



newscope

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

Summer, 2003

Chapter Launches 24-Hour Helpline

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For most people, calling the Alzheimer's Association's Helpline is the first step to accessing a wide range of chapter and community services.

In an effort to better serve individuals, families, and professionals in Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester Counties, the Alzheimer's Association, Hudson Valley / Rockland / Westchester, NY Chapter has expanded its Helpline to provide telephone assistance 24 hours a day, every day, including weekends and holidays!

We recognize that questions and concerns can arise at any hour of the day or night, and that working caregivers may have difficulty telephoning us during regular business hours on weekdays. A new toll-free, dedicated Helpline number will now be able to provide persons diagnosed with Alzheimer's disease and related disorders, their families, caregivers, and professionals with access to supportive and informational resources "around the clock."

Translation Service Available

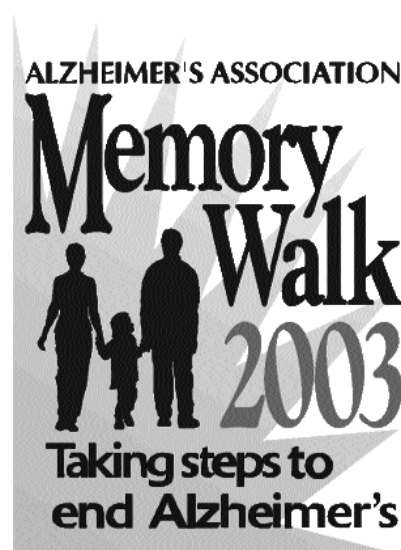
Additionally, trained Helpline specialists and care consultants are now able to provide information, assistance, and referral to available resources, among other vital services, to persons speaking any of over 150 different languages! Now, within moments, local non-English-speaking families can be assisted through use of an interpreter on a 24-hour "language line."

Where to Call

If you live within our chapter territory, the new toll-free number to call for 24-hour Helpline assistance is **1-866-882-5772**.

Those seeking assistance during regular office

hours may also continue to call the regional office telephone numbers listed on the back page of the newsletter. All business calls (including calls regarding Memory Walk) and calls from outside our chapter territory should be directed to the appropriate regional office or to our toll-free business line, **1-800-872-0994**.



- Sun. Sept. 14 ~ Sullivan County**
- Sun. Sept. 14 ~ Westchester County**
- Sat. Sept. 20 ~ Orange County**
- Sun. Sept. 21 ~ Rockland County**
- Sun. Sept. 21 ~ Ulster County**
- Sat. Oct. 18 ~ Dutchess County**
- Sun. Oct. 26 ~ Putnam County**

On-line registration for Memory Walk is now available. Simply go to our web site at www.alzhusonvalley.org and click on "Memory Walk." It's that easy!

**ONE GREAT WALK
SEVEN GREAT LOCATIONS
See page 3 for details!**

Chapter News

Board of Directors

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 Sue Bunce, Secretary

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 Alicia Terrana, Care Consultant
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Middletown

Janet Troia, Regional Program Coordinator

New City

Roseann Caserio, Regional Program Coordinator
 Priscilla Lowery, Administrative Assistant
 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,

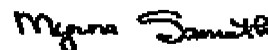
I hope you have been able to enjoy some of this summer. It has been a busy one for our chapter as you can see from this newsletter. One of our major endeavors is expanding our Helpline (see page 1) to provide information and assistance 24/7 (all the time). This is another support for family and friends of people with Alzheimer's or related diseases as well as for people with early stage dementia.

As you can guess, this new program

costs money. Therefore, as we support those in need of our services, I am asking you to support us! In the next month or so there will be a Memory Walk in your community. Please ask your family and friends to participate and contribute (even on line)!

Thank you.

Sincerely



Myrna Sameth
 Board Chair

Chapter Welcomes New Board Members

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. Five new members were elected to a two-year term beginning in July.

Maureen Coughlin has worked in an administrative capacity in long term care settings since 1995 and currently serves as Special Assistant to the President, Elant, Inc. She has been an active Chapter volunteer, serving on the Orange County Program Advisory Council (PAC) and Memory Walk Committee, the latter as Co-Chair for the past three years.

James E. Gibbons has an extensive background in publishing and medical marketing. Most notably, he worked on the creation of the Keepsake and TRIAD materials for Pfizer and Eisai, as well as symposia for professional organizations "Through my experience in healthcare education/marketing, I was exposed to the real tragedy of AD. I think the Association's education messages need to be shared with as many people as we can reach."

Loren Gilberg is President of Elder Care Consulting, Inc., a geriatric care management company. She holds an M.B.A. as well as Bachelor's degrees

in nursing and social work. She co-chaired our Chapter's first tennis tournament this August.

Mark Jeffers works at CBS-TV in New York as head of Distribution Operations, a 50-person department. He produced a children's cancer telethon on cablevision and has produced upstate local segments for the Jerry Lewis MDA telethon for the past 27 years.

Deborah Scheer is a retired teacher who throughout her life has been active in community affairs. "Having recently rotated off the Oakwood Friends School Board after 15 years of service, I find I have time to devote to other interests that concern me, and certain strengths to offer."

We welcome all the new members of the Board and look forward to their involvement in planning for the Chapter's future.

We also extend heartfelt thanks to outgoing Board members **Andrew Blazek, Patricia Gaston, Steven L. Kelley, Nancy Smith, and Donna Sylvestri** for their many years of dedicated service. We are grateful for their generous support of the Chapter and look forward to their continued involvement with the work of the Association.

Upcoming Special Events

New Routes, Activities Enhance Memory Walk 2003

Growth is the watchword for this year's Memory Walk, which has the ambitious goal of raising \$22.5 million nationally and \$300,000 locally to support services for families coping with Alzheimer's disease.

To accommodate more walkers, three of the seven events sponsored by the Hudson Valley/Rockland/Westchester, NY Chapter are being held at new locations this year. **Please note the changes in the Sullivan, Rockland, and Dutchess County walk sites in the list to the right.**

Additionally, the Orange County and Dutchess County walks will be held on **Saturday** rather than Sunday this year, so be sure to mark your calendar accordingly!

A new feature of this year's Memory Walk is the availability of on-line reg-

istration at our chapter web site, www.alzhusdsonvalley.org. Register yourself or your team and, in minutes, create your own web page to help you reach your Memory Walk goal.

As always, Memory Walk promises lots of fun, prizes, entertainment, and camaraderie. This year, for instance, the Orange County Memory Walk will include a "kid's carnival" run by the Cornwall National Honor Society, Westchester will have a live D.J. and a "raffle extravaganza," and Audrey Puente, meteorologist for NewsChannel 4, will signal the start of the Rockland Memory Walk with the release of white doves. Each site also provides refreshments and walker incentives, as well as prizes for the top individual and team fund raisers.

Register today! You'll have a good time while raising money for a great cause!

Join Us, Rain or Shine, at One of the Following Walks:

Sunday, September 14

Sullivan County Memory Walk
Village of Monticello Neighborhood Ctr.
Monticello, NY
Registration: 9:30 a.m. - Walk: 11 a.m.

Westchester County Memory Walk
White Plains High School,
Bryant Avenue, White Plains, NY
Registration: 9 a.m. - Walk: 10 a.m.

Saturday, September 20

Orange County Memory Walk
Heritage Trail, beginning at Elant, Inc.,
Exit 125, Rt. 17, Goshen, NY
Registration: 9 a.m. - Walk: 10 a.m.

Sunday, September 21

Rockland County Memory Walk
Hibernian Club, Railroad Ave. &
Central Ave., Pearl River, NY
Registration: 9:30 a.m. - Walk: 11 a.m.

Ulster County Memory Walk
Senate House & Museum,
Clinton & N. Front Streets, Kingston, NY
Registration: 10 a.m. - Walk: 11 a.m.

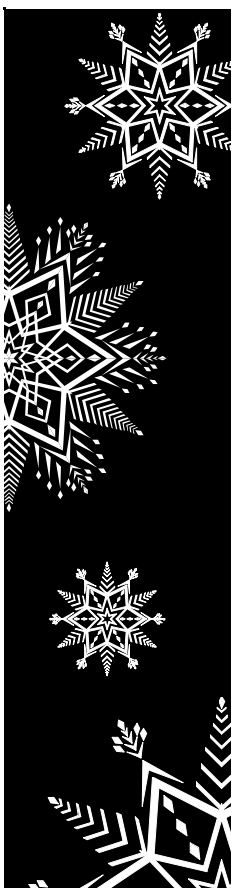
Saturday, October 18

Dutchess County Memory Walk
Poughkeepsie High School,
70 Forbus Street, Poughkeepsie, NY
Registration: 9 a.m. - Walk: 10 a.m.

Sunday, October 26

Putnam County Memory Walk
Putnam Co. Office for the Aging,
110 Old Route 6, Carmel, NY
Registration: 9 a.m. - Walk: 10 a.m.

For more information on Memory Walk, call your local Alzheimer's Association office (see back page) or visit our website for on line registration, www.alzhusdsonvalley.org.



Join us for lunch and a

Holiday Fashion Show
featuring the House of Escada

Sunday, November 2, 11 a.m. - 2 p.m.

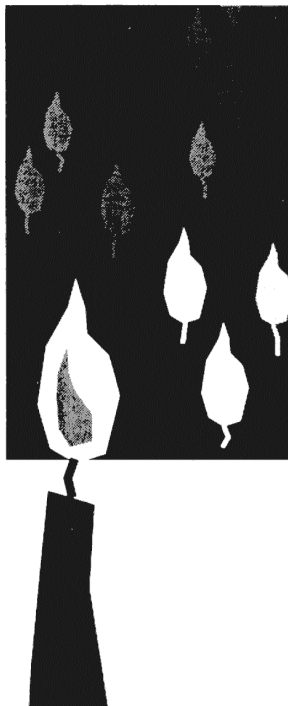
The Inn at Central Valley,
Central Valley, NY

Tickets: \$50 per person,
or \$500 per table of ten

For ticket information or reservations,
call the Alzheimer's Association,
845-342-2247 or 1-800-872-0994

Caregiver's Corner

Alzheimer's Candlelight Remembrance



Tens of thousands of families, friends and caregivers in our chapter territory know first-hand the ravages of Alzheimer's disease. A special ceremony honoring loved ones, living and deceased, will take place in Waryas Park, Poughkeepsie, at 6:00 p.m. on Wednesday, November 5 (rain date Thursday, November 13). We invite you to join us in a remembrance of loved ones and to watch as the Mid-Hudson Bridge is lit in purple in honor of all those who have suffered or are suffering from the disease.

The candlelight ceremony will include music and personal remarks by several family members. If you would like to speak at the event, please contact Meg Boyce, 471-2655 or 1-800-872-0994, by October 1, 2003.

Car-pools to Poughkeepsie will be arranged from other parts of our chapter territory. For more info, please contact the office nearest you (see back page).

Course in Dementia Care Offered in Orange County

This fall, the Alzheimer's Association will offer a Dementia Care Specialist Course at Orange County Community College in Middletown, NY. This six-session noncredit course is aimed at those working in home care, adult day care, human services, and assisted living and skilled nursing facilities. Family members are also encouraged to attend to learn more about caring for someone with Alzheimer's disease.

Classes will be held from 7 to 9 p.m. on Thursdays from September 18 to October 23, 2003. The cost is \$47.

To register, call the college at 845-341-4890. For further information about the course, call Meg Boyce at the Alzheimer's Assoc., 800-872-0994.

New Support Groups to Start This Fall

Participating in a support group is one of the best ways for caregivers and people with Alzheimer's disease to express their feelings and concerns regarding their situation in a non-judgmental, caring atmosphere.

Over the summer, some groups have changed times or days. Additionally, some groups have ended. However, it seems as though when one group ends, another begins with fresh ideas and new connections. There is an updated list in this newsletter.

In **Ulster County** a group is forming at the Canal Lodge Adult Day Care in Ellenville. The group will meet on the 4th Wednesday of the month at 1:00 p.m., beginning in September, with facilitator Mary Ellen Rury, the Director of the Adult Day Program. The Day Care is offering free respite during the group (pre-registration is required). Please contact Mary Ellen at

845-647-8461 for directions to the site or to set up respite.

Another new group will start in **Orange County** at Orange County Residential Health Care Facility. This group will take place on the last Wednesday of the month at 7:00 p.m., starting in October, and will also provide free respite during the meeting. To arrange respite or get directions, call Rose Perini, facilitator for the group, at 845-291-4740.

We are also very excited to announce the formation of two Spanish-speaking support groups. Through collaborative efforts of the Alzheimer's Association, the Hispanic Coalition for the Elderly in **Westchester County**, and the Trinity Evangelical Lutheran Church, a support group will meet twice a month in White Plains. The days and time have yet to be determined. The facilitator will be Berta Mejia-

Geltman, C.S.W. Contact Corina DeLeón, 914-813-6393, or Alison DaMore, 914-428-1919 for further information. The chapter is also developing a Spanish-speaking support group in **Rockland County** that will meet in Haverstraw. Contact Roseann Caserio, 845-639-6776, to join the group.

Finally, in **Dutchess County**, we would like to assess the need for an Alzheimer's support group in the eastern part of the county. If you would like to attend a group in Eastern Dutchess, please call Meg Boyce at the Alzheimer's Association, 845-471-2655.

Early-stage support groups are now offered in Dutchess, Orange, Rockland, and Westchester Counties. A pre-registration interview is required. For further information, please call the office nearest you (see back page).

Alzheimer's Association Family/Caregiver Support Groups

All caregiver groups are free and open to the public, but pre-registration is required. For exact location and other information, or to confirm a group is meeting in case of inclement weather, call your local chapter office (see back page).

DUTCHESS COUNTY			
Beacon	Fishkill Health Center	3rd Wed., 3 p.m.	Pat Usifer, 845-831-8704, x825
Poughkeepsie	Alzheimer's Association	1st Wed., 11 a.m.	Meg Boyce, 845-471-2655
Rhinebeck	The Thompson House	2nd Mon., 6 p.m.	Kevin Kenney, 845-871-3712
Goshen	Elant at Goshen Adult Home	1st Wed., 7 p.m.	Cheryl Dorn, 845-291-3747
**Goshen	Orange Co. Res. Health Care	Last Wed., 7 p.m.	Rose Perini, 845-291-4740
**Middletown	Webb Horton Pres. Church	3rd Wed., 11 a.m.	Alice Krawcyk, 845-342-4787
Newburgh	The Desmond Estate	2nd Tues., 1 p.m.	Char Geisenheimer, 845-446-2192
Newburgh	Elant at Newburgh	2nd Tues., 7 p.m.	Barbara Betrix, 845-561-6991
Newburgh	Hospice of Orange	4th Tues., 7 p.m.	Barbara Betrix, 845-561-6991
PUTNAM COUNTY			
Carmel	The Plaza at Clover Lake	2nd/4th Wed., 6:30-8 p.m.	Stuart Greif, 845-878-9890 M & Th
ROCKLAND COUNTY			
Pearl River	Pearl River Meth. Church	Last Tues., 7:30 p.m.	Priscilla Lowery, 845-639-6776
Pomona	Dr. R. L. Yeager Health Ctr.	1st / 3rd Tues., 6-8 p.m.	Karen Hanusik, 845-642-6382
**Nanuet	Meals on Wheels	Weds., weekly, 1 p.m.	Camille Sharp, 845-639-6776
SULLIVAN COUNTY			
Harris	Catskill Regional Medical Ctr.	1st Mon., 7 p.m.	Cris Will, 845-439-4206
ULSTER COUNTY			
**Kingston	Greenkill Ave. ADC	2nd Tues., 3 p.m.	Cindy Graney, 845-340-3679
New Paltz	Family of New Paltz	2nd Thurs., 7:30 p.m.	Rob Avery, 845-297-3999
Woodstock	Christ Lutheran Church	3rd Tues., 2 p.m.	Janet Van Buren, 845-679-5180
WESTCHESTER COUNTY			
**Cortlandt Manor	The Seabury at Fieldhome	1st/3rd Wed., 10-11:30 a.m.	Jody Addeo, 914-737-2255
# Mt. Kisco	Pres. Church of Mt. Kisco	2nd/4th Th, 10:45am-12:15pm	Joan Lees, 914-428-1919
## Mt. Kisco	Pres. Church of Mt. Kisco	2nd/4th Th., 9:15-10:45 a.m.	Joan Lees, 914-428-1919
Mount Vernon	Sunrise Senior Living	Last Thursday, 6-7 p.m.	Andre Krzyzanowski, 914-665-8402
### Rye	The Osborne	2nd/4th Tues, 2-3:30 p.m.	Stuart Greif, 845-878-9890 M & Th
Sleepy Hollow	Phelps Memorial Hospital	1st/3rd Th., 7:30-9 p.m.	Alison DaMore, 914-428-1919
Somers	Astoria Fed. Savings Bank	1st/3rd Tues., 5:30-7:00 p.m.	Ruth Ahearn, 914-276-9513 eves.
White Plains	United Methodist Church	2nd/4th Wed., 12-1:30 p.m.	Marjorie Frankel, 212-420-4764 afternoons
White Plains	Alzheimer's Association	2nd/4th Mon., 10-11:30 a.m.	Joan Lees, 914-428-1919
White Plains	Alzheimer's Association	2nd/4th Wed., 6:30-8 p.m.	Judith Wank, 914-769-5716 eves.
Yonkers	Classic Residence by Hyatt	2nd/4th Wed., 6:30-7:45 p.m.	Sarah Ruter, 914-423-7200, x151

**Free respite is offered during the group (pre-registration is required).
 # Spouse/Partner Caregivers ## Adult Children Caregivers ### Male Caregivers

Featured Educational Programs

Conferences Highlight National Alzheimer's Disease Month

The Alzheimer's Association's schedule of educational programs is especially full this November, National Alzheimer's Disease Month, with not one but three conferences planned.

The first event, "When the Diagnosis is Alzheimer's: Help for the Journey," will be held from 9:00 a.m. to 2:30 p.m. on **Friday, November 7** at the Holiday Inn, **Kingston, NY**. The keynote speaker is Elizabeth Cohen, author of *The House on Beartown Road*, a wonderfully written memoir about being a member of the "sandwich generation," caring for both an infant daughter and an aging father who has Alzheimer's disease.

Following the keynote, conference sessions will focus on recent advances in the treatment of Alzheimer's disease, how to provide personal care, and the practice and importance of mindfulness for the caregiver. The day will also provide the opportunity to view exhibits at which representatives of agencies that offer Alzheimer-related services will be available. The conference fee of \$25 for family members and \$35 for professionals includes a continental breakfast and a buffet lunch.

The second event will be held from 8 a.m. to 12:30 p.m. on **Tuesday, November 18** in the Rosedale Conference Room at Burke Rehabilitation Hospital in **White Plains, NY**. The keynote speaker is John Blass, M.D., Ph.D., Director of the Dementia Research Service at Burke and Professor of Neurology and Medicine at Cornell University Medical College. Dr. Blass is a nationally-recognized researcher in bio-medical approaches to the treatment of Alzheimer's disease. The program is co-sponsored by the Alzheimer's Association, the Alzheimer's Disease Assistance Center of the Hudson Valley, and Burke Rehabilitation Hospital. The program is free of charge, but reservations are required.

The third November conference, "Alzheimer's Disease & Related Forms of Dementia: It's a Family Affair," will be held from 8 a.m. to 2 p.m. on a date TBA in the meeting room at Grace Baptist Church, 52 S. 6th Street, **Mount Vernon, NY**. Presentations will provide participants with information about Alzheimer's disease and related forms of dementia, tips to help loved ones with activities

of daily living, ideas for home modifications to keep memory-impaired loved ones safe, and non-medical techniques to communicate with individuals with dementia, as well as to manage challenging or upsetting behaviors. Information will also be provided on resources available in Westchester County that families can use as they care for their loved one with Alzheimer's disease.

This free, information-packed seminar is co-sponsored by the Alzheimer's Association, the NY State Department of Health, the Westchester County Dept. of Senior Programs and Services and the Coalition of Hispanic Elderly. Ample off-street parking is available in a municipal lot across the street.

To control costs, brochures will be sent only to those who reside in the vicinity of the events listed. If you do not live in the immediate area but are interested in receiving further information, please call 845-471-2655 (for the Kingston conference), 914-428-1919 (for the events in White Plains and Mount Vernon), or 800-872-0994.

Workshop Encourages Partnering with Your Doctor

If you or someone you care for has memory problems, developing a partnership with your physician and honing communication skills can result in increased knowledge of the situation and less stress, helping the partners make informed decisions about care and services.

To help, the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter is sponsoring a two-hour workshop, "Partnering With Your Doctor: A Workshop for Persons with Memory Problems and Their Care

Partners," at locations throughout the Chapter's service area. Programs in Dutchess, Orange, Sullivan, and Ulster Counties will be offered in collaboration with the Healthcare Communication Project, Inc. The workshop will provide strategies to form a doctor/patient/care partnership that allows you to more effectively manage and be a part of your healthcare. Workshop leaders will discuss communicating with your doctor, improving how patients and care partners work together, getting organized and prepared for doctor visits, reducing your stress, and

ways to ensure the best health care possible for the patient.

Workshops will be offered this fall in Carmel (Wed. 11/12/03), Poughkeepsie (Wed. 11/5/03), Sleepy Hollow (Thurs. 11/6/03), Mount Vernon (Tues. 11/11/03), Somers (Tues. 11/18/03), Cortlandt Manor (Wed. 11/19/03), and Pomona (Wed. 11/19/03). To learn more about these free trainings in your area, or to register, contact the Alzheimer's Association office nearest you (see back page) or log on to www.alzhudsonvalley.org.

Calendar of Other Educational Events

Wednesday, September 17, 2003, 7:15 p.m. - 9 p.m.

A genetic counselor from the Taub Alzheimer's Disease Research Center, Columbia University, will speak on "Understanding the Role of Genetics in Alzheimer's Disease." The program will provide information on risk factors, disease causing genes, uses of genetic testing, and current research programs. An important program for anyone wondering, "What is my risk?" Rockland County Fire Training Center, 35 Firemen's Memorial Drive, Pomona, NY. Info: 845-639-6776.

Tuesday, September 23, 2003, 6 p.m. - 8 p.m.

Sept. 17 program repeated, Catskill Regional Medical Center, Harris, NY. Info & registration: 845-794-3774.

Monday, September 29, 2003, 6 p.m. - 8 p.m.

Rose Rosenberg, Assoc. Dir., Patient Services, Schervier Long Term Home Health Care Program, will speak on "Alzheimer's Skilled Nursing Care AT HOME: The Facts about Long-Term Home Health Care Programs." A complete listing of long-term home health care programs in Westchester County will be available. White Plains Library, 100 Martine Ave., White Plains. Co-sponsored by the Alzheimer's Assoc. & Schervier Home Health Care Services. Info & reservations: (914) 428-1919.

Wednesday, October 15, 2003, 7:15 p.m. - 9 p.m.

Carolyn Strassberg, Esq., Elder Law Attorney, will speak on "Understanding Legal and Financial Issues." Topics will include advanced directives, health care proxies, guardianship, and Medicaid. The program will focus on how to avoid a crisis through advanced planning. Rockland County Fire Training Center, 35 Firemen's Memorial Drive, Pomona, NY. Info: 845-639-6776.

Tuesday, October 21, 2003, 11 a.m.

Meg Boyce, C.S.W., Director of Programs & Services, Alzheimer's Association, will speak on "Understanding Memory Loss." Northeast Community Center, South Center Street, Millerton, NY. Co-sponsored by the Dutchess Co. Office for the Aging, NY State Office for the Aging, & the U.S. Admin. on Aging. Info: 845-471-2655.

Monday, October 27, 2003, 2 p.m. - 4 p.m.

September 17 program repeated, Glen Arden, 214 Harriman Drive, Goshen, NY. Info & registration: 845-342-2247.

Saturday, November 1, 2003, 2 p.m. - 4 p.m.

"Making the Move: A Caregiver Panel Discussion." Deciding to "make the move" to home care, day programs, or residential living can be among the most difficult deci-

sions a family has to make when caring for someone with Alzheimer's or a related form of dementia. Our panel of caregivers have agreed to share their experiences with other families making a similar journey. The Fountains at Rivervue, One Rivervue Place, Tuckahoe, NY. Info & Reservations: 914-428-1919.

Wednesday, November 5, 2003, 6 p.m. - 7 p.m.

(Rain date Thursday, November 13) Candlelight Remembrance, Waryas Park, Poughkeepsie, NY. (See article, page 4.) Info: 845-471-2655 or 800-872-0994.

Friday, November 7, 2003, 9 a.m. - 2:30 p.m.

Alzheimer's Association Conference "When the Diagnosis is Alzheimer's: Help for the Journey," Holiday Inn, Kingston, NY. (See article, p. 6.) Info & reservations: 845-471-2655 or 800-872-0994.

Sunday, November 16, 2003, 12:30 p.m. - 3 p.m.

Socialization programs at Burke Rehabilitation Ctr., Bldg. 7, Room G-41, White Plains, NY, and at the Putnam County OFA, Old Rt. 6, Carmel. Individuals with Alzheimer's disease and their primary caregivers are invited to attend. Space is limited and reservations are required. In Putnam, call 845-878-9890; in Westchester, 914-428-1919.

Monday, November 17, 2003, 2 p.m. - 4 p.m.

Alison DaMore, MS Gerontology, Assoc. Director of Programs & Services, Alzheimer's Association, will provide "An Introduction to Alzheimer's Disease," as well as info about the Alzheimer's Association and resources available to families. Conf. Rm., Dickstein Cancer Center, 2-4 Longview Ave., White Plains. Co-sponsored by the Alzheimer's Assoc., White Plains Hosp. Senior Services, & Westchester Caring Services. Info & reservations: 914-428-1919.

Tuesday, November 18, 2003, 8 a.m. - 12:30 p.m.

"Annual Seminar on Alzheimer's Disease" sponsored by the Alzheimer's Association, the Alzheimer's Disease Assistance Center of the Hudson Valley, and Burke Rehabilitation Hospital. (See article, p. 6.) Info & reservations: 914-428-1919.

Thursday, December 4, 2003, 8 a.m. - 4 p.m.

"Choices and Challenges: Transforming the Early Alzheimer's Experience." The Alzheimer's Association's 4th Annual Early Stage Alzheimer's Conference, The CUNY Graduate Center, 5th Ave. & 34th St., NYC. For info about registration, sponsorship, exhibits, or volunteer opportunities, call 212-983-0700, ext. 230, or visit www.alzheimersync.org.

Legal Issues

Mediation Offers Alternative to Guardianship

When a loved one becomes unable to manage his or her financial affairs, a guardianship appointment may be necessary in the absence of a Durable General Power of Attorney. This happens when there is no one who can access the accounts to pay bills, such as a joint account holder. But even when there is a joint account holder, that person will not have the authority to sell or transfer ownership of the residence, for example. That can be accomplished only when there is a suitable Power of Attorney, or when there is a Guardian. A guardianship may also be necessary to determine what care the loved one requires and where that person should reside, such as in a nursing home.

The guardianship proceeding involves filing a petition in court, stating why the petitioner believes the loved one needs a guardian, what powers are needed, and why the petitioner is a suitable person to serve as guardian. The powers can include the power to choose the place of abode and the power to marshal the incapacitated person's funds to pay his or her reasonable expenses.

Many other powers are usually sought, including the power to transfer ownership of assets. The power to choose the abode can include the power to move the loved one from the home to a nursing home, for example. In that case, the court will appoint an attorney to represent the incapacitated person's interests.

The court also appoints a court

evaluator, to serve as the objective "eyes and ears" of the court. Placement of a loved one in a nursing home is usually against that person's stated wishes. The petitioner must demonstrate to the court that such placement is necessary and document why. But such proof is not necessarily medical records. The guardianship law is designed to allow the alleged incapacitated person the greatest amount of autonomy. The goal of this law is to clarify not only the individual's functional limitations but also his or her functional abilities. The court must find the least restrictive means to meet the incapacitated person's current and emerging needs.

It is not uncommon for the family to have conflicting views of how the incapacitated person should be cared for. Guardianship petitions are sometimes made because family members disagree with the person acting under power of attorney and health care proxy. Intra-family disputes are usually better handled within the context of mediation, rather than in a guardianship proceeding.

Participants in mediation are bound by rules of confidentiality; information shared in mediation cannot be used in a subsequent hearing. Any agreement reached at mediation can be entered into the court record, however, to show that issues have been settled. The guardianship proceeding is really for the purpose of protecting the rights of the alleged incapacitated person, affording him or her a chance to be heard as to the

issues of fact regarding incapacity and the powers needed.

Regardless of the need for a guardian, mediation can also offer valuable assistance to individuals and their families as they plan for the future. Mediation can provide a non-litigious environment for each family member to express concerns. Sometimes, when family members try to explain to their loved one that changes need to be made, the loved one feels cornered, defensive, and feels the need to fight and resist change in order to protect his or her independence. In mediation, trained professionals can help ameliorate these concerns. In this process, the loved one may be able to accept and agree to legitimate changes.

Shari S. L. Hubner is an attorney in private practice, concentrating in elder law and Social Security disability. Her practice is located in the City of Poughkeepsie.

Help for Those Considering Nursing Home Care

If you would like to find, evaluate, and compare nursing homes in your community, help is available! Go to www.medicare.gov, click on "Nursing Home Compare," select a geographic region or search by nursing home name, and select the homes you wish to review. The site allows you to compare nursing home characteristics, resident characteristics, State inspection results, and nursing staff hours per resident per day.

Research

Alzheimer Genetics Initiative Seeks Families with History of Late-Onset AD

Alzheimer's Association chapters will serve as recruitment centers for participants in the Alzheimer's Disease Genetics Initiative, a partnership between the National Institute on Aging (NIA) and the Association to create the nation's largest repository of genetic material from families affected by late-onset Alzheimer's disease.

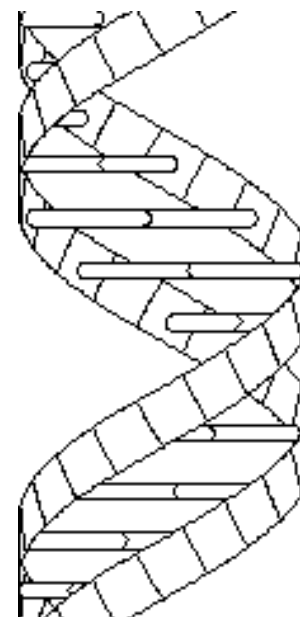
Marcelle Morrison-Bogorad, Ph.D., Associate Director of the NIA's Neuroscience and Neuropsychology of Aging program, announced the partnership in a July 22 plenary address at the Alzheimer's Association's 11th National Alzheimer's Disease Education Conference.

Preliminary information about participating in the study is available from Jamalynne Stuck, M.S.,

research coordinator and genetic counselor at Indiana University's National Cell Repository for Alzheimer's Disease (NCRAD), at 800-526-2839 or 317-274-7360.

The study aims to recruit at least 1,000 families over the next three years. The "ideal" family will have at least two siblings with Alzheimer's and at least one other relative affected by the disease. Participants will be asked to donate a blood sample and provide medical information about family members with and without Alzheimer's disease. A sample collected from a family member at autopsy could qualify for inclusion. All genetic information will be completely confidential.

Late-onset Alzheimer's, the most common form of the disease, tends



to strike after age 65 and has no clear inheritance pattern. Understanding the genetic factors involved may provide important insights into the basic biology of the disease and point the way to new treatments or preventions.

Clinical Trial to Test New Treatment Option for Alzheimer's Disease

A clinical trial at the Nathan Kline Institute for Psychiatric Research in Rockland County is enrolling patients to study the efficacy and safety of an investigational new drug for Alzheimer's disease.

The study is recruiting people with moderate to severe Alzheimer's disease who are either not on medication or whose current therapy does not help them adequately manage their disease. Participants must be medically stable, ambulatory men and women, 50 years of age or older, with a reliable caregiver willing to accompany them to all clinic visits during the study

period.

The clinical trial will investigate whether **neramexane** can help improve patients' abilities to understand and retain information and perform daily tasks. Neramexane is an NMDA receptor antagonist similar to memantine, which is currently available for the treatment of Alzheimer's disease in the European Union and under review at the FDA.

Current research shows neramexane may protect nerve cells, called neurons, from damage by regulating their interaction with, and

response after exposure to abnormal levels of the neurotransmitter glutamate. Regulating the activity of neurons after exposure to glutamate is thought to prevent the damage to neurons and eventual cell death seen in Alzheimer's disease.

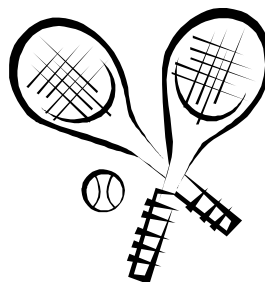
This study, a double-blind, randomized, placebo-controlled Phase III trial involving 40 universities and medical centers in the United States, will last about 26 weeks and is seeking a total of 400 patients.

Interested individuals may call 845-398-5578 to enroll or to learn more about this study.

Development

Tennis Bonanza a Success!

The weather cooperated completely in making the Young Development Division's first-ever "Tennis Bonanza," held August 5th at the Brae Burn Country Club in Purchase, a huge success. With the threat of rain hanging in the air, 80 players participated in a morning of tennis clinics, led by pros, and round robin matches. A lovely buffet lunch and raffle drawing followed tennis. Many thanks to the Tennis Bonanza committee for all their hard work and to all who participated in any way!



Left to right: Committee Chairpersons Abby Salzman, Jill Burger, Jill Goldberg, and Loren Gilberg

Workplace Campaigns: An Easy Way to Give

This fall Combined Health Charities (CHC), the Combined Federal Campaign (CFC), the State Employees Federated Appeal (SEFA), and United Way will be seeking payroll pledges for their annual fund drives. You can use this opportunity to support the fight against Alzheimer's disease.

Gifts to the CHC, CFC, and SEFA can be allocated directly to the Hudson Valley/Rockland/Westchester, NY Chapter of the Alzheimer's Association. The Association's name will not appear on the United Way forms; however, you can write in our name and address on your payroll/pledge card.

In addition, a number of private businesses, such as IBM Corporation and Allstate, have charitable contribution campaigns. Please consider making the Alzheimer's Association, Hudson Valley / Rockland / Westchester, NY Chapter a recipient of your generosity.

Workplace campaigns provide significant funding for vital chapter services. We thank all who support our work by contributing in this way.

Holiday Cards & Gifts from the Alzheimer's Association

Once again, the Alzheimer's Association is partnering with Cards With a Heart to offer an exciting collection of holiday cards, including seven new designs by individuals with Alzheimer's disease. All cards (5" x 7") come in packs of 25 with 25 gold foil-lined envelopes for \$25, and indicate that the sender is supporting the work of the Alzheimer's Association.

Also available are the 2004 Entertainment® books. The two-for-one and 50% discounts on year-round

fun--travel, dining, shopping, movies, and more--offer something for everyone on your gift-giving list. The Mid-Hudson Valley and Westchester/Lower-Hudson Valley editions are just \$27, and more than 160 editions are available for other locations across the country.

You can purchase Entertainment® books and selected cards at this year's Memory Walk, or call 800-872-0994 at other times for further information or a holiday card flyer.

Recycle for Alzheimer's

Through the GreenFund Network, our chapter is now able to benefit by collecting inkjet and laserjet cartridges for recycling.

A collection box is located at each of our office locations. We can also send you collection boxes/bags to collect cartridges on behalf of the Alzheimer's Association.

Help us and help the environment! Please call 800-872-0994 for more information.

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 4/1/03 to 6/30/03. Every effort has been made to ensure accuracy in spelling. If you note a mistake, please call our office at 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.alzhudsonvalley.org.

Memorials

Barbara Abramson
Carmine Apadula
Harold Bache
Gertrude "Trudy" Baird
Joseph Baisley
Irma Basso
Loren R. Battistoni
Eva Bauderer
Ruth Becker
Teresa Mora Bettran
Nicholas J. Bianco
Edward Paul Bliss, Sr.
Irving Block
Milton Bodner
Joyce Bogard
Richard Bonnie
Joseph B. Boscarino
Joseph Brady
Alvin E. Buechele
Alma Bulger
Stanley Paul Campbell
Frank V. Carrea
Lauren Carrol
George Cavender
Frances Colangelo
Kathleen Conte
Marlene M. Crantz
Marilyn F. Dahle
Betty M. Davis
Ana de Albuquerque
Blanche DeRasmo
Josephine DiBella
Alphonse "Al" DiPalma
Elizabeth M. Dirago
Mrs. Dross
Mother of Miriam Epland
Mary J. Falzerano
Solomon Farber
Mrs. Ruth Farkus
Brigida Ficara-Lagana
Jean Fiedler
Rita Franco
Ernest "Ernie" Frost
John Furka
Norman Gabel
Ann Galvin
Frank Gebbia
Dorothy Gelman
Robert L. Gessner, Sr.
Lilly Glantz
Charles Glickman

Galt Gooding
Bertram Gottersman
Beatrice P. Greenbaum
Robert Greendon
Edward C. Gregory
Tillie Bressler Gross
Betti Grossman
Robert Grundon
Mary Guinan
Emma Frances Haggerty
Genevieve Heffernan
Delia Herbert
Murray Hewes
Stanley Hochman
Maude Horaz
Roland G. Hospie, Sr.
Bradley Houston
Dominic Iacobellis
Claire Jacobs
Anthony Jagodnik
Father of Elaine Kaiser
Dorothy Kehoe
Belle Kirschenbaum
Fay Kirshner
Joseph Kligerman
Father of Carol Knobelman
David Joseph Lalonde
Eileen Lemon
Pearl Lensky
Evelyn Leopold
Leonard Lessing
Jack Levene
Josephine Licata
Mae Disken Dorman Lichtman
Nicholas P. Lodico
Edward "Bud" Loeffel
Matthew & Lucille Loscalzo
Alicia Lozier
Beatrice Lynch
W. Terry Malloy
Fay Manoff
Gabriel Marchionne
Bill Mauldin
Albert Mazur
Theresa Mazzella
Jean K. McGinty
Margaret McGready
Alice D. McKenna
Lucy Menna
Carmella Merolle
Annie Michaels
Mary Minena
Rose Moss
John Mrozak

Ann M. Musci
Margaret A. Napoleon
Miriam Niebuht
William Ohlerking
Anna Olivieri
Antoinette Panebianco
Pauline Petrosino
Ronald Phillip
Sue Pizzarello
Rae Polansky
Helen Powell
Helen N. Profenno
John C. Prozeller
Clarance Ramunto
Max Rappaport
Gregg Rice
Regina Rosenberg
Ann Rubinic
Leon Sales
Gloria Sarkissian
Minnie Scharff
Grandmother of Rebecca Sevastio
George Shepitka
Marjorie W. Shprentz
Alex Silberstein
Sally Singer
Theresa Soehnlein
Helen Sofie
Myrtle F. Speidell
Elmore Starke
Inez M. Steele
Paul Stern
Dr. George L. Stolte
Melvin Straut
Justine Strawgate
James E. Sullivan
Armen John Tartanian
M. Bernadine L. Teci
William Tellefsen
Bessie Theodoropoulos
Mary Todaro
Marcie Trombetta
Beatrice B. and Willard Tyler
Herman Usen
Narcisso Vazquez, Sr.
Seymour Veit
Marion Verdirame
Gemma Villa
Mary Wagner
Ann H. Webber
Arlis Weeks
Paul Weiss
Esther Winick
Theresa M. Zulkowski

Tributes

Sue & Herb Bard, on their 50th
Wedding Anniversary

Diane Luboff Beson & Joseph
Beson, in honor of their wedding

Nicholas Bianco, Sr.

Caroline Carrea

Donna Davies

Jonathan Freedman,
on his 50th Birthday

Joan & Stan Graff, on their 50th
Wedding Anniversary

Harold Greenbaum

Dr. William Higgins

Al & Fran Holer, on their 50th
Wedding Anniversary

Margaret Hurley

May & Charlie Koegler, on their
50th Wedding Anniversary

Mildred Nochimson,
on her 90th Birthday

Alice Schounberg

Bernard (Bernie) Scheiman,
on his 70th Birthday

Delene Stankiewicz

A Fond Farewell

The Alzheimer's Association bids a fond farewell to **Donna Davies, C.S.W.**, as she leaves her position as Care Consultant in Orange and Sullivan Counties. Donna has assisted families, conducted educational programs, and worked closely with our early-stage support groups for the past three years. She has a special place in our hearts, and we wish her all the best.



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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.alzhusonvalley.org
info@alzhusonvalley.org
1-800-872-0994
1-866-882-5772 (24-hour Helpline)

Public Policy

Once You've Walked, Take One More Step!

The Hudson Valley / Rockland / Westchester, NY Chapter of the Alzheimer's Association will conduct a major advocacy campaign during Memory Walk. Members of the Chapter's Public Policy Committee will staff a table at each Walk to encourage participants to sign postcards to be sent to their members of Congress and their New York State legislators.

This is an opportunity to harness the incredible energy that families and friends bring to Memory Walk to promote the Alzheimer's Association's advocacy goal.

Our goal is two-fold: (1) to persuade Congress to increase

Alzheimer research funding at the National Institutes of Health and (2) to persuade elected representatives in



Albany of the need for funding at sufficient levels within the State budget to adequately address the needs of the

growing number of families living with Alzheimer's.

Recent studies have shown that if we do not find effective treatments for Alzheimer's disease, the number of afflicted individuals may rise to as many as 16 million by the year 2050. We must act now to prevent the economic disaster and human tragedy that Alzheimer's will cause.

Be sure to join us at Memory Walk as we alert our elected officials to our concerns.

To learn more about the Public Policy committee and how you can help, call your local Chapter office or call 800-872-0994.