



newscope

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

Spring, 2005

Maintain Your Brain™ :

Changing How We Think about Brain Health

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Our Mission ~

To eliminate Alzheimer's disease through the advancement of research and to enhance care and support for individuals, their families and caregivers.

As the world leader in Alzheimer research and support, the Alzheimer's Association has the responsibility to provide accurate and reliable information about healthy aging and, in particular, brain health. The new Maintain Your Brain™ program demonstrates that the Association is the leader people can trust for knowledge on brain

health and that--armed with our information--constituents can take steps to help ensure the future they want, one without Alzheimer's.

We've launched the exciting Maintain Your Brain™ campaign--brain-healthy life choices people can undertake now--to foster awareness of the rapid progress in research and to offer new reason for hope to prevent and possibly cure Alzheimer's. As great strides are being



made in understanding, diagnosing, and treating dementia, now is the time to understand that our future is only as healthy as our brains.

With Maintain Your Brain™, we're encouraging Americans to learn what can be done to foster brain health. Simple lifestyle modifications may have an enormous impact on

individuals' and the nation's public health. In reaching out to the 77 million American baby boomers--those born between 1946 and 1964--we're changing the way the nation thinks about Alzheimer's disease.

The brain-healthy life choices we're encouraging are listed below. For additional information on healthy aging and ways to Maintain Your Brain™, visit www.alz.org.

Ten Ways to Maintain Your Brain™

1. Head First

Good health starts with your brain, so pay attention to brain health. It's one of the most important body organs and needs care and maintenance.

2. Take Brain Health to Heart

Do something every day to reduce your risk of heart disease, high blood pressure, diabetes and stroke--all of which can increase your risk of Alzheimer's.

3. Your Numbers Count

Keep your body weight, blood pressure, cholesterol, and blood sugar levels within recommended ranges.

4. Feed Your Brain

Eat less fat and more vegetables, especially leafy greens and those rich in antioxidants.

5. Work Your Body

Physical exercise keeps the blood flowing and may encourage new brain cells. It doesn't have to be a strenuous activity. Do what you can--like walking 30 minutes a day--to keep both body and mind active.

6. Jog Your Mind

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

7. Connect with Others

Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

8. Heads up! Protect Your Brain

Take precautions against injuries. Use your car seat belts, unclutter your house to avoid falls, and wear a helmet when cycling or in-line skating.

9. Use Your Head

Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.

10. Think Ahead--Start Today!

You can do something today to protect your tomorrow.

Chapter News

Board of Directors

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Message from the Board Chair

As I write, we're just beginning to escape the clutches of a long, snowy winter. The days are longer, the sunlight is more direct, and people are beginning to walk with an extra "bounce" in their step.

This is the time of year when many of us gleefully escape from hibernation and re-commit--whether it be to exercising, eating right and "maintaining our brain," renewing contacts with old friends and acquaintances, or reaching out to help someone in need.

There are so many ways for you to get involved this spring in our fight against Alzheimer's. Last week, national board member and Emmy award-winning actor David Hyde Pierce led the way by appearing on Capitol Hill with United States Senators Kit Bond (R-Mo.) and Barbara Mikulski (D-Md.) to announce the reintroduction of the Ronald Reagan Alzheimer's Breakthrough Act, which would authorize Congress to double federal research funding for Alzheimer's to \$1.4 billion annually. In April, you can build on the momentum by meeting with your federal and state legislators at the annual National Public Policy Forum in Washington, D.C. (April 30- May 3) and at Advocacy Day in Albany (April 5). Closer to home, you can participate in any number of educational seminars and special events--

just see what's inside these pages!

Our voices must be heard now more than ever before. Potential changes to the Medicaid system, particularly in the home care context, threaten the well-being of our friends with Alzheimer's and their families. The new Medicare prescription drug benefit is confusing even to eldercare professionals and seemingly fails to address coordination of benefits with our state pharmaceutical plan, EPIC. We need to make sure that our most vulnerable citizens and their families are educated about their health care choices so that they don't miss deadlines or get lost in paperwork.

On behalf of the chapter's Board of Directors, I thank you for all you have done, and for all you continue to do, to help us to cope with and eventually conquer this terrible disease. As evidenced by the melting snow, hope springs eternal!

Sincerely,



Neil H. Reig



Nominations Invited for Chapter Board

The Hudson Valley / Rockland / Westchester, NY Chapter is governed by a volunteer Board of Directors that is the driving force behind all of the Chapter's activities. The Board is comprised of individuals with legal and fiduciary responsibilities to the Chapter and with responsibility for planning, creating, and implementing policy to carry out the Chapter's goals and objectives, congruent with the mission of the National Alzheimer's Association. Members of the Board of Directors serve for terms

of two years, with no member serving more than three consecutive terms.

The Chapter's Board Development Committee is interested in identifying individuals who may be interested in serving in this capacity beginning in July, 2005, or in future years. To nominate a candidate for the Board, or to obtain an application form, please call Elaine Sproat at 1-800-872-0994. Inquiries for the upcoming term should be made by April 30, 2005.

Educational Programs

Adele Rohrlich Memorial Lecture to Discuss Cultural and Spiritual Issues in Caregiving

The Alzheimer's Association's 2nd Annual **Adele Rohrlich Memorial Lecture** will be held at 2:30 p.m. on Tuesday, **May 17, 2005**, at Northern Westchester Hospital Center, 400 East Main Street, Mount Kisco, NY. The annual lecture highlights cutting-edge advances in Alzheimer's/dementia care.

Dementia caregiving and the loss of a person with dementia can have a significant impact on the physical and psychological well-being of a care provider. A number of factors may shape the quality and impact of caregiving, including the religious practices or spirituality of the caregiver, and cultural traditions and expectations.

Randy S. Hebert, M.D., M.P.H.,

a doctor of internal medicine and Assistant Professor of Medicine at the University of Pittsburgh, will speak about the relationship between religion/spirituality and the well-being of active caregivers. Dr. Hebert specializes in palliative care and medical ethics. He received his MD and MPH from Johns Hopkins University and did his residency training at Vanderbilt University.



Dr. Randy S. Hebert

Dr. Hebert and his colleagues are studying the relationship between diverse spiritual and cultural factors. His research, which is done with funding from the Alzheimer's Association, is part of Resources for Enhancing Alzheimer's Caregiver Health (REACH), a six-site study in the United States. Assessments occurred at the beginning of the study and at 6, 12 and 18 months. Data was also collected on socioeconomic factors, type of caregiving, depression, grief experiences, and issues regarding religious practices. Dr. Hebert will present the results of his research and discuss issues of concern with the audience, in an interactive discussion.

There is no fee for this program, but registration is required. To register or to obtain additional information, please call the Alzheimer's Association at 914-428-1919. Parking for the lecture is available for \$4.

"New Hope, New Choices" To Be Focus of Spring Conference

The Alzheimer's Association, in collaboration with the Nathan Kline Institute for Psychiatric Research, the Rockland County Alzheimer's Task Force, and County Legislator John Murphy, will hold an educational conference, "New Hope, New Choices: Utilizing Strengths and Resources When Coping With Alzheimer's," at Stony Point Center in Stony Point, NY, from 8:30 a.m. to 3:00p.m. on Wednesday, **May 18, 2005**. The conference offers a full day of stimulating programs, as well as the opportunity to obtain information about agencies and organizations that offer Alzheimer-related services.

Two plenary sessions will lead off the conference. **Randy S. Hebert, M.D., M.P.H.**, researcher from the University of Pittsburgh, will present a progress report on his research regarding religious beliefs and practices and the physical and psychological well-being of caregivers in a large, multisite sample of caregivers of dementia patients. (His talk will expand on material introduced at the Adele Rohrlich Memorial Lecture.) Secondly, **Nunzio Pomara, M.D.**, Director of the Division of Geriatric Psychiatry at the Nathan S. Kline Institute for Psychiatric Research, will give an update on Alzheimer research.

Following lunch, participants will have an opportunity to choose from workshops on "Legal and Financial Issues" or "The EDGE Model for Long Term Care Facilities," or to view and discuss a videotape of a play written by Dr. John Zeisel of

Hearthstone Alzheimer Care called "I am Still Here." A panel of individuals with early-stage Alzheimer's disease will share their stories in the closing session of the day.

The cost of the conference, which includes a continental breakfast and lunch, is \$35 for family caregivers and \$50 for professionals. To save on postage and mailing, conference brochures will be sent only to those on our mailing list who live in Orange and Rockland Counties. If you live elsewhere and would like to receive a brochure, please call Meg Boyce at 1-800-872-0994. **This conference had a waiting list last year, so we advise you to register early. Please note that the registration deadline is April 18.**

New Hope, New Choices:

*Utilizing Strengths
and Resources when
Coping with
Alzheimer's*

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 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, please call your local chapter office (see back page).

FAMILY SUPPORT GROUPS	ROCKLAND COUNTY #### Haverstraw Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.	WESTCHESTER COUNTY Cortlandt Manor The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.	Valhalla Westchester Meadows 2nd/4th Tues., 4-5:30 p.m.
DUTCHESS COUNTY Beacon Fishkill Health Center 3rd Wed., 3 p.m.	New City Sunrise Senior Living 1st/3rd Mon., 6-8 p.m.	Cortlandt Manor HV Hospital Ctr.-Dempsey House 2nd Fri., 3-4:30 p.m.	White Plains Alzheimer's Association 2nd/4th Mon., 10-11:30 a.m.
Millbrook The Fountains at Millbrook 4th Tues., 2 p.m.	** Nanuet Meals on Wheels Weds., weekly, 1 p.m.	Hawthorne Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.	White Plains Alzheimer's Association 2nd/4th Wed., 6:30-8 p.m.
Poughkeepsie Alzheimer's Association 1st Wed., 11 a.m.	Pearl River Pearl River Meth. Church Last Tues., 7:30 p.m.	## Mt. Kisco Pres. Church of Mt. Kisco 2nd/4th Th., 9:15-10:45 a.m.	* White Plains Alzheimer's Association 1st/3rd Mon., 2:30-4 p.m.
Rhinebeck The Thompson House 2nd Mon., 6 p.m.	SULLIVAN COUNTY Harris Catskill Regional Medical Ctr. 1st Mon., 7 p.m.	# Mt. Kisco Pres. Church of Mt. Kisco 2nd/4th Th., 10:45 am-12:15pm	#### White Plains Place - Call for information.
Wappingers Falls Brent Financial Group 3rd Thurs., 6 p.m.	#### Harris Catskill Regional Medical Ctr. 3rd Mon., 7 p.m.	Mount Vernon Sunrise Assisted Living Last Thursday, 6-7:30 p.m.	# Yonkers Classic Residence by Hyatt 2nd/4th Wed., 10:30-11:45 a.m.
ORANGE COUNTY ** Goshen Orange Co. Res. Health Care Last Mon., 7 p.m.	ULSTER COUNTY Ellenville Canal Lodge Adult Day Care 4th Wed., 1 p.m.	New Rochelle Dumont Nursing Home Last Tues., 6-7:30 p.m.	EARLY-STAGE GROUPS Note: pre-registration interviews are required. For an appointment, please call the individuals listed below.
** Middletown Webb Horton Pres. Church 3rd Wed., 11 a.m.	** Kingston Greenkill Ave. ADC 2nd Tues., 3 p.m.	New Rochelle Willow Towers, 355 Pelham Rd. 1st/3rd Thurs., 6-7:30 p.m.	ORANGE COUNTY Contact Jennifer Rowe, 845-342-2247
Newburgh Elant at Newburgh Conf. Rm. 2nd Tues., 7 p.m.	New Paltz Family of New Paltz 2nd Thurs., 7:30 p.m.	### Rye The Osborn 2nd/4th Tues., 2-3:30 p.m.	DUTCHESS COUNTY 3rd Wednesday, 2:00pm Contact Meg Boyce, 845-471-2655
Newburgh Hospice of Orange 4th Tues., 7 p.m.	Woodstock Christ Lutheran Church 3rd Tues., 2 p.m.	Sleepy Hollow Phelps Memorial Hospital 1st/3rd Th., 7:30-9 p.m.	ROCKLAND COUNTY Contact Camille Sharp, 845-639-6776
PUTNAM COUNTY Carmel The Plaza at Clover Lake 2nd/4th Wed., 6:30-8 p.m.		Somers Astoria Fed. Savings Bank 1st/3rd Tues., 6:00-7:30 p.m.	WESTCHESTER COUNTY 1st/3rd Mon, 2:30-4 p.m. Contact Megan Carriere 914-428-1919

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

Spouse/Partner Caregivers ## Adult Children Caregivers ### Male Caregivers #### Spanish-speaking Group

Calendar of Events

Sundays, April 10, May 15 & June 12, 2005, 12:30 – 3 p.m.

Alzheimer's Association Socialization Programs: Individuals with Alzheimer's disease and their primary caregivers are invited to attend programs that offer fun, food, and an opportunity to maintain social contacts in a comfortable, non-judgmental atmosphere. Burke Rehabilitation Ctr., (Bldg, 7, Room G-41), 785 Mamaroneck Ave., White Plains, NY. Space is limited and reservations are required. For reservations, please call 914-428-1919.

Monday, April 18, 2005, 6:30 p.m.

Joseph A. Wapenski, MD, Assistant Clinical Professor, U. of Pittsburgh, will speak on "Neurological Applications of PET/CT with a Focus on Alzheimer's Disease." Carmichael's Restaurant, 150 Lafayette Ave., Suffern NY. Sponsored by Ramapo Radiology, an affiliate of The MaCc Group, for physicians, nurses, social workers and other healthcare professionals. CME credits available. For reservations, call 845-354-8909.

Tuesday, April 19, 2005, 7:00 p.m. – 8:30 p.m.

"Caregiver Issues": When does minor forgetfulness become a major issue? What care options are there? What are some helpful coping strategies? Ruth Ahern, MSW, Assoc. Dir. of Programs & Services at the Alzheimer's Association, will discuss these concerns for caregivers. The Atria, 1025 Pleasantville Road, Briarcliff Manor, NY. To register, please call The Atria at 914-923-4400.

Wednesday, April 20, 8:30 a.m. – 3:30 p.m.

"Sharing the Journey: Forging Relationships that Ease the Way" The 5th Early Stage Alzheimer's Conference in New York City. A one-day interactive symposium for people diagnosed with early-stage Alzheimer's, caregivers and professionals. Information: call 212-983-6906, ext. 230 or log on to www.alznyc.org.

Wednesday, April 20, 2005, 10 a.m. – 1 p.m.

Safe Return Registration, Cornell Cooperative Extension, 69 Ferndale-Loomis Rd., Liberty, NY. Information: 845-794-3774.

Wednesday, April 20, 2005, 5:00 p.m. – 8:00 p.m.

Senior Outreach/Safe Return Registration event & Book Signing, Barnes & Noble, Rt. 9W, Kingston, NY. Info: 845-340-8474.

Thursday, April 21, 2005, 1 p.m.-3 p.m.

Alzheimer's Association social program for early-stage individuals. (See article p. 7.) Hearthstone at The Esplanade, 95 South Broadway, White Plains, NY. Info: 914-428-1919.

Tuesday, April 26, 2005, 7:00 p.m.

Mary Breheny, Attorney-at-Law, will speak on "Understanding Advance Directives and Legal and Financial Issues." The talk, sponsored by the Alzheimer's Association, will be held at Hospice of Orange, 800 Stony Brook Court, Newburgh, NY. Information/reservations: 845-342-2247.

Wednesday, April 27, 2005, 1-2pm

Meg Boyce, Director of Programs and Services, will speak on

"Understanding Memory Loss." The program will be held at the Canal Lodge Adult Day Care Center, 221 Canal Street, Ellenville, NY. Pre-registration is required. Please call 845-340-8474.

Saturday, April 30, 2005

Law Day 2005—Free legal clinic co-sponsored by the Dutchess County Bar Association and the Mid-Hudson Women's Bar Assoc., Poughkeepsie Galleria. Area attorneys will be on hand to answer questions and provide guidance and referrals. Info: Dutchess County Bar Association, 845-473-2488.

Wednesday, May 4, 2005, 6:00 p.m. – 7:30 p.m.

Jennifer Rowe, Alzheimer's Association Care Consultant, will present "Maintain Your Brain.™: How to Live a Brain-Healthy Lifestyle" Cornell Cooperative Extension, 69 Ferndale-Loomis Rd., Liberty, NY. Information & registration: 845-794-3774.

Thursday, May 5, 2005, 7:00 p.m. – 8:00 p.m.

An Alzheimer's specialist will explain the symptoms physicians recognize as the clues to dementia, and how to differentiate between mild cognitive impairment and various types of dementia. Sunrise Senior Living, 500 N. Columbus Ave., Mount Vernon. The program is free but registration is required. Information/registration: the Alzheimer's Association, 914-428-1919.

Tuesday, May 10, 2005, 7:00 p.m. – 8:30 p.m.

Jennifer Rowe, M.S.W., Care Consultant at the Alzheimer's Association, will speak on "Coping with Behaviors." Cornell Cooperative Ext., 69 Ferndale Loomis Rd., Liberty, NY. Information/registration: 845-342-2247.

Tuesday, May 17, 2005, 2:30 p.m.

The Alzheimer's Association's Adele Rohrlach Memorial Lecture: "Cutting Edge Advances in Alzheimer Care." Northern Westchester Hospital Center, 400 East Main Street, Mount Kisco, NY. (See article, page 3.)

Wednesday, May 18, 2005, 8:30 a.m. – 3:00 pm

Alzheimer's Association educational conference, "New Hope, New Choices: Utilizing Strengths and Resources When Coping With Alzheimer's." Stony Point Center, Stony Point, NY. (See page 3.) **Please note that Registration deadline is April 18.**

Wednesday, May 25, 2005, 5:00 p.m. – 8:00 p.m.

Safe Return Registration event & Book Signing, Barnes & Noble, Rt. 9, Poughkeepsie, NY. (See article p. 7.) Info: 845-471-2655.

June 18-21, 2005, Washington, D.C.

SAVE THE DATE! 1st Alzheimer's Association International Conference on the Prevention of Dementia. For information, visit www.alz.org/preventionconference.

July 25-29, 2005, Chicago, IL

SAVE THE DATE! 13th Annual Alzheimer's Association Dementia Care Conference, a conference for professionals. For information, visit www.alz.org/careconference.

Legal Issues / Chapter News

Who Should Have a Will?

by *Natalie J Kaplan, Esq.*

Who should have a Will? The answer is "most people." "Why," you ask? Because with a Will: 1) you alone choose who will receive your property after you die; 2) you can detail your wishes for how your property is to be used; and, 3) you can have your wishes carried out by your chosen executor. Without a Will, generally, the law decides who will receive your assets; you have no ability to control how the assets are used; and, they are administered by a court-appointed executor.

When the law decides who will receive the assets of someone who dies "intestate" (without a Will), it uses the same guidelines for everyone. The guidelines are supposed to reflect what "most people" would want. Sometimes they reflect what an individual wants, but oftentimes they don't. When a married person dies intestate, for example, provisions are made in the law for a surviving spouse and surviving children. Without a spouse or children, the law provides for grandchildren, sisters and brothers or parents.

Consider a married man without children who dies intestate. The law provides that, under these circumstances, all property goes to the surviving spouse. That's probably what the husband would have wanted. Perhaps he would have been satisfied with the results without a Will. But if there were surviving children too, the results would be quite different.

For a husband who dies intestate leaving one child, a wife, and \$650,000, for example, the distribution is hardly what "most people" would want. Under these conditions, the wife would inherit \$350,000 and the child would inherit \$300,000. This happens because of the general intestacy rule that applies when there are surviving spouses and children: The first \$50,000 is given to the surviving spouse. Then the child (or children) and the sur-

ving spouse divide what's left. The spouse gets one-half and the other half goes to the child or children, divided equally among them.

If a person dies intestate, with neither a surviving spouse nor children, all assets are distributed to more remote relatives. This can produce unwanted results, as when an alienated brother inherits the same amount as a devoted one, or a wealthy niece inherits the same amount as a poor one.

Worse yet – for those who die intestate, without relatives – all assets go to the State. No recognition is given under the law to close friends, relatives by marriage, favorite institutions or charities.

A Will provides the opportunity not only to determine the individuals or institutions who receive your property, but also to control how it is used. Parents of minor children can appoint a guardian and can specify how the children are to be raised and cared for. For those who want to give lifetime income to one person and principal to a "remainder person," trusts can be included in a Will and the conditions of distribution set forth. For example, "Income, at least once per year, to my beneficiaries," "to my beneficiaries when they reach the age of 30," "to my son, provided he graduates from college," etc.

These are some of the issues to think about in considering whether to obtain a Will. For those who would be satisfied with the results that the law provides, a Will may not be necessary. But for those who prefer to specify their wishes as to recipients, executors, amounts, and methods of distribution, a Will is best to accomplish those goals.

Natalie J. Kaplan is an elder law attorney in Manhattan. She has a mobile practice in Westchester.

Rockland Acquires New Staff, New Office

We are delighted to announce that **Jody Addeo**, M.P.H., has joined our staff as Administrator of our Rockland Regional Office, carrying on the work of Roseann Caserio, who recently retired. Previously, Jody was Administrator of an assisted living facility, where she coordinated a series of educational programs on Alzheimer's disease and served as one of our chapter's support group leaders. Jody hit the ground running, testifying at a budget hearing about the needs of Alzheimer families in her first week. "This opportunity is one that will be both challenging and rewarding for me."



Thanks to splendid support from the County of Rockland, **Ellen Imbiano** has joined the staff as a Care Consultant based in the same office. Ellen holds an M.S. in Counseling from Pace University, and she recently completed a year-long internship on the Neuropsychology Unit at the Burke Rehabilitation Center. "I welcome the opportunity to work with the families in Rockland County," Ellen says. "I feel honored to be able to offer support, education, and resource information to those in need."



Additionally, our Rockland office has moved to a larger space (Ste. 345) within their building at 20 Squadron Blvd. in New City. (Telephone and fax numbers remain the same.) The new suite has a conference room that will accommodate small meetings, as well as work space for staff and volunteers.

New Chapter Programs

Chapter to Offer Social Programs for Early-Stage Individuals

Monthly weekday social programs for early-stage individuals will begin in April, sponsored by the Alzheimer's Association and co-hosted by partner agencies. The programs will offer a variety of interesting activities, including journaling, yoga, nature walks, and music. More important, they will provide an informal opportunity for early-stage individuals to socialize with their peers and to participate in intellectually stimulating activities. The first program, an interactive program about art history, will be held on Thursday, April 21, 1-3 p.m., at the Esplanade in White Plains, with time to meet others and socialize. Please call 914-428-1919 for further information and registration.

Taking Control of Memory Impairment: An Education Program for Early-Stage Individuals and their Care Partners

Persons recently diagnosed with early-stage cognitive disorders and their caregivers are invited to a five-week seminar sponsored by the Alzheimer's Association at The Woodlands, 10178 Saw Mill River Road, Ardsley.

Topics to be discussed will include information about cognitive disorders, taking control of the "disease," memory enhancement, management of symptoms, issues such as driving, family issues, depression and anxiety, legal and financial planning, and supports and resources available.

The education staff will include social workers, nurses, counselors, lawyers and other trained professionals experienced in the field of cognitive disorders. There will be opportunities for discussion and between-session practice assignments.

The seminar will be held from 2 to 4 p.m. on dates to be finalized. Pre-registration and a personal interview are required; for information, call the chapter's White Plains office, 914-428-1919.

Chapter Organizes Safe Return™ Enrollment Campaign

Alzheimer's Association Safe Return™ assists in the safe and timely return of those with Alzheimer's or a related dementia who wander and become lost. This nationwide identification, support and registration program works at the community level to provide assistance, whether a person becomes lost in the neighborhood or far from home. Help is available 24 hours a day, whenever a person is lost or found. The only program of its kind specifically for those with Alzheimer's, Safe Return™ has nearly a 100 percent success rate, helping unite more than 9,500 people with their families and caregivers since it began in 1993.

safe return
alzheimer's association

This spring, the Hudson Valley/Rockland/Westchester, NY Chapter will conduct a Safe Return™ enrollment campaign to help protect more individuals who are at risk. Two registration events will be combined with book signings at Barnes & Noble. The first will be held in Kingston, 5-8 p.m. on **Wednesday, April 20**, and the second in Poughkeepsie, 5-8 p.m. on **Wednesday, May 25**. At both events a representative of the Alzheimer's Association will provide information about the Safe Return™ program, and Bette Ann Moskowitz, author of *Do I Know You? Living Through the End of a Parent's Life*, will read excerpts from her book. In addition, at the Kingston event, Mary Jo DeForest, Deputy Director for the Ulster County Office for the Aging, and Detective John Dickson of the Ulster Police Department will provide information about senior programs. Barnes & Noble will donate 15% of purchases made that evening to the Hudson Valley/Rockland/Westchester, NY Chapter of the Alzheimer's Association, if accompanied by a coupon distributed at the event.

For information about registration sites in other counties, please contact your local chapter office. You can also register by visiting www.alz.org or by calling 1-888-572-8566.

Chapter to Offer Youth Support Group

One of the most prevalent myths about Alzheimer's is that it affects only the elderly. We are learning today not only that it afflicts people of early middle age as well as the very old, but also that it deeply affects everyone in the family. Most often overlooked are children who observe the decline of a beloved grandparent (or parent), whether in a long term care facility or in their own household.

In response to needs for education and support of children

who have a family member with Alzheimer's, the Hudson Valley/Rockland/Westchester, NY Chapter is starting a new support group for children ages 8 to 14. The group will meet on Wednesday evenings at the Alzheimer's Association office in White Plains.

For dates and further information, please call Judy Wank at 914-769-5716.

Research

Volunteers Needed for Research Study on Grief

Family caregivers of persons with Alzheimer's disease witness and experience many changes and losses over time. Some family caregivers experience grief and other emotional reactions in response to these losses. At Washington University in St. Louis, researchers are studying how such reactions are experienced over time. The eventual goal is to develop strategies to assist health professionals and others in offering appropriate, helpful support to grieving caregivers at different stages of disease progression.

Current caregivers for a family member with Alzheimer's disease or another form of dementia are invited to participate in this study of grief responses in dementia caregivers. Participation entails completing a questionnaire focusing on issues of loss, grief, and coping. The questionnaire is to be filled out via a secure internet webpage using encryption and firewall technology to ensure that their privacy and confidentiality are protected. The questionnaire takes approximately 20-30 minutes to complete, and participants are asked to fill out the same questionnaire a total of five times over a 12-month period.

To take part, please visit <https://alzheimer.wustl.edu/adrc2/Meuser/CGStudy2004.asp>, which has further details about the study. (Be sure to enter "https" to correctly activate this web page.) Please contact Dr. Tom Meuser, Principal Investigator at 314-286-2882 or meuser@abraxas.wustl.edu if you have questions.

THANKS!

Thanks to the following individuals and organizations that recently held third-party fund-raisers to benefit the Alzheimer's Association:

- ♥ "Dress Down Day" Participants at the Mildred E. Strang Middle School in Yorktown Heights
- ♥ Empire Auxiliary #544 of the Fraternal Order of Eagles
- ♥ Villeroy & Boch
- ♥ Foam & Wash Car Wash
- ♥ Alicja Barahona, Ultra "Extreme" Runner
- ♥ 2nd grade class of Ronni Metzger at Bet Torah Synagogue

Thanks also to:

- ♥ Dr. Craig Austin of Fishkill, who donated chairs for our New City and Poughkeepsie offices.

Cornell Seeks Participants for Studies of Genetics

The Cornell Memory Disorders Program at the New York Presbyterian Hospital-Weill Cornell Medical College is seeking participants for two research studies.

The first is entitled "**Multi-Institutional Research in Alzheimer's Genetic Epidemiology (MIRAGE).**" The purpose of the MIRAGE study is to search for genes that may affect the course of Alzheimer's disease, such as genes that increase the likelihood that a patient with Alzheimer's disease would also develop strokes.

You or your family members may be eligible to participate if you have a living family member diagnosed with Alzheimer's disease AND your family member with Alzheimer's disease has at least one living sibling (brother or sister) over the age of 50 without Alzheimer's disease or memory problems.

Siblings of Alzheimer patients participating in this study receive an MRI and memory testing free of charge. Participants do not have to travel to New York Presbyterian Hospital -Weill Cornell Medical College to participate in the study.

The second study is entitled "**Risk Evaluation and Education for Alzheimer's Disease (REVEAL-2).**" The purpose of the REVEAL-2 study is to explore the impact of providing individuals with information about their risk of developing Alzheimer's disease. Volunteers accepted into the study will undergo Alzheimer-related genetic testing and receive genetic counseling free of charge. Participants must travel to New York Presbyterian Hospital-Weill Cornell Medical College in Manhattan to participate in this study.

You may be eligible for REVEAL-2 if you have a living or deceased parent or sibling with Alzheimer's Disease and you are not currently suffering from memory loss or depression.

If you are interested in participating in either study or would like more information, please contact Elana Cox, genetic counselor, at 212-746-6580.

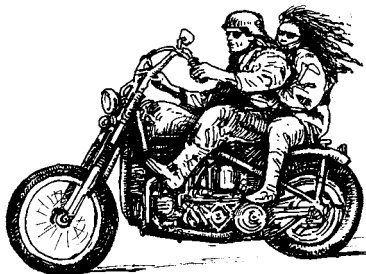
alzheimer's  association™

the compassion to care, the leadership to conquer

Special Events

Poker Run to Benefit Alzheimer's Association

"A Ride to Remember," a Poker Run sponsored by the Highland Falls Police Benevolent Association, will be held on **Sunday, May 15, 2005**. Registration is from 9 to 11 a.m. in front of the Thayer Gate entrance to the United States Military Academy at West Point in Highland Falls, NY. Riders can depart any time after registration on a scenic 60-90 mile route going along the Hudson River, through state parks, and around mountain lakes. After the run, participants will enjoy a lakeside BBQ and pig roast, entertainment and prizes!

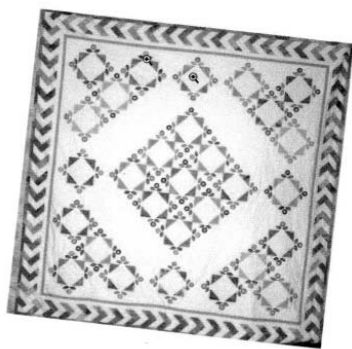


The registration fee is \$20.00 for riders and \$10.00 for passengers and those who wish to enjoy the BBQ only. All proceeds will benefit the Alzheimer's Association and the Highland Falls PBA.

For information, please contact hfpdpba@yahoo.com or call Dave Wingfield or Doug LaPerche at 845-446-4911.

Quilter's Guild Raffles Quilt

The Northern Star Quilter's Guild is kindly holding a raffle this spring to benefit the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter. The winning ticket for the Grand Prize, a queen-size hand-sewn quilt (pictured), will be drawn at 3:00 pm, Sunday, May 1, 2005, at "World of Quilts XXVI." Other prizes include a Bernina sewing machine, a Pfaff sewing machine, and Dear Jane/Dear Hannah Software and Books.



"World of Quilts XXVI," the annual quilt show of the Northern Star Quilter's Guild, will be held at John F. Kennedy High School, Route 138, Somers, NY on **April 30, 2005 & May 1, 2005**.

Raffle tickets are \$1.00 each or six for \$5.00. For information & ticket sales, contact Terry Kean at the Alzheimer's Association, 914-428-1919. Please make checks payable to the Northern Star Quilter's Guild (NSQG).

"A Night of Wine & Roses" Celebrates Ninth Year

The Alzheimer's Association will hold its ninth annual "A Night of Wine & Roses" on **Saturday, April 30, 2005**, at the Poughkeepsie Grand Hotel in Poughkeepsie, NY. This year's event will honor Dutchess County Clerk Colette Lafuente. Senator Stephen M. Saland will serve as Master of Ceremonies, while Charles & Joanne North are the gala's Honorary Chairs.

alzheimer's association

THE 9TH ANNUAL
A NIGHT OF
WINE AND
ROSES

HONORING
COLETTE LAFUENTE
Dutchess County Clerk

Please join us for an evening of fine food, camaraderie, dancing to the sounds of Johnny Dell and Nite Life, a superb array of silent auction items, and an exciting live auction!

All proceeds of the gala, chaired by Town of Poughkeepsie Councilman Tom Bauer, support local programs and services of the Alzheimer's Association. Sponsors for the event include CH Energy Group (Cabernet Sponsor); Liberty Mutual, MetLife, Novartis, and Riverside Bank (Chardonnay sponsors); and M&T Bank and Vassar College (Chablis Sponsors).

Tickets are \$150 per person. For reservations, please contact Karen Skelton, Special Events Manager, at 845-471-2655, 800-872-0994, or Karen.Skelton@alz.org.

"An Evening to Remember" Honors ADAC Physicians

On **Friday, June 3, 2005**, you are cordially invited to "An Evening to Remember," an Alzheimer's Association benefit at The Surf Club in New Rochelle, NY. This special evening will honor the physicians of the Alzheimer's Disease Assistance Center of the Hudson Valley: Barry D. Jordan, MD, MPH; John Blass, MD, PhD; Jeffrey Escher, MD; & Pasquale Fonzetti, MD, PhD. Honorary Chairperson of the event is Congresswoman Nita M. Lowey, and Loren Gilberg, President of Elder Care Consulting, Inc., is chairing the planning committee.

In addition to a delicious dinner and a silent auction, the evening will feature live music by Bill's Toupee.

Tickets are \$200 per person or \$1,800 for a table of 10. To make reservations, to place a commemorative ad in the Souvenir Journal, or to learn about ticket & journal package opportunities, contact Terry Kean, Special Events Manager, at 914-428-1919, 800-872-0994, or Terry.Kean@alz.org.

Memorials, 10/1/04 - 12/31/04

Memorials

Jean Agin	Clarence B. Devens, Sr.	Irma S. Heller	Eleanor McIntyre	Michael Saporito, Sr.
Christine Aikens	Lucy Di Domenico	Angelica Hernandez	Ann McLaughlin	Bert Sarafan
Frances Albano	Joan Di Giansante	Ruth Hertzlich	Thomas McNiff	Lisa & Harold Scales
Rose T. Amato	Lynn Diseria	Elaine Hiller	Carol Mehne	Liz Schaen
Etta Amster	Pauline Ditman	Gloria Hoheiser	Elvira Mekiel	Margaret Schafer
Rose Apuzzo	Rose Di Vincenzo	Edward Holland	Ezra & Hilda Meltzer	Masters Cliff Scholl
Antoinette Areno	Jenny Divito	Eleanor G. Horan	Katherine Mickros	Max Schramm
Louis Armetta	Mother of Nancy Donahue	James A. Huff	Andrea Miller	Philip Schulman
Charlotte Bailey	Dolores Donnelly	Ella Hunter	Edith Miller	Paul Schweitzer
Mary Baskin	Sarah Dougherty	Gae Iacobellis	Natalie Miller	Thelma Seibel
Jessie B. Belding	Vera DuBois	Harold "Hal" Jacobs	Nathaniel Mills	Antonio Sestito
Mildred Belfont	Edna & Michael Dunn	Nan Jacobs	Grace Moccio	Miriam Shapiro
Sonia Benach	Anne Ehrlickman	Leon Jacobson	A. S. Morrow, Jr.	Charlotte Sherman
Gloria Berardino	Charen El-Sherif	Lionel Jacobson	Rose Moser	Sherry Siegel
Sylvia Berger	Catherine Engel	Signe Jacobson	Father of William Murdock	Cptn. Mitchell Skutnik
Ray Betrix	John M. Engel	Anthony Jagodnik	Dorothy Murphy	Leona Slinn
Josephine Bianchine	Harry Erps	Mary Jamba	Margaret Napoleon	Louis E. Smith
Nicholas Bianco	Jorette Evans	Mrs. James Johnson	James Vincent Nicolia	Jean Sorkin
Selma Bodow	Jean Faessler	Mary Johnson	Daniel C. Nolan III	Sydney Spence
A. Robert Bonagura	Jean Faiano	Shirley Johnson	Irving Novick	Elmer J. Spery, Sr.
Dorothy A. Bonnie	Rose Faillace	Elizabeth Jones	John Obermeyer	Ann Nancy Squillini
William H. Bove, Sr.	Raymond Fallon	Anita Judson	Rita O'Connor	Nat Srol
Marguerite Bowman	Marta C. Farago	Opal Kadel	Elizabeth Oleksy	Howard Stein
Rosa Breitenbach	James Feerick	Rita Kahan	Anna Olivieri	Martin Stellato
Bernard Brenner	Bernard Fertig	Judith Kantor	Susan Onofrey	Midge Stone
Frank Broomell	Seymour Fiering	Ethel Katzman	Blossom Oram	Charlotte Straguzzi
Alvin E. Buechele	Marilyn Fiore	Naomi Kavee	Gene B. Pack	Anna Suffern
Ruth Buschel	Quentin R. Fiorello	Isabella Kayser	May D. Pease	Anna Suffern
Joseph T. Cahill, Jr.	Dorothy Fischer	Clara Kennedy	James Pelletier	Elliot Sugerman
Samuel Campbell	Rosemary G. Fleenor	Leonard Kent	Herb Pilz	Betty Sullivan
Mrs. Campbell	& her sisters Joan & Kay	Irene Klein	Estelle Poletok	Anna Sutherland
Ernesto Carlo	Julia Flynn	Jane Kleinman	Renato "Rennie" Pomatti	Leo A. Sweeney
Richard K. Carlton	Karl Forester	Louise Kobylack	Silio Porta	Jennie Swetz
Maria Caruso	Maria Fornabaio	Barbara Kostrinsky	Doris Prokosch	Luigi Teodosio
Arthur C. Chamberlain	Tecla & Venanzio Fortunato	Samuel Kreiger	Grace Quagliano	Ronald Thomas
Jennie Chiaverini	Ruth Foster	Clarence Kyte	Beulah Ratet	Lawrence Thompson
Harriet Chorney	Daughter of Helen Fray	Molly Kashkin	Caroline Ready	Anna Tice
Alexandra Cline-Shapiro	Ethel Freed	Mother of Linda Kraemer	Louise "Jean" Reddicono	Augusta D. Todd
Maria Cofresi	Loretta Fremblay	Fannie LaBarbera	Harry E. Reis, Sr.	Meyer Trestman
Beatrice S. Cohen	Sarah C. Furman	Margaret Lane	Mother of Sandie Reiss	Mother of Robert Tufaro
Florence Colburn	Irene Garvey	Midge Stone Leavitt	Louis Reiss	Charles Turner
Rosa Coleman	Ferdinand Gerifalco	Blanche Lehman	Carrie Reynolds	Antoinette Vassallo
Elizabeth Collins	Leonard Gersten	Marie S. Leroy	Ida Richman	Yvonne J. Vauclair
Marion Condon	Nathan Golden	Jean S. Leslie	Domenic Riello	Louis Verrone
Beverly M. Connell	Marcel Goldenberg	Beatrice Levine	Alex Rosmilso	Genevieve M. Von Zwehl
Paul Connell	Martha Goldfuss	Sophie Lipschitz	Anne Romagnoli	Madeleine Vuono
Elisabeth Couwenberg	Al Goldstein	Audrey Loeven	Severino Roman	Helen Wascak
Jean Coward	Martha Goldfuss	Chester Louis	Anthony Romeo	Joseph Waser
Nora Crawford	Eileen Goodman	Oneida Luisa	Estelle Rosen	Jeanne Benedict Weber
Sophie Cuollo	Myra Goodman	Charlotte Lyon	Florence Rosenberk	Millie Weinrib
Frances Curtis	Gladys Sharp Graham	Richard MacCaull	Michael Rotondi	Domenica West
Philomena Dator	Steven Greller, D.M.D.	Oscar Neve Marin	Louis M. Rowatti	Ethel & Kenn Weyant
Joe Datz	Frank Grosso	Alois Malitz	Robert Michael Roy	Andrea Whitz
Sarah Daugherty	Rose Guglielmo	Bert Mansfield	Max Rosenweig	Tiny & Adolph Wichman
Dr. John Davidson	Alice Hamilton	Emily Martin	Lea Rubenstein	Ruth Wilsker
Lillian DeLanoy	Irving Hammer	Alfred Mastandrea	Marion Sacks	Grace Wymbs
Ted Del Collo	Helen M. Hammond	Peter Mauro	Margaret Esther Salese	George Yasiejko
Helen DeMartino	Betty Hanson	Yetta Maxon	Frances Saltz	Harold Yurdin
Paul Demcio	Arthur J. Hartigan	Sylvester J. Mayo	Barbara Ann Sanford	Charles Zammit
Cassie L. Denny	Milton Hartstein	Frank Mazzella	Anthony Santiago	Matilda Zampini
	Yetta Heitner	Marion McGivney	John Santoro	Mary Zazza

Tributes

Tributes

- Alicja Barahona
- Mr. & Mrs. Wayne Benach
- Roseann Caserio
- Ann G. Cohen
- Lyor Cohen
- Mr. & Mrs. Malcolm Cohen
- Stephanie Cohen
- Peter Condro, on his 80th Birthday - in honor of Nancy
- Marie Coviello
- Eileen & Nick D'Agnes
- Sarah DeMond
- Jason Flom
- Mr. & Mrs. Thomas Forman on their 50th Anniversary
- Michael & Lenore Geller
- Laura Georgakakos
- Loretta Gormley
- Julie Greenwald
- Karen Hanusik
- Irene Jagodnik, on her move to Colorado
- Mrs. Jajndl
- Craig Kallman
- Lillian Koraban
- Harriet Lieman, on her 70th birthday
- Kevin Liles
- Mr. & Mrs. Kenneth Ludman
- Connie Martucci
- Grams Massanari, on her birthday
- Dennis & Nancy Murphy
- Salvatore Parascandola
- Robert & Barbara Rohrllich
- Chester & Barbara Ross
- Mr. & Mrs. Philip Salomon
- Rosalie Sauerhaft
- Bernie Scheiman
- David & Barbara Silverstone, on their 5th Anniversary
- Elizabeth Teller
- Lawrence Thompson

Chapter Board Member Receives Multiple Honors

Chapter board member Rochelle Berger, Founder and Executive Director of Meals on Wheels of Rockland County, will retire in June after thirty years of exceptional service to her community. Meals on Wheels, which Shelly started as a home-delivered meals service, now also operates and supports six multi-purpose Senior Centers, two Social Model Adult Day Care Centers, a fully operational Central Commissary, a transportation network, and a myriad of other services for frail, isolated, and vulnerable older adults, including those diagnosed with Alzheimer's disease.

Last June Senator Tom Morahan honored Shelly Berger at the Senate's 7th annual "Women of Distinction" ceremony in Albany. The ceremony honors exceptional achievement, personal excellence and outstanding, courageous or heroic actions on the part of individual women throughout the state. In the fall, Shelly was honored at a dinner held by the Rockland Business Women's Network, and she was the honoree at a very special evening when more than 250 guests gathered at Town & Country Caterers to



Shelly Berger with her husband Mike (L) and Sen. Tom Morahan (R). Photo courtesy of Sen. Morahan.

celebrate Meals on Wheels' "Thirty Years of Caring." This spring Shelly's work with Meals on Wheels will be recognized once again when the Rockland Business Association honors Meals on Wheels on April 20 with the 2005 Pinnacle Award, "Recognizing the Best of the Best," for Outstanding Achievement by a Non-Profit Organization. We couldn't be more proud! Congratulations, Shelly, on these well-deserved tributes.

Support Group Leaders Will Be Sorely Missed

It is with gratitude and best wishes that the chapter says goodbye to three longstanding support group leaders. **Char Geisenheimer** and **Robert Avery** will be leaving the area, and **Barbara Betrix** has stepped back for personal reasons.

All three of these individuals have been

extraordinary volunteers, going the extra mile, whether to ensure that members had transportation to their group, adding a group at the request of participants, or informing chapter staff of situations that required follow-up. Their compassion and dedication to their group participants and the organization will be deeply missed.

Alicja Barahona Named Pearl Honoree

Alicja Barahona, one of only two women to finish an Alaskan "Extreme" Race, covering the 350 mile Iditarod trail (on foot) in seven and a half days, has been selected to be a "Project Legacy" Pearl Honoree this September. The award honors a select group of inspirational business and professional women in Westchester County. Alicja has raised funds for the Alzheimer's Association by inviting people to sponsor her participation in recent "Extreme" races. "One thing that kept me going," she says, "was the hope of helping Alzheimer's patients and those who take care of them."

Chapter to Receive Capacity Award

The Hudson Valley/Rockland/Westchester, NY Chapter of the Alzheimer's Association is one of three chapters that will be honored for excellence in programs at the 13th Annual Alzheimer's Association Dementia Care Conference in Chicago in July. Meg Boyce, Director of Programs and Services, will accept a "Capacity Award" on behalf of the Chapter. The award is given to chapters whose programs have been identified for inclusion in the National Alzheimer's Association's "Program Clearinghouse" for possible replication by other chapters across the country. Congratulations, Meg!

**Hudson Valley/Rockland/Westchester, NY Chapter
Administrative Office
2 Jefferson Plaza, Ste. 103
Poughkeepsie, NY 12601-4027**

Change Service Requested

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

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

Rockland Regional Office
845-639-6776

Westchester Regional Office
914-428-1919

Putnam Point of Service
845-878-9890

www.alz.org (national web site)
www.alzhudsonvalley.org (chapter web site)
info@alzhudsonvalley.org
1-800-872-0994
1-866-882-5772 (24-hour Helpline)

Volunteers

Chapter Seeks Volunteers

While the Alzheimer's Association is blessed with many committed volunteers, new volunteers are needed now more than ever. If you would like to join the fight against Alzheimer's, here's your opportunity to make a difference!

Helpline Specialists

The Chapter is seeking compassionate, dependable people who are willing to provide emotional support, information and community referrals to individuals inquiring about Alzheimer's disease, related disorders, and Alzheimer's Association services. Helpline specialists typically work one morning or afternoon each week. Training is provided.

Office Assistants

Office assistants are also needed during daytime hours to keep our offices running smoothly. Office assistants help with copying, preparation of mailings, data entry, updates to our mailing list, acknowledgment of donations, receptionist duties, and other tasks.

Support Group Leaders

We are looking for some very special people to provide caring, non-judgmental support to caregivers and family members or to other groups, such as individuals with early-stage dementia. Groups meet monthly (in some cases, weekly or biweekly) during either daytime or evening hours. Leaders or co-leaders are now needed in Carmel, Hopewell Junction, Millbrook, Newburgh, and Rye. A two-year commitment is preferred, and training is required.

Special Events Volunteers

Volunteers are also needed to serve on the planning committees for fund-raising events, such as this fall's Memory Walk (all counties) and the Chapter's golf tournament (Westchester). Most event committees meet in the late afternoon or early evening and are a lot of fun!

If you would like to learn more about any of these opportunities, please call the chapter office nearest you (see above).

Save These Dates!

7th Annual Alzheimer's Association Golf Tournament - Monday, Sept. 12, Hampshire Country Club, Mamaroneck, NY. For information about the event and sponsorship opportunities, please contact Terry Kean, 914-428-1919.

Memory Walk 2005

- Sullivan County** - Sunday, Sept. 18
- Dutchess County** - Saturday, Sept. 24
- Westchester County** - Sunday, Sept. 25
- Orange County** - Saturday, Oct. 1
- Ulster County** - Saturday, Oct. 1
- Putnam County** - Sunday, Oct. 2
- Rockland County** - Sunday, Oct. 16

For information about sponsorships, contact Terry Kean, 914-428-1919 (Westchester & Putnam) or Karen Skelton, 845-471-2655 (all other counties). The Logo/Artwork deadline for Memory Walk 2005 materials is **Friday, May 27**.