



newscope

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

Spring, 2003

Web Site Enhances Services, Special Events

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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

The Hudson Valley/Rockland/Westchester, NY Chapter is pleased to introduce several enhancements to current services, as well as new on-line resources.

Newsletter

First, an electronic version of *Newscope*, the chapter's quarterly newsletter, has recently been launched. We encourage you to sign up today.

Why request an electronic subscription?

? Subscribers will receive an e-mailed newsletter two to four weeks earlier than a hard copy.

? Your e-mailed copy may include information that is omitted from hard copies due to space limitations.

? You will help the chapter save on printing and mailing costs.

To receive *Newscope* by e-mail, go to www.alzhudsonvalley.org, click on the “newsletter” tab and fill out the subscription form, or call the chapter office at 845-471-2655 or 1-800-872-0994.

Library

Thanks to the wonderful work of Elizabeth Bennett, our volunteer librarian, and Jennifer Smith, Director of Finance and Operations, we are now able to offer an electronic catalog of books and videos available through our chapter libraries. To view the catalog, go the chapter website, www.alzhudsonvalley.org.

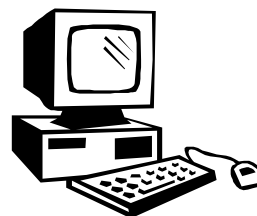
The chapter libraries also have listings of on-line resources. A noteworthy addition is a new version of a booklet called *Alzheimer's Disease: Unraveling the Mystery*, at www.alzheimers.org/unraveling/index.htm. Published by the Alzheimer's Disease Education and Referral Center (ADEAR), the site features excellent content and graphics.

Other new on-line resources include *Medicare Basics: A Guide for Caregivers* and *When Employees Become Caregivers: A Manager's Handbook*. These materials can be reviewed and downloaded at www.cms.hhs.gov/partnerships/materials/caregiversresources/default.asp.

Memory Walk

Last, but definitely not least, we are excited to offer Memory Walk 2003 participants the advantage of on-line fundraising. All you have to do is log onto our website at www.alzhudsonvalley.org and click on “Memory Walk” to register, sponsor a walker, create a team, join a team, or donate to Memory Walk on-line.

New This Year!



Fundraising Made Easy

Walkers are now able to create their own customized web pages to promote their participation in this year's Memory Walk! Register yourself or your team and, in minutes, create your own customized web page to promote your participation in Memory Walk. Add a personal story and/or photos, post pledge updates, recruit team members, and encourage family, friends, and colleagues to make contributions by sending e-mail with a link to your personalized Memory Walk website!

No need to collect cash and checks--now contributions can be made immediately on your behalf via a secure on-line transaction.

For more information, contact events@alzhud-

Chapter News

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Camille Sharp, Care Consultant

Patterson

Stuart Greif, Program Development Specialist

White Plains

Alison DaMore, Assoc. Dir., Programs & Services
Terry Kean, Special Events Coordinator
Joan Lees, Care Consultant
Amy Mayerman, Program & Development Asst.
Erva Randolph, Helpline Coord./Admin. Asst.

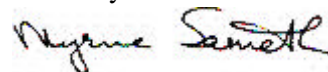
Dear Friends,

Each time I write you I have to focus on one topic when I really want to talk about many things. This issue of the newsletter touches upon many of our programs, as well as fundraising to support all of our efforts. In the last issue I discussed the support programs the chapter has in place which were so beneficial to me. This time I want to share the gratification I get when I help to support the chapter's fundraising.

Last year I sent out letters with self-addressed stamped envelopes, asking friends and family members to sponsor me in our Memory Walk. It was a time-consuming effort and I only sent out a few. However, I got 100% response! This was exciting. This year I would like you to join me in creating teams and sending out e-mails and/or letters to your friends, family and business associates. Our new software should make it possible for you to reach many people with minimal effort as well as ease the donation process. Read about this new fundraising tool

on page 1, visit our website, www.alzhusonvalley.org, and if you have questions about using the software, please call Jennifer Smith at the Chapter office, 1-800-872-0994. Remember, it is the financial support we give which makes it possible for the chapter to continue to enhance its programs as well as to support research which hopefully will find a cure in the near future!

Sincerely



Myrna Sameth
Board Chair

Congratulations!

The lucky winner of our raffle for "A Week in Paradise" at the Villa Aves Del Pariso, Manzanillo, Mexico, is **Herbert Wallace, Esq.**, of Poughkeepsie, NY.

Thanks to all who supported our Chapter's programs by purchasing tickets.

Chapter Offers Bi-Lingual Support Group

**¿Está usted cuidando de alguien con pérdida de la memoria?
¡Usted no está solo!**

**Gratis ASOCIACIÓN DE ALZHEIMERS
Grupo de Apoyo en Español para personas que cuidan de alguien con pérdida de la memoria está llegando a Westchester County en JULIO, 2003**

¡Aprenda a como ayudar a sus seres queridos con pérdida de la memoria!

Grupos de apoyo permiten a personas que cuidan de una persona de edad avanzada a compartir técnicas del cuidado y experiencias con otros en un ambiente de apoyo.

Para más información, por favor contacte a **Corina De León**, Departamento de Programas y Servicios para Personas Mayores del Condado de Westchester, 914-813-6393

Este grupo de apoyo en Español de la asociación de Alzheimer fue posible a través de la colaboración de la Coalición Hispana para Personas Mayores del Departamento de Programas y Servicios para Personas Mayores del Condado de Westchester

Elizabeth Rabbitt
 Betty Radin
 Pat Rasinya
 Charlotte Reith
 Gregg Rice
 Robert Richards
 Daniel Rinder
 Betty Robertson
 Imre Rohonczy
 George Rosen
 Nat Rosen
 Regina Rosenberg
 Mother of Esther Rosenstein
 Jesse Rothstein
 Bess Sameroff
 Gloria Sarkissian
 Getzel Schaffler
 Leah Scheib
 Salvatore Schito
 Marion Schlecht
 Aline Schuster
 Danny Scorzello
 Stephanie Scotto
 Howard Secor
 George Shepitka
 Mary Smith
 Maxwell Sobel
 Werner Spatz
 Nathan Srol
 Aline Schuster
 Judy Silverman
 Gladys Smith
 Gladys Solomon
 Vivian Sperdini
 Barbara Spiegel
 Ann Marie Squillini
 Edwin Y. Stanton
 Jean Star

Helen Steigler
 Mina Stockhill
 Jessica D. Straiger
 Philip Sussman
 Father of Jean Svirsky
 Anna Sweeney
 Armen J. Tartanian
 Henry Tezzi
 Walter Tilitz
 Lillian Tucker
 Millie Turnesa-Recchia
 Regina DeVasto Ummel
 Margo Valmos
 Narcisso Vazquez, Sr.
 Ella Viani
 Mary Estrella Viera
 Louise Viniello
 Mary Wagner
 Robert Walsh
 Lillian Weeden
 Mother of Helen Weinstein
 Ralph Weinstein
 Friedl Weiskopf
 Louis Wexelbaum
 Walter Wojehowski
 Carol Wolf
 Joseph Woznicki
 Pauline Wuest
 Leonard Yolowitz
 Jeanette Young
 Tonia Zier
 Ginny Zimmerman
 Bernard Zinober
 Theresa Zulkowski

Tributes

In honor of Stanley Berma's 70th Birthday

In honor of Phyllis & Les Dreyfuss, The Good/Dreyfuss Family & The Dreyfuss Family at Hanukah

In honor of Walter Freimark's 90th Birthday

In honor of Robin Frankel & Jim Roth's Birthdays

In honor of Elva Girton

In honor of Karen Hanusik

In honor of Mario Loretoni, Mr. & Mrs. John Loretoni, Mr. & Mrs. Jack Loretoni, Anna Novello, & Tina Yacovacci at Christmas

In honor of Patrick McGuinness

In honor of Joyce McKeown

In honor of Connie & John Roberts

In honor of Myrna Sameth's Birthday

In honor of Delene Stankiewicz

In honor of the 50th Wedding Anniversary of Marty & Betty Tobkes

Gloria Becker, In Memorium and Tribute

by Miriam Zucker, ACSW

The multifaceted services of the Alzheimer's Association in Westchester County had their roots in the mid-1980's. Up to that time, acknowledging contributions to the Association and having occasional holiday get-togethers for people with Alzheimer's and their families were the main activities. There was a computer in the office. Nice to look at, but the typewriter continued to be the preferred tool for written communication. There was also the former Westchester Chapter's first Executive Director, Gloria Becker, who passed away in March, 2003. Gloria was not afraid of the computer and she was instrumental in writing the grant that gave the chapter funds to start its first formal program, "The Telephone Support Link Program." Through this service, weekly supportive phone calls were made by trained volunteers to families who had just learned of an Alzheimer's diagnosis. All of the volunteers had family members with the disease, so they were able to understand how devastating it was to learn of such a diagnosis and live with its consequences. As the newly-hired Program Director, I was fortunate to work under Gloria's supervision and bring this program to fruition. Gloria was enormously supportive and recognized the importance of providing encouragement in all undertakings. She had a vision for our chapter and was instrumental in turning this foresight into the start of a much-needed program.



Brookdale Center on Aging Announces New Adult Day Services Certification Program

To respond to the need for more Adult Day Services programs and qualified professionals, the Brookdale Center on Aging of Hunter College, in collaboration with the NYC Department for the Aging, has developed a 30-week intensive Certificate Program in Adult Day Services.

Twenty-five individuals will be selected to complete a course of study that includes classes on aging, dementia, caregiving and mental health, adult day program development and administration, and program operation and activities design. In addition, students will participate in six learning labs/field seminars to observe existing adult day service programs in operation.

will run from September 2003 to June 2004. Acceptance into the program is competitive. All classes are in the early evening with the exception of the learning labs.

This program has been initiated to attract professionals (BA or higher) to the field of adult day services, and/or to stimulate the development of adult day services programming within existing aging services. Challenging coursework by career professionals with practical opportunities to observe and participate in operating programs under the guidance of a mentor make this a unique educational offering. For more information or to apply, contact Andrea Nevins at 646-366-1000 or 212-481-3780, or at anevins@hunter.cuny.edu.

The Adult Day Services Certificate Program

Memorials and Tributes

We are grateful for all the memorials and tributes given to the Hudson Valley/Rockland/Westchester, NY Chapter. These gifts honor friends and loved ones while helping us meet needs for education, family support, advocacy, and research. Listed here are individuals honored from 12/1/02 to 3/31/03. Every effort has been made to ensure accuracy in spelling. If you note a mistake, please call our office at 1-800-872-0994 so we can correct our records. Space limitations no longer permit us to list donors of memorials and tributes in the newsletter. A list may be found on our website at www.alzhdusonvalley.org. We also appreciate your generous donations to our Annual Fund, to special events, and to employee charitable giving campaigns. Annual Fund gifts will be recognized in our Annual Report unless the donor requests anonymity.

Memorials

Tina Abbott
Dottie Jassee Abrams
William Adam
Sadie Agatone
Rosalie Alterman
Etta Amster
Phyllis Anwar
Nettie Arbiter
Stanley Arenson
James T. Batemarco
Ruth Bauer
Evelyn Beck
Doris Beemer
Pat Berg
John Bermel
Michael Bernstein
Bernice Bickel
Violet Bikassy
Dr. Louis Blass
Barbara Blazek
Samuel Louis Blum
Caroline Borelli
Robert Bowerman
Grace Helene Boyd
Richard Brannan
Edna Brown
Joan Adele Brown
Ruby Lee Brugger
Henry Buthmann
Joseph Calabrese
Roy Campbell
Raphaella Cantore
Joseph Carroll, Sr.
Abby Casadi
Helen Casey
Amelia Cassidy
Abraham Cassuto
Lillian Castro
Joseph Catalfo
George E. Cavender
Bernadino Cestone
Angel L. Chaluaisan
Irving Chinitz
Beatrice Austin Christensen
Karen Citrin
Adrienne Cluen
Ruth Cohen
Gordon Cookingham
Angela F. Coschigano
Hilda Eager Countryman

Marlene Crantz
Giulio Crecco
Herman Crispell
Mary Cronin
John Daniels
Katherine Daniels
Dorothy Dauenheimer
Margaret Ann Davis
Julia DeBlock
Louise DeDomenico
Andrew DeGaut
Lois R. Deland
Joseph N. de Simone
Mary DeWitt
Josephine DiBella
Werner Dobriner
Raymond Dolan
Michael Donohue
Mary (May) Donovan
Flora Drevitson
Mrs. Donald DuBois
Annette Dubrovna
Kathleen Duffy
Jeanne DuKess
Herbert & Dorothy Eastwood
Paul Emile
Doris Epstein
Carmela Eremita
Hilda Erlacher
Robert Esseks
Gertrude Evans
Sue Evans
Solomon Farber
Angela Christine Fee
Walter Feingersh
James Ferman
Jennie Ferrari
Bea Fine
Franco Fiorese
Dorothy Fisher
Robert Fleener
Joseph Foley
Leon Forman
Mamie Forman
Ethel Fracasse
Charles Friedman
Gertrude Friedman
Elinor Froatz
Grace Gamgemi
Eugene F. Garvey
Soni Gellis
Maddalena Geni
Virginia M. Gerleman

Peter Giarlo
Magdalena M. Gill
Alfred Mario Giovine
Jamie "Jim" Gitlitz
Angelina Giustino
Trudy Glasser
Abraham Goldstein
Shirley Goldstein
Reine Golman
Ryan Goodman
Betti Grossman
Anna Gubello
Leon Guillon
Bruno Gustavson
Ellie Guinsberg
Gleason Guyette
Joseph Hablich
Anne C. Hartwick
Mother of Pauline Hayes
Rudolph Heipel
Sara Helfant
Irma S. Heller
Rose Heller
Mother of Dan Henn
Irene Roming Hermann
Gertrude Herold
Donald R. Hill
Lillian Hodes
Charles Hoffman
Phyllis Holly
Dorothy Holshek
Helen Hunter
Margaret F. Hurley
Louise Ingrisano
Frank Ippolito
Dorothy Jaffe
Anthony Jagodnik, Sr.
Carl Jenkins
Raymond Jessen
Pearl Johnson
Stanley Judell
Ruth Kaisard
George Kay
Alice & Tony Keenan
Fred Kennedy
Katherine Kennelly
Nellie Kiger
Elsie Klein
Helen Kochan
Florence Kommer
Faye Kuntzman
Margaret Lake
Mildred Lander

Paul Emile Langlais
Alease Larsen
Milton Leder
Helen Leff
Al Levine
Carl Levison
Nicholas Lodico
Sandi Longhi-Woolf
Matthew & Lucille Loscalzo
John Loughran
Antoinette Virginia Nazzaro Luhrs
Ruth F. Lyon
Dolores J. MacCarthy
Father of Irma Madrig
Mother of Maria Magner
Marie Maksomski
Peter Malaspina
Gabriel Marchionne
Roy Mason
John McGrath
Rose McGrath
Catherine McKay
Renne Meisner
Louise Mingoa
Luigi Miniaci
Louise Molfetta
Helen Nagel
Helen Nehrkorn
Rosalyn Neidich
Evelyn Nielsen
Elizabeth Niero
Warren Novak
Susan Ann Nowack
Aloysius O'Connor
Mary O'Farrell
Anna Oliveri
Shirley Palmer
Bertha Pancer
Antoinette Panebianco
Daniel Parker
Anna Pazel
Nicolas Pentcheff
Salvatore Pepe
Gerarda Peraza
Benjamin Perillo
John Lawrence Peterson
Harry Peterson
Theresa Piccininni
Maria B. Pinto
Mildred Pisani
John T. Pozzi
Helen N. Profenno
Dottie Quinn

Calendar of Events

Thursday, June 12, 2003, 7 p.m. - 8 p.m.

Alison DaMore, MS Gerontology, Assoc. Director of Programs & Services, will speak on "Wandering - Why Does It Occur?" A discussion of the dangers of wandering, the Safe Return Program, and other useful interventions for loved ones who wander and become lost. Sunrise Senior Living at Fleetwood, 500 N. Columbus Ave., Mt. Vernon, NY. Info. and reservations: 914-428-1919.

Wednesday, June 18, 2003, 4:30 p.m. - 7:30 p.m.

Caregiver Resource Fair, The Esplanade Senior Residence, 95 So. Broadway, White Plains, NY. Jeffrey E. Escher, M.D., will speak on "What is 'Normal' and What is 'Not.'" Professionals in the aging field will be available to discuss services and resources. Topics will include Alzheimer's disease, mental health, respite and in-home services, housing, internet resources, elderlaw and advocacy, Medicare, Medicaid, wellness and supportive services. Refreshments will be served. To take advantage of respite services during the event, call Jean Dunphy at 914-761-8100, ext. 7160. Co-sponsored by The Caregiver Resource Coalition of the Westchester Co. Dept. of Senior Programs & Services and The Esplanade Senior Residence. Info: Geri Cisco, 914-813-6442.

Wednesday, June 18, 2003, 7:15 p.m. - 9 p.m.

Representatives from Assisted Living facilities in Rockland County and northern New Jersey will discuss their programs and services. Rockland County Fire Training Center, 35 Firemen's Memorial Dr., Pomona, NY. Info: 845-639-6776.

Sunday July 13, 2003, 2 p.m. - 5 p.m.

The Newburgh Caregiver and Early-Stage Support Groups will hold their annual picnic in Munger Cottage at Ring's Pond, Cornwall, NY. Info: Carole Hager, 845-534-9034.

July 15 & 16, 22 & 23, and 29 & 30, 2003, 1 - 4 p.m.

A Course for Family Caregivers. This course is designed to help families acquire the caregiving skills they need to provide safe, confident home care. Classes will include detailed instruction on how to care for someone confined to bed, safe wheelchair use, safe use of medications, infection control, fall prevention, fire safety, and resources. Sponsored by The Caregiver Resource Center of Sullivan Co.; classes held at Sullivan Co. BOCES, Health Academies Bldg., 19 Ferndale-Loomis Rd., Liberty, NY. Fee: \$15 (scholarships are available). To register, call 845-292-6180.

Thursday, July 24, 2003, 12 p.m. - 1 p.m.

Lucia Olarte, Alzheimer's Disease Genetics Study, Columbia University, will speak on "Understanding the

Role of Genetics in Alzheimer's Disease." St. Francis Hospital Atrium, Conference Room A. Co-sponsored by the Dutchess Co. Office for the Aging, NY State Office for the Aging, & the US Admin. on Aging. Info: 845-471-2655.

Saturday, July 26, 2003, 5 p.m.

"Alzheimer's Night" at Kauneonga Speedway, White Lake, NY. (See article, p. 9.)

Tuesday, August 5, 2003, 9 a.m. - 3 p.m.

Sullivan Co. Summer Educational Conference, Cornell Coop. Extension Bldg., 69 Ferndale Loomis Rd., Liberty, NY. Speakers will include Dr. Paul Salzberg (Use of Medications in Behavioral Management), Chi Wilson, registered dietician (Food-related Needs of Individuals with AD), & Dr. Maureen Del Giacco, art therapist (Boosting Cognitive Function through Art Therapy). Craig Fischer from Healthy Heart invites you to join him from 2 p.m. to 3 p.m. in a recreational walk around the Coop. Extension Facility. Info. & reservations: 845-794-3774.

Save the dates!

Tues., August 5 - Tennis Bonanza (see article p. 9)

Mon., September 8 - Westchester Golf Tournament

Sun., September 14 - Westchester & Sullivan Memory Walks

Sat., September 20 - Orange Memory Walk

Sun., September 21 - Rockland & Ulster Memory Walks

Sat., October 18 - Dutchess Memory Walk

Sun., October 26 - Putnam Memory Walk (*note change of date*)

Thurs., December 4 - 4th Annual Early Stage Alzheimer's Conference, The CUNY Graduate Center, 5th Ave. & 34th St., NYC. For info, call (212) 983-0700, ext. 233.

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.

The next programs will be held from 12:30 p.m. to 3 p.m. on Sunday, **May 18**, at Burke Rehabilitation Center, Bldg. 7, Room G-41 in White Plains, NY, and at the Putnam County OFA, Old Rt. 6, Carmel. Future programs in both Westchester and Putnam Counties will be held on **June 23** (call to confirm locations). Space is limited and reservations are required. In Putnam, call 845-878-9890. In Westchester, enrollment is "closed" to new participants at this time - please attend the Program in Putnam Co. &/or call 914-428-1919 and ask to be added to the "Westchester Program Waitlist" for any last minute openings.

Caregiving

Ask Stephanie

Dear Stephanie,

My beloved husband has been diagnosed with Alzheimer's disease. He is a dear, sweet man who had many friends and a myriad of interests. He loved to play golf, garden, read, go to meetings of our book club. He always had many friends, some of them close with us for years, with whom we enjoyed dinners out, theatre going, and sociable evenings of bridge.

He is completely bewildered, as I am, the way people avoid us as though we are suffering from a highly contagious disease. We have never talked about my husband's diagnosis for fear it would stigmatize him, but that doesn't seem to matter. My husband is still high functioning, and he's lonely and depressed. By the way, so am I. Do you have any suggestions? GRW

Dear GRW,

First, I offer my sympathy. The diagnosis of Alzheimer's disease is a very difficult one. By the time it is made, there have undoubtedly been many problems and unusual behavior that precipitated the evaluation process. I very well understand your reluctance to share the news of your husband's illness with the general population. However, it is my experience that people often react in gratifying ways when they have all the facts. Right now your friends may be concerned with your husband's well-being but may be afraid to ask questions.

One good friend of mine couldn't bear to tell everyone she knew, over and over, that her husband had been stricken. She decided to write everyone a letter, laying out the facts and stating how their friends could be helpful. She received an amazing response, which also provided her with a little

Stephanie Cohen welcomes questions relating to Alzheimer's disease or caregiving. Please send your inquiries to "Ask Stephanie," c/o the Alzheimer's Association, 2 Jefferson Plaza, Ste. 203, Poughkeepsie, NY 12601 or to info@alzhusdsonvalley.org.



respite. Friends came to visit for short periods of time. There was always a small project for them to do together. One friend set up a putting green game in the back yard, and they had fun playing golf. Card games became simpler. Her beloved husband had as much fun playing "War" and "Concentration" as he used to have playing Duplicate Bridge.

My friend faced the fact that her beloved husband had special needs. She enrolled him in an early stage support group for individuals with Alzheimer's, where he met people who had the same problems. A trained professional led the program, and the individuals with Alzheimer's were able to talk about their concerns.

By the way, the doctor who was taking care of her husband prescribed a mood elevator, and his sadness at this condition was greatly ameliorated.

She and her husband joined an Alzheimer's Socialization Group (held about once a month). All the participants have a wonderful time making friends, enjoying refreshments, and playing games, and the caregivers are so relieved to be able to "let their hair down" and share experiences.

After one's dear spouse is no longer

eligible for Early Stage groups, there are wonderful half-day and full-day care groups. Most persons with Alzheimer's enjoy these programs very much. They are run by skilled personnel who know how to tailor activities to abilities for a feeling of success and accomplishment.

You will also find yourself making new friends at socialization events and support groups. I do hope you are going to a support group. I certainly could not have gotten through my dear mother's illness without the aid and support I received from my support group. Your new friends have the same problems you do and will not be shocked at less than perfect table manners or an inappropriate comment. (One tip: I took my mother to dinner early, and always sat with her back to the other diners, so that only we at the table saw her breaches of etiquette, and some of them were pretty startling.)

As always, the Alzheimer's Association is here to help you. If you need help locating an early stage support group or day care for your beloved family member, if you need a support group for you, the caregiver, or if you just need to talk about your concerns, we have staff to help you, and we will refer you to other resources you may need. As always there is no charge for our services

The following is a list of our phone numbers:

Dutchess Co.	845-471-2655
Orange Co	845-342-2247
Putnam Co.	845-878-9890
Rockland Co.	845-639-6776
Sullivan Co,	845-794-3774
Ulster Co.	845-340-8474
Westchester Co.	914-428-1919

Best wishes,
Stephanie

Upcoming Special Events

Alzheimer's Night at Kauneonga Speedway

The Kauneonga Speedway, located just 20 minutes from Middletown in White Lake, NY will hold its 4th annual "Alzheimer's Night" on Saturday, July 26. Gates open at 5 p.m., with races beginning at 6 p.m.

Volunteers **Carole Hager** and **Char Geisenheimer** will staff an information table and, with the help of the Rocket family, owners of the Speedway, will solicit donations for the ACTION team at this year's Memory Walk, while Carole's sons, stock car racers **John and Jeff Hager**, will donate their winnings that evening.

In addition, the Speedway will hold a show of antique, racing, and custom cars on Sunday, August 17 and will donate proceeds from a 50/50 to the Alzheimer's Association. Those who visit will have an opportunity to see John Hager's car, which sports the logo of the Alzheimer's Association. For information, call Carole Hager at 845-534-9034.

Tennis -- or Golf?

A subcommittee of the "Young Development Division," a group of supporters of the Alzheimer's Association in Westchester, is organizing the chapter's first "**Tennis Bonanza**," to be held at 9:30 a.m. on Tuesday, August 5 (rain date: Friday, August 8).

The day will consist of a tennis clinic, with pros providing tips, and round robin matches at Brae Burn Country Club in Purchase, NY. There will be court side refreshments, followed by lunch at 12:15 p.m. and a raffle drawing at the club.

According to event committee members **Jill Burger**, **Loren Gilberg**, **Jill Goldberg**, and **Abby Salzman**, you need not be an expert player to participate. Players at all levels are welcome.

The cost for the day is \$100 per person for tennis and lunch, or \$80 per person for lunch only. For reservations, please call Terry Kean at 914-428-1919.



The Alzheimer's Association's fifth annual **Westchester Golf Tournament** will be held on Monday, September 8, at Hampshire Country Club in Mamaroneck. The event is once again being co-chaired by **Ronald Sylvestri**, Senior Vice President of Hudson Valley Bank, and **Donna Sylvestri**, President of Madison Home Management.

Participants will enjoy a delicious BBQ Lunch, a fun-filled afternoon of golf, cocktails, a buffet dinner, great raffles, and an awards ceremony.

For sponsorship or ticket information, please call Terry Kean, Special Events Coordinator, at 914-428-1919.

Memory Walk Tips from Last Year's Top Fund Raiser



Joan Zale, shown with husband Alan, raised almost \$5,000 in 2002.

In celebration of our 11th annual Memory Walk to benefit families in our Hudson Valley / Rockland / Westchester, NY area, we hope that everyone who has participated in the past will come back and bring a friend ... or two ... or a team.

Last year, **Joan Zale**, our top overall individual fundraiser, raised almost \$5,000! Joan attributes her success to writing friends and family, telling them the story of her mother, a retired math teacher, who is suffering from Lewy Body dementia, and asking them to sponsor her on the Walk. She received contributions from more than 100 people. "What we found even more inspiring," she says "were the notes contain-

ing personal experiences, words of support, and kind wishes that accompanied many of the checks."

Now that communication about Memory Walk is made even easier with the new Kintera software available on our website, we hope you'll join Joan as one of our top fundraisers.

Mark your calendar now for a day of family fun at one of the seven Memory Walks listed on our Calendar of Events (page 3). You will be walking with 280,000 walkers across the country in more than 400 communities with a goal of raising \$22 million for Alzheimer's disease.

We look forward to seeing you!

Thanks for the Memories!

Mock Wedding Anniversary Celebration Raises Vital Funds for Family Services

On Sunday, May 18, volunteers in Sullivan County held a special event that will not soon be forgotten, to raise funds for Alzheimer's Association programs and services.

The evening began with superb vocals by **Patti Greco** and was followed with great hilarity as Erica (**Eric Groper**) and Myron (**Myrna Ginsberg**) were interviewed by talk show hosts Owen Winfrey and Dr. Phyllis prior to an audience vote on whether they should renew their wedding vows.

A heartfelt thank you to a superb committee (**Sue Bunce, Marcia Fink, Sheila Lashinsky, Susan Laverty, Regina Minena, Marian Parks,** and



Frieda & Lenny Shniper), a wonderful cast, script writer **Patricia S. Pomeroy**, Kutsher's Country Club, and all who attended, supported, and worked to make this a successful and enjoyable event!

Albums for Alzheimer's

Seventy-five women gathered at the Danbury Sheraton on Saturday, March 22, to sort, trim, display, and document photographs in



keepsake family albums. The full-day workshop was organized and sponsored by a group of local Creative Memories7 consultants, who teach the importance of preserving life stories in photo-safe scrapbooks through home gatherings and educational presentations. These sponsors raised more than \$1,600 for the Connecticut and Hudson Valley/Rockland/Westchester, NY Chapters of the Alzheimer's Association.

"We held this event as a customer and community service," said **Diane Rolfe**, event coordinator. "It was heart-warm-

ing to see so many people set aside time from their busy schedules to preserve their personal photos and memories. Helping those

whose memories are impaired due to this devastating disease truly complements our mission, so we are delighted to offer the proceeds to such a worthy cause."

Last year, the Creative Memories7 corporation donated over half a million dollars to the Alzheimer's Association through the sale of a special limited edition photo album. Creative Memories7 is also one of the National sponsors of this year's Memory Walk. For more information, call Creative Memories7 at 1-800-468-9335 or go to www.creativememories.com.

Chapter Gala Offers Delightful Evening

On April 12, 2003, the Chapter hosted its seventh annual Dutchess County gala, *A Night of Wine & Roses*, at The Links at Union Vale.

The event honored former Board member Elizabeth A. Daniels, Vassar College Historian and Professor Emerita, and Donna Case, President & CEO of Elant, Inc.



*Donna G. Case (l) and
Elizabeth A. Daniels (r).*

Congratulations to this year's chair, **Rob Avery**, and to committee members **Kyle Baker, Bob Essigman, Sue Gromkowski, Kathleen Kelly, Taryn Lukaszewski, Jennifer Ringwood,** and **Nancy Smith** for a very successful event.

Special thanks to Champagne Sponsor **Liberty Mutual**, Cabernet Sponsor **CH Energy Group**, and Chardonnay Sponsor **Novartis Pharmaceuticals Corporation**. Thanks to **Terri Sileno**, who designed the images for Wine & Roses 2003, artist **Taryn Lukaszewski**, entertainer **Lynn Gerb, M.C. Charlie North**, auctioneer **Bill Rinaldi**, and the wineries that participated in the event. Finally, thanks to all who supported the event by purchasing tickets, contributing to the evening's Souvenir Journal, and donating auction items or centerpieces. Your generous support means a great deal to us!

Caregiving

Safe Older Driver Consortium Making Inroads in Rockland County

By Roseann Caserio

What should you do if you think you know of an unsafe older driver?

Rockland now has a consortium of representatives from 16 agencies who are thinking about that question and working on solutions. The Rockland County OFA has taken the lead in assembling the group.

Families, friends, and neighbors often suspect that drivers have become unsafe but are perplexed about how to intervene. Warning signs of an older unsafe driver may include incorrect signaling, trouble navigating turns, moving into the wrong lane, confusion at exits, parking inappropriately, hitting curbs, driving at inappropriate speeds, delayed responses to unexpected situations, not anticipating potentially dangerous situations, increased agitation or irritation when driving, scrapes or dents on the car, garage or mailbox, getting lost in familiar places, confusing brake and gas pedals, car accidents or near misses, moving violations, or stopping in traffic for no apparent reason.

Some problems can be addressed as a community. Communities are reaching out to transportation departments to improve signage, making it larger, making it more visible by placing it overhead, and giving ample warning to drivers of road changes ahead. Additionally, local police departments, as first responders, are increasing their awareness of the warning signs of an older unsafe driver.

Helen Hayes Hospital's Occupational Therapy Department has been well-known for their Driver Evaluation Program designed to professionally

evaluate driving skills following medical problems or accidents. They will expand their focus to include well drivers who are in need of the same type of evaluation. Not all unsafe drivers are doomed to stop driving entirely. Specially equipped cars, special training, or proper treatment for certain medical conditions could keep a person on the road. The AARP runs low-cost defensive driving courses especially designed for the older driver. The consortium is also working on making transportation alternatives more attractive for drivers who must surrender the wheel. While no alternative will ever be as convenient as jumping into your own vehicle parked outside your door, the alternatives are surprisingly inexpensive and easy to use.

Concerned individuals can take steps now. One step is to visit a NYS website, www.aging.state.ny.us, where you will find a handbook entitled "*When You Are Concerned: A Guide for Families Concerned about the Safety of an Older Driver.*" This handbook is detailed and easy to read and takes you step-by-step through the process of identifying and intervening with a suspected unsafe driver, and compensating for the loss of transportation.

Another important first step is getting proper medical treatment for vision problems, arthritis, seizures, neurological difficulties, diabetes, and medication reactions. Beyond that, connecting with organizations that help individuals with those conditions to make adjustments is invaluable. The Rockland County OFA maintains a help network that lists all the agencies that can be helpful. The Alzheimer's



Association, especially, is prepared to help families identify warning signs of unsafe driving that may be associated with symptoms of dementia.

Reaching out could be the hardest thing you'll ever do, but when you consider the alternatives-injury or death to yourself, your loved one or an innocent bystander-the answer is clear. The good news is that now there is help.

Support Group Schedule Available on Request

Due to space limitations, a listing of support groups will no longer be printed in every issue of *Newscope*.

A list of family caregiver and early-stage support groups is available on our website, www.alzhusonvalley.org, and will be mailed on request by any of our chapter offices.

Incontinence Products Available

The Alzheimer's Association recently received a generous donation of incontinence products from a family member.

If you are a caregiver who could make use of these supplies, please call the Poughkeepsie office at 845-471-2655 or 1-800-872-0994.

Early-Stage Issues

From the Inside Out

*By a Member of the
Poughkeepsie Early-Stage
Support Group*

Living a bad dream
Where pinching myself is useless--
To what new lows can I go?
When will me cease to be?

Time runs on a different continuum,
Often obscured
amidst the sameness of it all.
What's today?
My points of reference have gone
away.

Feeling like my fires have dimmed,
Many thoughts remain forgotten.
Memories tapped are no longer there,
ongoing struggles for words
beyond my reach.

It's hard to forget
Sitting among family
Trying to follow conversation
Too fast to comprehend.

Danger comes not from without
But stems from within.
Lurking all around
Are potential means to tragedy.

Acceptance is key
So I can hate the disease
For what it does
And love that which is me.

The ACTION Group Gains International Recognition

By Meg Boyce, C.S.W.

The ACTION Group is a group of individuals in the early stages of Alzheimer's who want to educate others about the disease and to advocate for individuals with Alzheimer's and their families. ACTION stands for "Alzheimer's Coalition to Inform Others Now." The group has been meeting for the past three years; however, in the past year and a half, it has become internationally known.

In January, 2002, members of the Alzheimer's Association in Australia contacted the chapter regarding the group, which they heard about from the National Alzheimer's Association, because they were extremely interested in starting a similar program in Australia.

In April, 2003, the chapter hosted a meeting consisting of two ACTION Group members and two members from the Fondation Mederic Alzheimer based in Paris, France, who had also heard about the group from National Alzheimer's Association staff.

Pascale Dorenlot, M.D., a public health consultant, and Michele Fremontier, the Director of the Foundation, came to the States to gath-



*L to R: Meg Boyce, Jim Rose,
Dr. Pascale Dorenlot, Michele
Fremontier, and Frank Carlino*

er information regarding various programs available to individuals in the early stages of the disease. The meeting was a wonderful learning experience for all of us.

France is just beginning to look at programming for the diagnosed individual, and the two representatives were extremely impressed with the ACTION Group's philosophy and goals. In fact, Frank Carlino, one of the ACTION members who were present for this gathering, was viewed as a celebrity and quite an eye-opener for the French visitors.

It's very rewarding to see that the work that is done on the local level can have such an impact on an international scale.

Thank you!

Congratulations to **Team Mona** (Pam Berger, Team Captain), top 2002 Memory Walk team in Rockland County, and thanks to **Northern Services Group**, a Pacesetter Sponsor for the 2002 Memory Walk!

We apologize that their names were inadvertently omitted from the last newsletter and that they did not receive the recognition they so richly deserve.



Team Mona

Public Policy

Your Chapter Speaks to Members of Congress in Washington, D.C.

By Marc Guthartz, Public Policy Chair

This year marked the fifteenth annual Public Policy Forum on Alzheimer's disease in Washington, D.C. Held March 29-April 1, the Forum was a series of meetings and seminars involving over 400 advocates from all over the United States.

The New York State delegation was made of 20 professionals, volunteers, caregivers, and individuals with Alzheimer's disease. Our chapter delegation included Betty and Frank Carlino, Marc Guthartz, Lori Leemans, Linda Manzo, Jim and Nina Rose, and Elaine Sproat.

The conference culminated in a full day of lobbying with our elected representatives and their staffs on Capitol Hill. This year's message was very clear and very important. We urged Congressional support for the following:



L to R: Linda Manzo, Lori Leemans, Nina & Jim Rose, Betty & Frank Carlino, and Mark Guthartz.

? Provide \$1 billion for Alzheimer research at the National Institutes for Health.

? Modernize Medicare to meet health care needs of all beneficiaries with Alzheimer's disease by adding a

chronic care benefit to Medicare, including payment for geriatric assessment; and provide meaningful prescription drug coverage to assure access and affordability of medication to Medicare enrollees.

? Preserve the Medicaid Long Term Care Safety Net by providing additional assistance to the States to preserve eligibility and quality of services.

If you could not be with us, but would like to add your support, please contact your Representative and Senators and urge their support. If you need assistance in identifying your Congressional district or contact information for members of Congress, please call the chapter office at (845) 471-2655 or 1-800-872-0994, or e-mail info@alzHUDSONVALLEY.org. Now more than ever, we need your voice added to our public policy efforts.

NY State Coalition of Alzheimer's Assoc. Chapters Creates Advocacy Award



Betty and Frank Carlino

On a snowy morning in early April, chapter advocacy volunteers boarded a bus for Albany, where they spent the day speaking with members of the NY State Assembly and Senate about services needed by local families who are living with Alzheimer's. Among those advocates was Frank Carlino who, during the pre-visit rally, was named the first recipient of New York State's

"Outstanding Advocate Award," which will be named in his honor, "in recognition of exemplary service to the Alzheimer community's public policy effort in New York State."

Frank, a former architect, was diagnosed with Alzheimer's disease in the late 1990's and became a volunteer with the Alzheimer's Association in 1999. From the beginning, he has worked to raise awareness about Alzheimer's disease and to bring people together to persuade the media, the general public, and elected officials to support the Alzheimer's Association's legislative priorities. He has spoken eloquently about the impact of Alzheimer's on his own family and the 4,000,000 other U.S. families affected by the disease, as well as the need for increased services and support of research. The most memorable occa-

sion was testifying with the late Maureen Reagan, Orien Reid, and Dr. Steve DeKosky before the Labor/HHS/Education Subcommittee of the Senate Appropriations Committee in Washington, D.C., in 2000.

Perhaps Frank's primary achievement has been motivating other individuals with dementia to become advocates. As a result of stories in local newspapers and other media, Frank has been contacted by numerous individuals who would not otherwise have identified themselves as having been diagnosed with Alzheimer's. He has encouraged them to join early-stage support groups and has inspired several of them to speak publicly about the disease.

Congratulations, Frank, on a well-deserved award!



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www.alzhudsonvalley.org
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Research

Risk of Dementia Associated With Estrogen-Progestin Treatment

Women age 65 and older who were taking a combination therapy of estrogen plus progestin experienced twice the risk of developing dementia as women taking a placebo in the Women's Health Initiative Memory Study (WHIMS). Results of this research were published in the May 28 issue of JAMA (Journal of the American Medical Association). The multicenter study was directed by researchers at Wake Forest University in Winston-Salem, North Carolina.

WHIMS is one part of the Women's Health Initiative (WHI), a large study sponsored by the National Institutes of Health to investigate a number of health issues, including the benefits and risks of either estrogen alone or a combination of estrogen plus progestin. One portion of WHIMS was designed to test the hypothesis that

taking estrogen plus progestin would decrease the risk of developing dementia. Previous observational studies and laboratory research had suggested that this therapy might have a preventive effect.

In July 2002, WHI ended all trials using the combination therapy of estrogen plus progestin, because the health risks exceeded the benefits. These adverse effects include an increased risk in heart attacks, breast cancer, strokes, and blood clots. Women participating in WHIMS also quit taking the combination therapy at that time.

The current JAMA article presents the analysis of data from WHIMS. A total of 4,532 women age 65 and older were enrolled in the trial between May 1996 and December 1999. Approximately half of them were randomly assigned

to take the estrogen plus progestin drug, and the rest received a placebo (inactive ingredient). The average time on the combination therapy was 5.6 years.

During the trial, 61 women were diagnosed with probable dementia. Forty women were in the combination therapy group and 21 were in the placebo group. This means that among women age 65 and older the estrogen plus progestin therapy is associated with a doubling in the risk for dementia.

In the general population, an individual's risk of developing dementia doubles approximately every five years after age 65. The current data suggests, therefore, that a 65-year-old woman taking estrogen plus progestin has roughly the same risk profile for dementia as a 70-year-old woman not taking the drug.