plan to

make the trek to Washington, D.C. for the 21st annual Public Policy Forum. During the Forum we will meet with the U.S. Senators for New York and our Members of Congress, asking them to uphold the stimulus assignment which would add \$10 billion for disease research through the National Institute

for Health. That would mean as much as \$125 - \$150 million more for Alzheimer's research, finally changing a research budget that has been flat since 2003.

Additionally, advocates will have the opportunity to attend educational workshops and an inspiring Candlelight Vigil at the Lincoln Memorial.

For the second time, one of our advocates will have a special role at the Candlelight Vigil. Loretta Hagen, a musician from Orange County, will give a live performance singing the title song from her latest CD, "Sundown Till Dawn." After her mother was diagnosed with Alzheimer's disease five years ago, Loretta and her family became her caregivers. Loretta's song captures the emotional roller coaster her family has experienced and, describing a day in her mother's life, paints a clear picture of how her mom and family have suffered.

We are so moved by the outpouring of advocates ready to lend their voices to the Alzheimer's cause. If you would like to be a part of our advocacy movement, please contact Michele Muir at 1-800-872-0994 or e-mail Michele.Muir@alz.org.

Congratulations to Chapter Board Members

Congratulations go to two of our Chapter board members who have been recognized by their peers.

Maureen Torelli, Vice President and Executive Director of Glen Arden, in Goshen, NY, will receive the Thomas Clarke Memorial Award from the New York Association of Homes & Services for the Aging (NYAHS) on June 2 at its annual Institute in Saratoga Springs. The award is presented to an outstanding administrator under the age of 40.

Steve Schurkman, a partner in Keane & Beane, P.C., will receive the 2009 Above the Bar Award for "Most Socially Conscious Attorney." The award, sponsored by Westchester County Business Journal and the Westchester County Bar Association, will be presented at Pace Law School on April 30.

We couldn't be more pleased.

Chapter Staffer Will Exhibit Photos

Over the past year, staffer Michele Muir has been creating an intimate documentary of Alzheimer's through her photographs and journal writing. Her personal connection to Alzheimer's began with her father. Meeting many who are dealing with the disease through the Alzheimer's Association, she has been spending time with others in various stages of the disease and their caregivers, exploring their relationships and how they cope.

Her photographic essay, "Every 71 Seconds: Memories of Alzheimer's" will be exhibited at Mill Street Loft in Poughkeepsie, and will open with a reception on Saturday, June 20. Please join us. For more information, call us at 800-872-0994 or the Mill Street Loft at 845-471-7477.

Alzheimer's Association Support Groups

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

<p>FAMILY SUPPORT GROUPS</p>	<p>** Nanuet Meals on Wheels Weds., weekly, 1 p.m.</p>	<p>Hawthorne Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.</p>	<p>EARLY-STAGE GROUPS <i>Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.</i></p>
<p>DUTCHESS COUNTY</p>	<p>New City Sunrise Senior Living 2nd/4th Mon., 6:30-8 p.m.</p>	<p>## Mt. Kisco Pres. Church of Mt. Kisco 2nd/4th Weds., 6:30-8 p.m.</p>	<p>ORANGE COUNTY Donna Davies, 845-342-2247</p>
<p>Beacon Elant at Fishkill 3rd Wed., 3 p.m.</p>	<p>New City Alzheimer's Association Mons., weekly, 2:30-4 p.m.</p>	<p>Mount Vernon Sunrise Assisted Living Last Thursday, 6-7:00 p.m.</p>	<p>DUTCHESS COUNTY Meg Boyce, 845-471-2655</p>
<p>Hopewell Junction Hopewell Reformed Church 3rd Tues., 1 p.m.</p>	<p>New: West Nyack Jewish Family Service 1st /3rd Weds., 5:30-6:30 p.m.</p>	<p>Mount Vernon The Meadowview at Wartburg 1st & 3rd Weds., 2-3:30 p.m.</p>	<p>ROCKLAND COUNTY Camille Sharp, 845-639-6776</p>
<p>Poughkeepsie Alzheimer's Association 1st Wed., 11 a.m.</p>	<p>SULLIVAN COUNTY</p>	<p>Port Chester Port Chester Nursing Home 1st/3rd Thurs., 10-11:30 a.m.</p>	<p>WESTCHESTER COUNTY Ellen Imbiano, 914-253-6860</p>
<p>Rhinebeck The Thompson House 2nd Mon., 6 p.m.</p>	<p>Liberty Cornell Cooperative Extension 4th Wed., 5 p.m.</p>	<p>Purchase Alzheimer's Association 2nd/4th Mon., 10-11:30 a.m.</p>	<p>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.</p>
<p>ORANGE COUNTY ** Goshen Valley View Center for Nursing & Rehabilitation Last Mon., 7 p.m.</p>	<p>ULSTER COUNTY **Ellenville Always There Adult Day Program at Ellenville 2nd Wed., 1:30-3 p.m.</p>	<p>Purchase Alzheimer's Association 1st/3rd Mon., 1:00-2:30 p.m.</p>	
<p>** Goshen Valley View Center for Nursing & Rehabilitation 2nd Tues., 2-3:30pm</p>	<p>** Kingston Always There Adult Day Program at Greenkill 2nd Mon., 2-3:30 p.m.</p>	<p>* Purchase Alzheimer's Association 1st/3rd Wed., 11a.m.-12:30 p.m.</p>	<p>Teen Support Network? A high school student whose father suffers from Alzheimer's is interested in connecting with other teens whose lives have been impacted by the disease. If you or someone you know would be interested in a support group for teens, please contact Meg Boyce at 1-800-872-0994 or e-mail her at meg.boyce@alz.org.</p>
<p>** Middletown Hand-in Hand Care, 48 E. Main 3rd Wed., 11 a.m.</p>	<p>Woodstock Christ Lutheran Church 3rd Tues., 2 p.m.</p>	<p>Purchase Alzheimer's Association 2nd/4th Tues., 6-7:30 p.m.</p>	
<p>Newburgh Elant at Newburgh Conf. Rm. 2nd Tues., 7 p.m.</p>	<p>WESTCHESTER COUNTY New: Ardsley Atria at Woodlands 1st Wednesday, 1 p.m.</p>	<p>Somers 1st & 3rd Wed., 4-5:30 p.m. Call for info about location, 914-253-6860</p>	<p>#### White Plains Call for information, 914-253-6860</p>
<p>PUTNAM COUNTY Carmel The Plaza at Clover Lake 2nd /4th Thurs., 6:30-8 p.m.</p>	<p>Cortlandt Manor The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.</p>	<p>Yonkers Sunrise Sr. Living of Crestwood 1st Saturday, 2-3 p.m.</p>	<p>#### Haverstraw Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.</p>
<p>ROCKLAND COUNTY #### Haverstraw Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.</p>	<p>Hastings James Harmon Community Ctr. 1st/3rd Friday, 10-11 a.m.</p>	<p>#### White Plains Call for information, 914-253-6860</p>	

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

Caregiving

Ask Stephanie

Dear Stephanie,

At a caregiver support group, a participant mentioned that his family had planned a brain autopsy for his mother when she dies. I didn't say anything, but I am confused. This gentleman knows his mother has Alzheimer's disease, so why would he decide to have her brain examined when she passes? Is this something I should consider for my father? What would be the benefit?

Lou

Dear Lou,

The subject of brain autopsy is challenging. Many caregivers have a very difficult time caring for their loved ones who have been stricken with Alzheimer's disease. It almost feels like too much to consider what will happen when their loved one dies.

On a scientific level, brain autopsy helps to clarify the diagnosis, and it may improve existing treatments and aid scientists researching the disease process. Also, after a brain autopsy, the family is notified of the results, which can be very important for family history and genetic studies.

Prior to my dear mother's death, we made arrangements to have her brain examined and the tissue donated. These plans did not affect or interfere with the timeliness of the funeral, which in the case of our religious beliefs is within a day or two of death. At the funeral there was no disfigure-

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@alzHUDSONvalley.org.



ment. We were assured that the autopsy was done in a respectful manner.

On an emotional level, my mother had said many times that if science could use any part of her body, she would be glad to donate it. To me, it seemed much like an organ transplant. My mother donated her brain to science, for a possible cure, prevention, or treatment. (As a matter of fact, there is a need for donation of healthy brain tissue for comparison, research and analysis.)

I suggest that you continue to seek comfort and advice from your support group. Further, if you would like more information, or would like to discuss this in any way, the Alzheimer's Association is available to you. As always, there is no charge for our help. Our Association can help you plan for a brain autopsy, if that is what you and your family decide upon.

I wish you the best of luck in this difficult time, and I offer my sympathy.

Stephanie

Training Benefits Everyone

The Alzheimer's Association would like to congratulate the staff from **Always There Adult Day Programs** in Ellenville and Kingston who completed the Association's intensive training program on dementia care. We applaud Always There's investment in teaching staff more about how to deal with the challenges presented by Alzheimer's disease and related disorders. With this knowledge, we are confident that their staff can enhance the quality of life of the individuals they care for.

We at the Alzheimer's Association believe that expert staff training is of the utmost importance for a successful program that caters to individuals with Alzheimer's. A recent study on staff turnover by the Benjamin Rose Institute's Margaret Blenkner Research Institute (www.benrose.org/Research/MBRIpapers.cfm) indicated that turnover of direct care workers in the long term care industry has reached alarming proportions. The study estimates that staff turnover costs nearly \$4.1 billion annually, and it goes on to conclude that such high turnover results mostly from "inadequate initial training, poor orientation to the job and lack of on-going training ...[resulting in] feelings of incompetence, lack of commitment to the job, job dissatisfaction and provision of poor quality care."

We invite other agencies and facilities to undertake this commitment to improve the quality of care for dementia patients in their programs. Please contact your local chapter office to find out more about the Alzheimer's Association's in-service programs, including Foundations of Dementia Care, a new program developed for skilled nursing and assisted living facilities with the goal of providing uniform, specialized staff training at facilities throughout the country.

Valentine's Day Social A Huge Success

Over fifty caregivers and their family members came out for the Alzheimer's Association's Valentine's Day Brunch with 'Elvis' Lost Brother' - Eric Bressi!

Special thanks to Eric & his wife Ruth for their help with this program in Sullivan County.



Miriam & Ted Rotun enjoyed winning door prizes at the Valentine's Day Brunch

Development

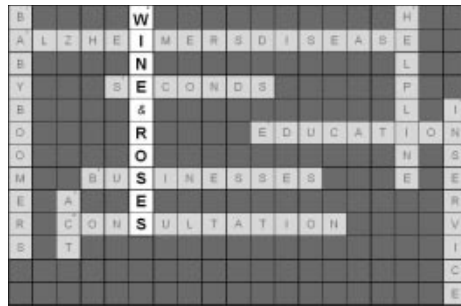
Help Solve the Puzzle of Alzheimer's

Mark your calendar for Saturday, April 18, and plan to come to the Dutchess Golf & Country Club for the Alzheimer's Association's annual gala, *A Night of Wine & Roses*. This year's event, which includes a cocktail reception, auction, and dinner and dancing, has a special theme, "Let's Solve the Puzzle!"

The Alzheimer's Association recognizes activities like crossword puzzles as one of dozens of fun ways to maintain your brain. Each guest will receive a commemorative puzzle edited by famed New York Times puzzle editor Will Shortz.

Saluted that night will be Bill and Twyla Bridgwater, nationally recognized advocates and consultants to the FDA Advisory Committee on Alzheimer's disease, who will be presented with the Renee Pollack Memorial Award. Mr. Bridgwater is a former senior executive with Fortune 500 companies.

The Margaret M. Cahn Research Award will be presented to Einar M. Sigurdsson, Ph.D. Dr. Sigurdsson is a distinguished member of the faculty, NYU School of Medicine, Departments



of Physiology and Neuroscience, and Psychiatry.

Returning this year as Honorary Chairs of *A Night of Wine & Roses* are New York State Senator Steve Saland and Linda Saland. Chuck Benfer, General Manager of Cumulus Media, will serve as the evening's auctioneer, and Charlie North, CEO of the Dutchess County Regional Chamber of Commerce, will serve as Master of Ceremonies. Event sponsors include Majestic Insurance and Health Quest.

For reservations, contact Pamela Perkins-Dwyer at 845-471-2655 or visit www.alz.org/hudsonvalley. Tickets are \$150 per person and all proceeds will benefit the work of the Alzheimer's Association.

Leave A Legacy

The Alzheimer's Association would be honored if you should choose to include us in your will, and you can be assured that we will be good stewards of your generosity. Your bequest may have estate tax planning benefits as well.

Here is sample bequest language you can take to your attorney: "I give to the the Alzheimer's Association, located at 2 Jefferson Plaza, Ste. 103, Poughkeepsie, NY 12601, _____ [insert either a specific dollar amount, percentage of estate, residuary of estate, or description of property] for _____ [optional: specify support of dementia research, support of Hudson Valley/Rockland/Westchester, NY Chapter programs and services, or support of a specific program]."

For more information on bequests, go to <http://www.alzgift.org/>

Chapter Programs Receive Gift from KeyBank

The Alzheimer's Association's programs and services received a boost in January. KeyBank, through its Key Foundation, a private foundation funded by KeyBank, made a donation of \$10,000 to the Hudson Valley/Rockland/Westchester, NY Chapter.

The bank's contribution will benefit chapter programs such as our 24-Hour Helpline, confidential Care Consultations, educational programs, and programs designed to help persons in the early stage of the disease.

"At Key, we understand that financial well-being is only one part of having a



L to R: Rita McPeck, Elaine Sproat, Michael Orsino

high quality of life," said Michael Orsino, President, KeyBank, Hudson Valley District. "That is why we are so proud to support the Alzheimer's Association."

Save These Dates!

Monday, Sept. 14, 2009
Alzheimer's Association
11th Annual Golf
Tournament
914-253-6860

Weekends, September/October, 2009
Memory Walk

The Nation's Premier Alzheimer Fundraiser

- Saturday, September 26**
Orange County 845-342-2247
- Sunday, October 4**
Westchester County 914-253-6860
- Sunday, October 4**
Sullivan County 845-794-3774
- Saturday, October 17**
Dutchess County 845-471-2655
- Sunday, October 18**
Putnam County 845-278-0343
- Sunday, October 18**
Rockland County 845-639-6776
- Saturday, October 24**
Ulster County 845-340-8474

Memorials and Tributes

We are grateful for all the memorials and tributes given to the Alzheimer's Association. These gifts honor friends and loved ones while helping us meet needs for education, family support, advocacy, and research. Listed below are individuals honored from 10/1/08 to 12/31/08. Unfortunately, space limitations do not allow us to list Memory Walk or Luminary gifts here.

Memorials

Eleanor Ahlbeck
John T. Baldwin
William Ball
John Barclay-Symington
Edna Barest
Frances Bonfiglio
Milton Bordin
Michael Bouzakis
Sarah Brandwein
Ralph Breda
John W. Buckley
Helen Cacace
Louis Carollo, Sr.
Mildred Cerillo
Tindaro (Tino) Chillemi
Jessie Clark-Merrell
Joseph Cottone
Mary Danon
Carmine Dapolito
Barbara Jane Davis
Ruth Davis
Dee Deluca
Teresa De Lucchi
George De Marco
John Denike
Maryanne Di Bisceglie
Angelina Diorio
Raymond Dolan
Mary Donovan
Miriam Duquesne
Sarah Eisenberg
Grace Endsley
Dorothy Engenito
Vivian Erdreich
Arnold Feidelman
Sonia Feifer
Rose Ferlauto
Marie Ficano
Dorothy Fisher
Betty Owen Folster
Lucille Fowler
Mary Frucco
John Furka
Corey Fusco
Maria Gagliardi
Mary Gagliardi
Robert Galloway
Agnes Gardner
Michael Geller
Peter Genna
Mathilda Giacopelli
Marion Glass
Irving Glassberg

Robert Glenn
Anna Goldberg
Murray Goldenberg
Carmela "Millie" Grosso
Therese Hart
Marian Heidecorn
George C. Helde
Mary E. Holley
Elinor Houseworth
Richard A. Iaboni
Joseph Incantalupo
Christine James
Jesse Jenkins
Stanley Kaplan
Jean Kasin
Elizabeth Katz-Bacon
Norma Katzenoff
Iris Kepner
William Killoran
Helen Kovacs
Dorothy Koven
Mable (Molly) Lewis
Phillip Lewis
Madeline Leykamm
William Lichtman
Henry Lindner
Louis Liotta
Mary List
Mary Elizabeth Lockwood
Loretta Maisano
Faye Markowitz
Catherine T. Martine
Emma Matsumoto
Jean & Francis McCarthy
Eugene McConnell
Nicholas S. Moccia
Ann Monahan
Theresa S. Morgan
Donald A. Morin
Cornelius Morley
Mary Muscente
Raymond Nastasi
Erotheos (Ted) Nitis
Nettie Odinsky
Paul Oscher
Cynthia Parry
Sam Pepper
Wallace Perrin
Harry Peterson
Mary Petrichko
Priscilla Pfahl
Rose Poli
Donato (Dan) Protano
Barbara Purdy
Frances Questo

Joseph Rettberg
Priscilla Rice
Peter Richards
Lee Richer
Mary Rigby
Lillian Rishell
Skip Ritornato
Jeannette Robertson-Kerber
Bernard Rodriguez
Grace P. Rosasco
Ruth Rosenblum
Mildred Rothman
Bob Rovine
Evelyn Russell
Dorothy Russo
Julia Sacco
Marytheresa Sack
Renee Sacksman
Frank Salamone
Marianina Scandariato
Eleanor Schaffer
Eve Scharf
Frank Shanley
John J. Shannon
Rhoda Shapiro
Rose Silverman
Josephine Simoncelli
Marilyn Simson
Israel Sininsky
George Sirico
Ted Sirota
Louis E. Smith
Betty Southard
John Southworth
Marjorie Southworth
John Spinnenweber
Alma Springer
Nathan Srol
Estelle Steinberg
Mae Stelzer
Robert L. Stewart
Anne P. Stroly
Stanley Sturmer
Theresa Sullivan
Amelia Tenaglia
Jean Vesco
Carmella Vicino
Winifred Voght
Donald Wachs
Eleanor Walker
Gladly Wallach
Muriel Warshauer
Frank J. Watson
Theresa Wenzel
M. J. West

Kenneth & Ethel Weyant
Curt White
Josephine White
Frieda Williams
Henry L. Zinck
Kathleen Zvierko

Tributes

The Badstein Family
Esther Bourne
Helen Cacace
Frances Chalmers
Stephanie Cohen
Mary Cracchiolo
Filomena De Franco
Elliot Grosswirth
Marsha & Richard Lowry
Jacqueline Merlot
Giacoma Meyer

Diane Millstein
Eduardo Montalvo
Mr./Mrs. Gabbett Murphy
Mary Muscente
John Organ
Tomas Rios
Ben Rosenblum &
Jane Fedler
Terry Salamone
John & Lucille Sangalli
Elisabeth Schalk
Alicia Terrana
Margaret Traynor
Jacqueline Trulla
Patricia Vetterman
Joan Weinkauf
Marie Wojcio
Mr. & Mrs. Robert Zitter

In Memoriam

The Alzheimer's Association recently lost two long-time friends and volunteers who were greatly loved and who will be missed.

Arnold Aronson

(2/14/1926 - 1/23/2009)

was a former member of the Chapter's Board of Directors (Rockland County), and he was named "Volunteer of the Year" in 2001. Arnold continued volunteering--with programs, Memory Walk, and office operations--until last year. Our sympathies go to his daughter Roberta, his son Larry, his grandson, and the Aronson family.



Arnold Aronson

Andrew J. Blazek, Jr. (11/12/1942 - 1/30/2009) and his wife, Beth, were instrumental in founding the Alzheimer's Association in Putnam County in 1997, and the county's first Memory Walk. After years of service on the Board, Andy remained an active Memory Walk volunteer until declining health required him to step down. Our sympathies go out to his wife, their four children, their eight grandchildren, and the Blazek family.

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

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

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

Rockland Regional Office
845-639-6776

Westchester Regional Office
914-253-6860

Putnam Point of Service
845-278-0343

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

The Alzheimer's Project Debuts in May on HBO

Don't miss *The Alzheimer's Project*, HBO's four-part documentary series about Alzheimer's! Created by the award-winning team behind HBO's acclaimed "Addiction" project, *The Alzheimer's Project* takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this debilitating and fatal disease both on those with Alzheimer's and on their families.

The *Alzheimer's Project* features a four-part documentary series, 17 short supplemental films, a companion book, a robust website and a nationwide community-based outreach campaign.

"The Alzheimer's research community welcomed the opportunity to collaborate with HBO on this unprecedented television event that seeks to raise new awareness and understanding of this devastating disease," says Richard J. Hodes, M.D., director of the National Institute on Aging, the component of the National Institutes of Health leading the

federal Alzheimer's disease research program. "This series brings many of the nation's leading Alzheimer's researchers and their cutting-edge science directly to the American people. It's a compelling story of scientific discovery, of research advances and challenges, and of the human faces behind the disease."

The first of the four documentaries in *The Alzheimer's Project* is "The Memory Loss Tapes," which provides an up-close and personal look at seven individuals living with Alzheimer's, each in an advancing state of dementia across the full spectrum of the progression of the disease. "Momentum In Science, Part 1" and "Momentum In Science, Part 2" is a state-of-the-science report that takes viewers inside the laboratories and clinics of 24 leading scientists and physicians, revealing some of the most cutting-edge research advances. "Grandpa, Do You Know Who I Am? With Maria Shriver" captures what it means to be a child or grandchild of one

who suffers, while "Caregivers" highlights the sacrifices and successes of people who experience their loved ones' gradual descent into dementia. Air times & dates:

Sunday, May 10 at 9 p.m. EST - "The Memory Loss Tapes"

Monday, May 11 at 7:30 p.m. and 8 p.m. EST - "'Grandpa, Do You Know Who I Am?' With Maria Shriver" and "Momentum in Science, Part 1"

Tuesday, May 12 at 7 p.m. and 8 p.m. EST - "Caregivers" and "Momentum in Science, Part 2"

The Alzheimer's Project is a presentation of HBO Documentary Films and the National Institute on Aging at the National Institutes of Health in association with the Alzheimer's Association, The Fidelity® Charitable Gift Fund and Geoffrey Beene Gives Back Alzheimer's Initiative. The series producer is John Hoffman; the executive producers are Maria Shriver and Sheila Nevins.