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newscope

Newsletter of the Hudson Valley/Rockland/Westchester, NY Chapter
 Published quarterly for our donors, volunteers, advocates, and friends in the Alzheimer's community

Summer, 2008

We're on the MOVE to end Alzheimer's Our 2008 Memory Walk Goal is \$540,000!

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This year will be unprecedented. Voices are being raised around the country, and certainly here in our Chapter's seven counties. More and more, people are turning out to effect change and are marching for the cause of Alzheimer's disease.

This fall, publicly make a bold statement about Alzheimer's and participate in Memory Walk! We need to continue this 2008 trend.

Memory Walk is the nation's largest event for Alzheimer's disease. Our local goal is the highest it's ever been, because the need is perhaps the greatest it has ever been. Millions of Americans now have Alzheimer's disease; 500,000 of them are individuals under age 65. And every 71 seconds, someone in America develops Alzheimer's.

A startling new statistic has emerged: as baby boomers approach the age of greatest risk for the disease, we know that 10 million will be diagnosed in their lifetime if a cure or means of prevention is not found.

Let's take the cause into our own hands. Join Memory Walk to make a difference. Memory Walk can bring teamwork, a healthy workout, fundraising and laughter together to result in help for the vital services and programs provided by our local Chapter.

Many sponsors have already joined us. **Genworth Financial** is the Presenting National Sponsor of Memory Walk. Local Silver Sponsors are **Compensation Risk Managers (CRM)**, **Health Quest**, and radio stations **WPDH 101.5**, **Mix 97.7** and **The Wolf 94.3**, and twenty more Bronze and Copper sponsors are on board to bolster this year's record fundraising goal.

Memory Walks will be taking place in every

county in our Chapter region. Walks begin in September and continue into October, and are a truly fun and empowering way to spend a Fall morning. Find one that fits your schedule:

- Sun., September 21** Putnam-Carmel
- Sun., September 28** Sullivan-Monticello
- Sat., October 4** Orange-Montgomery
- Sun., October 5** Westchester-White Plains
- Sat., October 11** Dutchess-Poughkeepsie
- Sun., October 12** Rockland-Pearl River
- Sat., October 18** Ulster-Stone Ridge

Take the following steps to participate: sign up today by visiting www.alz.org/memorywalk or calling your local office (see back page). Set your personal and team goals, raise the money, and walk with us to end Alzheimer's. Your success will be cause for celebration!



Ten-year-old Maddy Murphy of Hastings-on-Hudson holds close the memory of a grandmother who watched musicals and played in the leaves with her when she was younger. She now sees firsthand the devastating effects of Alzheimer's each time she visits her grandmother at her nursing home. Maddy gladly joins in Memory Walk and was excited to be honored for her fundraising success in 2007.

Advocacy

Join Celebrities as an Alzheimer's Champion!

As many as five million people in the United States have Alzheimer's disease, and by 2050, there will be almost a million new cases a year-- unless we do something about it now.

That's why celebrities from the worlds of entertainment and sports, including

- Penny Marshall,
- Garry Marshall,
- Ronny Marshall,
- Molly Sims,
- Wayne Brady,
- Leeza Gibbons,
- Terrell Owens,
- Bryant Gumbel,



Molly Sims

Anthony Anderson and Kathy Mattea have lent their faces and voices to help the Alzheimer's Association challenge five million Americans--one for every person with the disease--to learn about Alzheimer's and become an Alzheimer's Champion.

The celebrity Champions are highlighted in a series of compelling photographs that will be exhibited across the country. In addition, national television, print and radio advertising aims to dispel public misperceptions and move people to take action in the fight against Alzheimer's in the following ways:

- ♦ **ACT** now to end Alzheimer's - learn about the disease and get involved in the fight.
- ♦ **VOICE** your support - become

an advocate, help spread the word about the disease and tell your story.

- ♦ **MOVE** the Alzheimer's Association's cause forward - join a Memory Walk or volunteer at a local chapter.

- ♦ **OPEN** your mind - learn the facts about Alzheimer's and donate to the Association.

Learn more about how you can become a Champion by visiting www.alz.org or calling Michele Muir, 1-800-872-0994.



Bryant Gumbel

Chapter News

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Maria Paliotta, Administrator, Regional Office
Camille Sharp, Care Consultant
Suzanne Forman, Care Consultant

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Stuart Greif, Program Development Specialist

Purchase

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Alice Feintuch, Care Consultant
Ellen Imbiano, Care Consultant
Terry Kean, Special Events Manager
Erva Randolph, Helpline Coord./Admin. Asst.

National Colleagues

Laura Ewing-Mahoney, Major & Principal Gifts

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Among Friends

Last month in Washington, D. C., as I sat waiting for the Senate Special Aging Committee hearing to begin, the excitement was palpable! Former Supreme Court Justice Sandra Day O'Connor, former House Speaker Newt Gingrich, Dr. Rudy Tanzi, Early Stage Advisory Group member Chuck Jackson, and caregiver Suzanne Carbone, were about to speak about Alzheimer's disease.

Senator Elizabeth Dole felt it also. "As I look out across this hearing room and see the number of people here," she said, "I don't believe I've ever witnessed as many people at a hearing in the six years that I've been in the United States Senate."

Something has changed. The country is beginning to realize that Alzheimer's disease will affect everyone: the ten million U.S. baby boomers who will develop the disease, the millions more family members who will care for them—even taxpayers, who will pay the skyrocketing costs of Medicare and Medicaid. Advocates are beginning to feel

empowered.

Given competing priorities, it will still be a challenge to persuade Congress to fund Alzheimer research at an appropriate and sufficient level, but we are being heard.

This fall, we will have another opportunity to stand up for Alzheimer's disease, by participating in Memory Walk. Teams are already beginning to form, and we expect record numbers of people to turn out. We are asking *you* to be among them and to help get more people involved by recruiting family, friends, and co-workers to join you in supporting this important cause: *If you tell three people and they tell three people, before you know it, we'll build a world without Alzheimer's.*

Yours aye,

Elaine

Elaine Sproat



Westchester Office Celebrates Grand Opening

Our Chapter's Westchester Regional Office recently moved to 2900 Westchester Ave., Ste. 306, in Purchase, NY, after many years at another location. In addition to staff offices, the suite includes a volunteer center, library, conference room, storage

room, and kitchen. The new facilities enable us to hold caregiver support groups and early-stage support groups or educational programs at the same time. Staff and volunteers are thrilled with the new space!

Also attending were Chapter Board Chair Bret Jacobowitz and New York State Senator Suzi Oppenheimer, who obtained a Legislative Grant that enabled us to purchase furniture for the Conference Room and Library in the new office.



Among those attending Grand Opening events were Juliet Warshauer, a founding member of the Alzheimer's Association in Westchester County, and Memory Walk volunteers Alex and Shelley Danziger.



Memorials and Tributes / Recent Events

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 1/1/08 to 3/31/08.

Memorials

Herbert Abraham
Herbert Acker
Edwin C. Ackerman
Robert Agnew
Josephine Allen
Nettie Arbiter
Katherine Arceri
Ed & Hilda Aronow
Alice Assatourian
Mary Ayers
Joe Bengivenni
Dorothy Berry
Theresa Blessing
Carol Bobbe
Helen Bocket
Vincenzo Borea
Jean Borteck
Gertrude Bottari
Gerald L. Briggs
Rosalie Bruno
Henry Buckley
Neils C. Buessem
Mary Bux
Audrey Carnright
Curtis Seward Carter
Francis Cassidy
Richard Clift
Lena Colabelletta
Sylvia Cole
John Copulos
Elaine Cullen
Celia Cymbrowitz
Rose DallVechia
Grace D'Angelo

Blossom David
Morton J. Davis
Frances Davison
William Dayton
Louise DeDomenico
Charles Dellert
Estebania "Nati" Desplantes
Kathleen Devin
Doug Douglas
Fred Douglas
Jeanette Edsall
Doris Fagan
Dr. Jacob Finkelstein
Alice Flynn
Raymond Foster
Robert Foster
Paula Freisitzer
Eily Gilsean
Marion Glass
Mary Glorie
Jimmy Glover
Edna Goldberg
Vivian Gould
Jerry Graff
Judy Gulkow
Rosalinda Hadden
Bernard Herman
Marvin Herson
Joan Hodgdon
Everett S. Hopkins
Louise Horgan
Rita Huber
Margareta Hudson
Nicholas Incorvaia
Eva Jawerbaum

Rosemary Jordan
Florence Kahn
N. Penny Katz
Mary Keane
Bea Kelberg
Eleanor Keleshian
Pearl Kendricks
Betty Kennedy
Fred Kennedy
Russel Kennefick
Dermont J. Kenning
Stella Kirby
Karen Kirschner
Molly Kirschner
Rhoda Kittay
William R. Kittay
Donald Kovacs
Arthur Kramer
Margaret LaLonde
Ida Mae Light
Theresa Lisi
John Lynch
John MacDonald
Margaret Mackey
Santa Maiello
John McCabe
Cecelia McCasland
Mary McEwan
Frances McKeown
Antoinette "Toni" Miraglia
Angelo Moccia
Conrado Modica
Michael Morano
Theodore Morrison
Alice Muollo

John Murphy
Elena Nanfaro
Guila Nicoletti
Rita O'Connor
Elsie Pearson
Jacob Pennings
Mary Perone
Shirley Pfister
Vincent Piro
Patricia Punton
May Rankell
Neil Reed
Connie Renza
Almyra Roe
Lucy Ross
Rachel Rund
Beatrice Erlich Ryman
Mary Theresa Sack
Joseph Schmid, Sr.
Elsye Schreier
Pearl Schwartz
Desmond Sherry, Sr.
James Sherry, Sr.
Peggy Sherwood
Theodore Simone
Puzant Sirabian
Fran Spagnoli
Ralph Sternberg
Lorenz "Larry" Sutter
Elizabeth Sutton
Edward Swarn, Sr.
Juliane Tambor
Bonnie Therien
Regina Toper
Marie Torterella

James A. Trapanese
John B. Tyler
Patricia Uhl
Joel Vaccaro
Martha Veis
Mary Veltri
Frank A. Vetere
Ann Wagner
Arline Wasserman
Nathan Weidenbaum
Irving Wharton
Bernice Witten
Carlton H. Wong
Ruth Zeldin
Frank W. Zito

Tributes

Alicja Barahona
Irv Choron,
on his 80th birthday
Stephanie Cohen
Rose Contisoni,
on her birthday
Anthony & Kathryn Esposito
Richard Fox
Annaliese Gilbert,
on her 90th birthday
Eileen Glick-Zolner,
on her 60th Birthday
Rosanna Sansotta &
Francesco Provenzal,
on their engagement
Nanette Virgilio
Fran Zimbar, on her birthday

A Breathtaking Night of Wine and Roses



Event emcee Charlie North, and wife Joanne

A marvelous time was had by all at the 2008 "A Night of Wine & Roses," held at The Grandview, overlooking the Hudson River. After Chuck (Cumulus Media) Benfer's lively auction, guests danced the night away to the music of the Michael Dell Orchestra.

The newly created Margaret M. Cahn Research Award was presented to Dr. Ottavio Arancio, a leading Alzheimer researcher at Columbia University, and the 2008 Renee Pollack

Memorial Award was presented to two outstanding businesses, Health Quest and Compensation Risk Managers (CRM), represented by Michael Weber and Louis Viglotti.

Thanks to honorary chairs Senator Steven Saland and Linda Saland, and to co-chairs Deb Gesner and Julia Litchock and their dedicated committee! Funds raised by this splendid gala will support our Chapter's vital mission.



Pollack Award recipients Louis Viglotti (L) and Michael Weber

Development

Hit a Hole in One for Alzheimer's at the 10th Annual Golf Tournament!

What could be better than a beautiful day in September enjoying a round of golf with friends, old and new alike? Enjoy a great day of golf, food, prizes and fun at the Alzheimer's Association's 10th Annual Golf Tournament!

The tournament will be held on Monday, September 8, at Hampshire Country Club, "Westchester's Best-Kept Secret," in Mamaroneck, NY. Golfers will enjoy a BBQ lunch and a shotgun start for 18 holes of golf (scramble format), followed by a cocktail and hors d'oeuvres reception and a buffet dinner, where day-of-event raffles and a Major Raffle will be drawn, and tournament awards and prizes for top golfers of the day will be presented.

Once again the event is co-chaired by tournament founders, Ron Sylvestri, Senior Vice-President of Hudson Valley Bank, and Donna Sylvestri, President of Madison Home Management. Last year's event was a great success, raising over \$66,000, and we hope to do even better this year.

Opportunities are still available for tournament sponsors, underwriters, tee and green sponsors, and individual golfers to join the fun. Those who don't golf are welcome to come to the Reception and Dinner, and/or to purchase tickets for the Major Raffle (see article to right).

To find out more, contact Terry Kean at 914-253-6860 or terry.kean@alz.org.

Avid golfers can support the Alzheimer's Association through golf anywhere and anytime by participating in the Alzheimer's Association *A Round to Remember*.™ For information, visit special events at www.alz.org/hudsonvalley.

Thank You!

Special thanks to:

♦ **Suffern High School**, which made a special donation of \$2,632, representing proceeds from a matinee performance of *The Sound of Music* in which Alzheimer's Association volunteer **David Niederhoffer** had a lead role.

♦ **The Administration on Aging, the New York State Office for the Aging, the Dutchess, Rockland, and Ulster, County Offices for the Aging, and the Westchester County Dept. of Senior Programs & Services** for their on-going support of programs and services we provide to our clients.

♦ **The Phillips-Van Heusen Foundation** and the Community Service Team at **Calvin Klein, Inc.**, for selecting the Alzheimer's Association as the recipient of over \$9,100 raised through the efforts of Calvin Klein associates.

Raffle Offers Fabulous Prizes



1st Prize: VESPA LX50 - get 70 mpg, automatic - just twist 'n go!

2nd Prize: Vacation Get-Away! Cypress Pointe Resort II - Orlando, Florida. 7 night stay, two bedroom suite

3rd Prize: NYC Theatre Package - overnight stay at The Union League Club, including continental breakfast and two tickets to a Broadway show.

Tickets for this year's Major Raffle, to be drawn on September 8 during the Alzheimer's Association's 10th Annual Golf Tournament, may be purchased by golfers and non-golfers alike! **Winners need not be present to win any of the premium prizes!**

Tickets: \$10 each, 3 for \$25, or 8 for \$50.

To purchase tickets (or to help us sell them!), contact Terry Kean at 914-253-6860 or Terry.Kean@alz.org.

Charitable Gift Annuity Rates are Going Down! Fund Your CGA Now to Lock In Current Rates Help Us Meet the Matching Challenge

A charitable gift annuity (CGA) is a planned giving option that makes it possible for people age 60 or older to blend support for the Alzheimer's Association with a plan that will provide guaranteed lifetime income plus considerable tax savings!

CGA interest rates are locked in at the time the annuity is obtained, based upon the donor's age. Currently, these guaranteed lifetime rates are significantly higher than any commercial certificate of deposit.

Since CGA payouts for most ages will be lower for new CGAs starting July 1st, we recommend that you fund your new Alzheimer's Association CGA prior to June 30, 2008.

A most generous donor and current annuitant has challenged us to obtain ten new CGA's before the June 30th deadline. If we can, this donor will purchase an additional annuity with us! So don't delay - lock in higher rates, get a lifetime guaranteed rate AND help us meet the challenge that will benefit everyone!

For more information, please call us at 1-800-872-0994.

Caregiving & Research

Care Consultant's Corner: Dementia, Love & Laughter

By Wendy Rudder, LCSW

It is certainly difficult to witness how Alzheimer's disease and other forms of dementia slowly rob our loved ones of their abilities to care for themselves independently, use complex thought, speak and understand language, and so many other functions. Yet even as they lose these abilities, most people still want to be part of the world around them. They want to continue to relate to others, in whatever ways they still can, to be included, and to experience their surroundings through the means that are still available to them, mainly their five senses.



Because they are so caught up in the tasks required to provide for the daily needs of one with dementia, many caregivers forget about some of the simple things they can do to enhance their loved ones' lives. They can continue to engage in meaningful interaction or share simple pleasures with their loved one long after that person has lost language skills or the ability to retain information.

Recently, I was asked to compose a list of ways for caregivers to nurture their loved ones that have dementia. These ideas (to the right) are simple and easy for anyone in the family to accomplish. A person does not need to have a diagnosis of Alzheimer's disease in order to benefit from these suggestions. We all enjoy a little TLC now and then. So please be generous with your gifts of attention and love, not just to the one you are caring for, but to yourself as well.

WHEN LITTLE THINGS MEAN A LOT ...

WAYS TO NURTURE YOUR LOVED ONE

- ♦ Comb her hair into a pretty, new hairdo
- ♦ Sing some of his favorite songs or some old standards (Examples: "Take Me Out to the Ballgame," "You Are My Sunshine," "When You're Smiling")
- ♦ Play a tape or CD of some old favorites
- ♦ Give her a soft stuffed animal to hold
- ♦ Give him a chair massage (professional or your own)
- ♦ Look at a family picture album
- ♦ Look through a travel magazine or other pictorial magazine or book
- ♦ Take him to a children's choral or band concert
- ♦ Bring a tasty treat that's easy to eat or feed, such as an ice cream cone, or a lollipop
- ♦ Sit by a window that has a pretty view and look through it for a while, chatting about what you see
- ♦ Take her for a wheelchair ride-- outdoors if the weather allows
- ♦ "Wake up and smell the roses" ... or just head over to a florist or garden center, enjoying the feast of scents and colors as you stroll through the store
- ♦ Present your loved one with a bouquet of flowers that is colorful, smells nice, and is soft to the touch
- ♦ Find an old memento or souvenir from a past vacation, event or celebration and talk about those "good old days"
- ♦ Have a tea party with friends or dolls
- ♦ Treat her to a facial or pedicure

Dementia Care Conference

When and Where
August 24-27, 2008
Garden Grove, CA

Dementia care professionals from around the country are invited to exchange and receive the most up-to-date dementia care practice information at the Alzheimer's Association's 16th Annual Dementia Care Conference.

We are expecting to have one of our most successful conferences ever. Featured speakers include a distinguished lineup of professionals, including **Barry Reisberg, Susan Gilster, Jeanette Takamura, Laura Mosqueda, Lisa Snyder**, and Keynoter **Ken Dychtwald**, best-selling author of fifteen books on aging-related issues.

Our own **Meg Boyce**, Director of Programs & Services, and **Angela T. Maume**, Director of Nursing at Fishkill Correctional Facility, will present one of the education sessions, a workshop on "Dementia Care Training in the Correctional System."

For more information, log on to www.alz.org/careconference.

International Conference on Alzheimer's Disease (ICAD)

When and Where
July 26-31, 2008
Chicago, IL

As a part of the Alzheimer's Association research program, ICAD serves as a catalyst for generating new knowledge about dementia and fostering a vital research community. This meeting will bring together more than 5,000 researchers, physicians and care providers from 60 countries - the largest group of leaders in Alzheimer research and care ever convened.

For more information, go to www.alz.org/ICAD.

Alzheimer's Association Summer Programs

Getting Connected

What: A special invitation for family caregivers and professionals to learn about chapter programs and services.

- ♦ **Where:** Alzheimer's Assoc., Rockland Regional Office
When: Wed., July 9, and Wed., Aug. 6, 12 p.m.-1 p.m.
Information: Alzheimer's Assoc., 845-639-6776

Understanding Memory Loss

What: This program will cover general information about normal and abnormal memory loss, including the ten warning signs of Alzheimer's disease, how to get a proper diagnosis, stages of the disease, related disorders, and how to get help and support.

- ♦ **Where:** Sunrise Senior Living of New City, 233 N. Main St., New City, NY.
When: Monday, July 14, 12 p.m. - 1 p.m.
Additional Info: Lunch & Learn (snacks/light refreshments will be served).
Info/Registration: Alzheimer's Assoc., 845-639-6776.
- ♦ **Where:** Elting Memorial Library, 93 Main Street, New Paltz, NY.
When: Thursday, July 24, 10:30 a.m. - 11:30 a.m.
Info/Registration: Alzheimer's Assoc., 1-800-872-0994.
- ♦ **Where:** Catskill Regional Medical Center (Board Room, Ambulatory Services Bldg.), Harris, NY
When: Monday, Aug. 4, 3:30 p.m. - 5 p.m.
Info/Registration: Alzheimer's Assoc., 845-794-3774.
- ♦ **Where:** Orange Co. Office for the Aging, 18 Seward Ave. (2nd Floor Conference Rm.), Middletown, NY.
When: Thursday, Sept. 4, 6:30 p.m. - 8:30 p.m.
Info/Registration: Alzheimer's Assoc., 845-342-2247

Alzheimer's Disease: Across the Stages

Living with Change: As Alzheimer's Progresses

Where: Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.
When: Wednesday, June 25, 1 p.m. - 3 p.m.
Info/Reservations: Alzheimer's Assoc., 914-253-6860

How to Help Your Loved One Transition from Home to a Residential Facility

Where: Meals on Wheels, 121 West Nyack Rd., Nanuet, NY.
When: Wednesday, Aug. 20, 1 p.m. - 3 p.m.
Info/Registration: Alzheimer's Assoc., 845-639-6776.

Caregiving Series

The eight modules in our Caregiving Series, covering a full range of caregiver issues, will be offered at different times and in different locations throughout the year. Each program is 1-2 hours long. Caregivers may select whichever programs are of interest.

Making Sense of Challenging Behavior

- ♦ **Where:** Mountain Valley Manor Adult Home, 397 Wilbur Ave., Kingston.
When: Wednesday, July 16, 10 a.m. - 11:30 a.m.
Info/Reservations: 845-340-8474

Planning Ahead for Legal & Financial Needs

- ♦ **Where:** Catskill Regional Medical Center (Health Information Library, 1st Floor, Main Bldg.), Harris, NY
When: Thursday, Aug. 21, 4 p.m. - 6 p.m.
Speaker: Martin Hersh, Attorney-at-Law
Info/Registration: Alzheimer's Assoc., 845-794-3774

- ♦ **Where:** Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.
When: Tuesday, Sept. 9, 1 p.m. - 3 p.m.
Speaker: Bernard Scheiman, Paralegal Volunteer
Info/Reservations: Alzheimer's Assoc., 914-253-6860

Caring at Home: Safety and Personal Care

- ♦ **Where:** Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.
When: Thursday, Aug. 14, 1 p.m. - 3 p.m.
Info/Reservations: Alzheimer's Assoc., 914-253-6860

Caring for the Caregiver

- ♦ **Where:** Alzheimer's Association, 2900 Westchester Ave., Ste. 306, Purchase, NY.
When: Tuesday, July 8, 1 p.m. - 3 p.m.
Info/Reservations: Alzheimer's Assoc., 914-253-6860
- ♦ **Where:** Alzheimer's Association, 2 Jefferson Plaza, Ste. 103, Poughkeepsie, NY.
When: Tuesday, Sept. 9, 1 p.m. - 3 p.m.
Info/Registration: Alzheimer's Assoc., 845-471-2655



When Driving Is a Concern

Where: Meals on Wheels, 121 West Nyack Rd., Nanuet, NY.
When: Wednesday, June 25, 2 p.m. - 3:30 p.m.
Info/Registration: Alzheimer's Assoc., 845-639-6776.

Long Term Care

Becoming "Long Term Care Aware"

By Alicia DeSio

If you are employed and become ill or have an accident, your accumulated sick leave may cover your living expenses - at least for the short term - but what about the long term? How long could you live without a steady income? And how long would it take before your savings and investments were depleted?

These are questions that many people in their 40s, 50s and 60s probably don't spend a lot of time thinking about--much less planning for. And unless a friend or family member has required long-term care, it's a subject that many people know little about.

I'm not old enough to be concerned...or am I?

I have found that often people do not want to talk about the prospects of needing long-term care. However, in the blink of an eye, the need for day-to-day assistance could become a major issue, and the likelihood that an individual might need long-term care increases in the Golden Years. A 2008 report from the Alzheimer's Association, "2008 Alzheimer's Facts and Figures," estimates ten million baby boomers will develop Alzheimer's disease in their lifetime, with another four million developing some type of dementia.

Does that mean going into a nursing home?

Years ago, "long-term care" usually meant "nursing home care." No longer. Today, most long-term care is provided in the person's home, either by family or friends (called "informal caregivers") pressed into duty by the circumstances, or by paid health care professionals who visit the home to provide care.

Long-term care is also delivered in other settings, including assisted living facilities and community-based facilities like adult day care centers. The most intensive care is still delivered in skilled nursing homes and special care facilities such as Alzheimer's units.

How much can it cost?

That varies depending on the type of care, the type of facility in which it's delivered, and the area in which the individual lives.

However, the financial impact should not be underestimated. According to the 2008 Genworth Financial Cost of Care Survey, conducted by CareScout, the average nationwide cost of a year of skilled care for a private room in a nursing home facility is \$76,460--and may be higher in some metropolitan areas. Comparable care in New York City averaged \$145,392. At those rates, it's easy to see how long-term care costs could deplete retirement income and invade

assets accumulated over a lifetime.

But I have health insurance . . .

It's a common misconception that long-term care is covered by health insurance. In fact, most health care insurance policies do not cover long-term care costs. Neither does Medicare, except under very specific circumstances, following a qualifying hospital stay. And Medicaid, the Federal program for the needy, won't help until individuals have exhausted almost all their assets.

How can I make sure I've prepared properly?

The best solution is planning. And part of that planning should include looking into long-term care insurance.

Long-term care insurance is about helping to protect retirement income and assets. But it's also about helping preserve dignity, quality of life and financial independence--both for the person who may become disabled and for his or her family members. However you choose to prepare, you owe it to yourself and your family to make yourself "long-term care aware."

Alicia DeSio is a Long Term Care Specialist with Genworth Life Insurance Company of New York

Attention Senior Housing Providers!

As a senior housing provider, the basic information about your community - name, location, phone number, number of residents - is probably already on the Senior Housing Finder, the first national dementia-specific housing database, powered by SNAPforSeniors®. Now you can boost the number of people who view your listing by simply filling out a free, comprehensive SNAP-Profile™ describing your services and amenities.

A recent SNAP usage analysis shows that completed profiles are three times more likely on average to be viewed than non-profiled housing. When communities add a photo gallery and post availability, they are viewed an astonishing nine times more often. Each visitor to the housing finder views an average of 13 pages, according to SNAP.

More than 25,000 people looking for senior housing used the Alzheimer's Association Senior Housing FinderSM in the first three months after this online search tool was launched in November 2007.

To profile your community at no cost, visit www.seniorhousingfinder.org and click on "Providers," or call SNAPforSeniors at 206-575-0728, ext. 1.

Alzheimer's Association Support Groups

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

FAMILY SUPPORT GROUPS	** Nanuet Meals on Wheels Wed., weekly, 1 p.m.	Hawthorne Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.	EARLY-STAGE GROUPS <i>Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.</i>
DUTCHESS COUNTY	New City Sunrise Senior Living 2nd/4th Mon., 6:30-8 p.m.	## Mt. Kisco Pres. Church of Mt. Kisco 2nd/4th Weds., 6:30-8 p.m.	ORANGE COUNTY Meg Boyce, 800-872-0994
Beacon Elant at Fishkill 3rd Wed., 3 p.m.	New City Alzheimer's Association Mons., weekly, 3:30-4:30 p.m.	Mount Vernon Sunrise Assisted Living Last Thursday, 6-7:00 p.m.	DUTCHESS COUNTY Meg Boyce, 845-471-2655
Hopewell Junction Hopewell Reformed Church 3rd Tues., 1 p.m.	Pearl River Pearl River Meth. Church Last Tues., 7:30 p.m.	Mount Vernon The Meadowview at Wartburg 1st & 3rd Weds., 2-3:30 p.m.	ROCKLAND COUNTY Camille Sharp, 845-639-6776
Poughkeepsie Alzheimer's Association 1st Wed., 11 a.m.	SULLIVAN COUNTY	Port Chester Port Chester Nursing Home 1st/3rd Thurs., 10-11:30 a.m.	WESTCHESTER COUNTY Ellen Imbiano, 914-253-6860
Rhinebeck The Thompson House 2nd Mon., 6 p.m.	Harris Catskill Regional Medical Ctr. 1st Mon., 7 p.m.	Purchase Alzheimer's Association 2nd/4th Mon., 10-11:30 a.m.	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.
ORANGE COUNTY	#### Harris Catskill Regional Medical Ctr. 3rd Mon., 7 p.m.	Purchase Alzheimer's Association 2nd/4th Mon., 2:30-4 p.m.	
** Goshen Valley View Center for Nursing & Rehabilitation Last Mon., 7 p.m.	ULSTER COUNTY	* Purchase Alzheimer's Association 1st/3rd Wed., 11a.m.-12:30 p.m.	Support Group Leaders Wanted Leaders are being sought for new Alzheimer support groups in Briarcliff and Mamaroneck . The Alzheimer's Association will provide training, but some experience with Alzheimer's is essential. To express interest or obtain more information, please contact Ruth Ahearn at 914-253-6860 or e-mail Ruth.Ahearn@alz.org .
** Goshen Valley View Center for Nursing & Rehabilitation 2nd Tues., 2-3:30pm	Ellenville Always There Adult Day Care at Canal Lodge 4th Wed., 1 p.m.	Purchase Alzheimer's Association 2nd/4th Tues., 6:30-8 p.m.	
** Middletown Hand-in Hand Care, 48 E. Main 3rd Wed., 11 a.m.	New: ** Highland Multi-County Adult Day Care 1st Thurs, 3-4:30 p.m.	Sleepy Hollow Call for info, 914-253-6860	Fall Educational Conference What: An expanded fall conference is being planned! Since National Alzheimer's Disease Month, National Caregivers Month, National Hospice Month, and National Homecare Month are all recognized in November, we are partnering with the Dutchess County Office for the Aging, St. Francis Hospital, Hospice, Premier Home Care, Manor at Woodside, and the Wingates to organize one large Caregiver Conference that will have an Alzheimer's "track." Mark your calendars! Where: Best Western Inn & Conference Center, 2170 South Rd. (Rt. 9), Poughkeepsie, NY. When: Saturday, November 8, 9 a.m. - 4 p.m. Info/Registration: Contact the Alzheimer's Association, 845-471-2655 or 1-800-872-0994.
Newburgh Elant at Newburgh Conf. Rm. 2nd Tues., 7 p.m.	** Kingston Always There Adult Day Care at Greenkill 2nd Tues., 3 p.m.	New: Somers Astoria Federal Savings Bank, Days & times TBD Call for info, 914-253-6860	
PUTNAM COUNTY	Woodstock Christ Lutheran Church 3rd Tues., 2 p.m.	#### White Plains Call for information, 914-253-6860	* Early Stage Caregivers ** Free respite is offered during the group (pre-registration is required). ## Adult Children Caregivers #### Spanish-speaking Group
Carmel The Plaza at Clover Lake 3rd Wed., 6:30-8 p.m.	WESTCHESTER COUNTY	Yonkers Sunrise Sr. Living of Crestwood 1st Saturday, 2-3 p.m.	
ROCKLAND COUNTY	Cortlandt Manor The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.		
#### Haverstraw Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.	Hastings James Harmon Community Ctr. 1st/3rd Friday, 10-11 a.m.		

Save the Date & Third-Party Events

Early-Stage Programs

"Neu Experiences in Art"

The first tour of the Neu Experiences in Art program was a "sold out" event! The program, a collaborative partnership between the Alzheimer's Association and the Neuberger Museum in Purchase, NY, ran on June 12 with more than 30 participants signed up. Specially trained docents guided people with Alzheimer's disease and their care partners through the museum's galleries in an interactive program.

The September tour is already full, but space is available for the October 16 and November 20 tours. The program is free of charge, but space is limited and reservations are required. For more information, contact the Alzheimer's Association at 914-253-6860 or the Neuberger Museum at 914-251-6110.

Luminary Ceremony

What: Ceremony of Remembrance
Where: Mahopac Chamber of Commerce Park, Mahopac, NY
When: Sunday, November 2, 6 p.m.
Information: Contact the Alzheimer's Assoc., 845-278-0343

Dementia Care Training Program

What: A condensed version of the Dementia Care Specialist Program, taught by Meg Boyce, LMSW.
Where: Business Resource Center, Ulster County Community College, 1 Development Ct., Kingston, NY.
When: Saturday, November 15, 9 a.m. - 4 p.m. **Fee:** TBD.
Info/Registration: For information about the course, contact the Alzheimer's Association, 845-340-8474. For registration info, contact UCCC, 845-339-2025.

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Info/Registration: Contact the Alzheimer's Association, 845-471-2655 or 1-800-872-0994.

Third-Party Events

Third-party events are fund-raisers organized by individuals or groups to benefit the Alzheimer's Association, with minimal staff support. In recent years, funds raised in this way have been an increasingly important source of revenue to support the Alzheimer's Association's work.

We invite you to support these upcoming third-party events:

Poker Run - Bike show with trophies--food--drink--door prizes. Music by HYNIGD. Hosted by Pony Express MC.
Where: Start--Moroney's Harley Davidson, 833 Union Ave., New Windsor, NY. End--Thomas Bull Memorial Park.
When: Sunday, June 29,; registration, 9 a.m. - 11 a.m.
Tickets: \$20 per rider; \$35, rider & passenger
Information: Contact Janet Troia, 845-342-2247.



2nd (Annual?) Wine & Music Mini-Fest

Come for a wine tasting then stretch out and enjoy a 3-hour music fest. Performances by The Shoe Leather Express, The Last Stand, & Blue Plate Special.
Where: Warwick Valley Winery, 114 Little York Rd., Warwick, NY
When: Friday, August 1, 7 p.m. - 10 p.m. Early birds welcome!
Tickets: \$35 each (\$22.50 is tax-deductible). Includes wine tasting and open (wine) bar.
Information: Contact Janet Troia, 845-342-2247.

Family Fun Night! Enjoy a night of tennis/racquetball, food, BINGO, and more.
Where: Orange Hollow Racquet & Fitness Club, 6 1/2 Station Road, Goshen, NY
When: Saturday, September 20, 6 p.m. - 10 p.m.
Tickets: \$35 (children 12 and under, free of charge)
Information: Contact Janet Troia, 845-342-2247.

If you would like to organize a third-party event, contact your local event manager or Pamela Perkins-Dwyer, 1-800-872-0994 or Pamela.Dwyer@alz.org. Previous events have ranged from a swing dance to a competitive softball game, from a scrapbooking class to a barbecue, from a silent auction to a Hudson River cruise. We appreciate the hard work and creativity of all those who have supported the Alzheimer's Association in this way!

Advocacy

Advocates Storm Capitol Hill

Ten representatives from the five Congressional districts within our Chapter territory participated in the 20th Annual Public Policy Forum, held in May. The two-and-a-half day program attracted 650 advocates from across the country to Washington, DC, and culminated in visits to Capitol Hill. Dressed with purple Alzheimer's Association sashes, individuals and groups of advocates were easy to spot as they made their way through the halls of Congress.



Chapter advocates included (L to R) Elaine Sproat, Bonnie Hammer, Michele Muir, Marilyn Garzione, Andy Cahn, Art Widman, Jane Cahn, Nanette Virgilio, & Arthur Sack (Not pictured: Andy Sillin)

This year's request? Our number one priority is still the need for greater research funding. We are asking for \$125 million more this year to invest in early detection and more clinical trials for effective treatments and prevention strategies. We are also asking to end the two-year Medicare eligibility waiting period for people with Alzheimer's disease under the age of 65.

Two local advocates, Elisabeth and David Schalk, had a notable idea: they took their message of Early Stage Alzheimer's and caregiving to Capitol Hill via a professionally-made video that was hand-delivered to Members of Congress. You can view the couple's appeal for increased funding of research by going to www.alz.org/publicpolicyforum/08/advocateprofiles.asp.

We also carried "virtual visit" letters to Senate and House offices from all over the mid- and lower-Hudson Valley. An average of 20 letters from each district came from people unable to attend the Forum - about 100 letters in all.

The cause for Alzheimer's needs your voice. Want to be involved? You can send your letter to legislators, make personal visits, or carry the message of support and information to your social network. Please contact Michele Muir by email (Michele.Muir@alz.org) or call her at 800-872-0994 today.

Why Ask for Research Dollars?

Research funded through the National Institutes for Health (NIH) has remained flat, and has not adjusted for inflation for the past five years. Yet today, 5.2 million Americans have Alzheimer's disease, with 500,000 new cases emerging each year. At the current rate of growth, Alzheimer's disease will strike 10 million baby boomers--1 in 8 boomers--and countless caregivers will be needed.

Essentially, the Alzheimer's disease research investment has declined over 5 years, resulting in good science going unfunded, young scientists being turned away, and life-saving treatments being delayed or lost.

The longer research is delayed or shorted funding, the greater the impact on Medicare spending. Research resulting in new, effective treatments would save millions of baby boomers from Alzheimer's disease and yield \$60 billion in Medicare and Medicaid savings within five years of a breakthrough!

Alzheimer's disease, left unchecked, will destroy the health care system and bankrupt Medicare and Medicaid. Medicare will spend \$160 billion on individuals with Alzheimer's by 2010 - a nearly 50% increase over 2005 spending. By slowing the onset and progression of Alzheimer's, these costs could be significantly reduced.

Today's advances in Alzheimer's research stem from funding decisions made five to ten years ago. If Congress doesn't increase funding, recent advances in Alzheimer's research may stall. Scientists are now making dramatic gains in the ability to diagnose Alzheimer's - offering hope of preventing the disease and improving treatments.



Senators Susan Collins and Elizabeth Dole speak with Former Supreme Court Justice Sandra Day O'Connor before the Senate hearing on Alzheimer's disease.

Advocacy

Public Policy Forum: Discovering a Common Bond

By Marilyn Garzione

Looking out of the window from my seat on Amtrak, I found my thoughts drifting back to last year. My husband, Patrick, had lost his battle with Alzheimer's and I was still feeling the effects of this loss. In the months following his death I had taken steps, albeit hesitant ones, toward gaining a foothold "back." Despite feelings of uncertainty and apprehension, I was on a train headed for Washington, D.C., with others from the Hudson Valley/Rockland/Westchester, NY Chapter, to attend the Alzheimer's Association's 20th annual Public Policy Forum.

Minutes after arriving at the beautiful Grand Hyatt Hotel, it was time to attend the annual Candlelight Vigil service. Traditionally held at the Lincoln Memorial and Reflective Pool, this ceremony held special meaning for me. I had been asked to be a speaker--an incredible honor that humbled yet frightened me. Could I do this? Public speaking is not new to me (I teach at the Language Immersion Institute at SUNY, New Paltz), yet this was so personal and carried with it a multitude of emotions and feelings that were still painful to address. I stepped up to the podium. When at one point I felt I would break down, I looked out. I saw the faces of so many people who had come here with feelings of loss and pain. They knew. They understood. Their warmth and support were felt. And as I lit a candle for Patrick, I realized . . . we are all in this together.

I was struck by how varied, how informative the workshops and speakers were. It would have been easy to opt for presentations that merely elicited emotional response and support. Yet as a healthcare giver myself, I needed to learn, I needed to understand and put meaning to what we had been through. When you live with Alzheimer's, you only see behaviors on the outside. And yet as we were presented photographs and brain scans, and shown results of new developments in biomedical research, for the first time I was able to see what was happening on the inside. It confirmed what I suspected--that this is truly a disease, not merely a label for 'old age' or 'senility.' Somehow it put things in perspective.

Perhaps most compelling were the personal testimonies. Senator Menendez spoke of his family's pain and personal sacrifice while dealing with his mother's Alzheimer's. At a Congressional Hearing, former Supreme Court Justice Sandra Day O'Connor spoke publicly for the first time about the difficulty of her husband's Alzheimer's. This noble lady spoke with dignity and grace, revealing personal anguish now made public. Former Speaker of the House Newt Gingrich also revealed how his family was impacted by Alzheimer's and

pointed to the need to develop a plan to address the hardships and costs of this brain disease. As I listened, it was evident that Alzheimer's makes no distinction between politician and voter. Pain and loss belong to all of us. We are, indeed, in this together.



Chapter advocate Marilyn Garzione was one of two people who spoke at this year's Candlelight Vigil.

I felt a shared bond and unified commitment as we headed for Capitol Hill on Wednesday morning to meet with elected officials. I knew there was the need to ask Members of Congress to support legislation to increase funding for research that would lead to effective new drugs and an eventual cure. But what impact could my story, my mere presence, have? And then it came to me. In the course of the last couple of days, I had been affected by others' stories. I had learned from others, witnessed their pain, and felt a renewed need for advocacy. It dawned on me that commitment begins with a sense of purpose. We have to have faith that we can make a difference. The message will come through.

Once settled on the train for the return trip home, I was able to reflect on what an incredible experience these few days had been for me. This national Forum had given me a way to share with others, to learn and gain insight into a disease we have no control of, but which through commitment can someday be eliminated. But most importantly, I have seen how, until a miracle cure is found, we have only to look around to see the support and local outreach programs offered by the Alzheimer's Association. By simply reaching out, we can accept their strength and make it our own. After all . . . we're all in this together.

Marilynn Garzione is a resident of Orange County and the author of a forthcoming book, *Released to the Angels: Discovering the Hidden Gifts of Alzheimer's*.