



# newscope

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

alzheimer's  association

Fall, 2004

## State Legislature Passes Assisted Living Legislation

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In August, the NY State Assembly and Senate unanimously approved bipartisan legislation that will protect the health and well-being of individuals with dementia by requiring state oversight and licensing of assisted living facilities.

The legislation, known as the Assisted Living Reform Act, establishes a uniform licensing procedure for assisted living facilities, which are becoming more and more popular as a housing option. It also requires important consumer disclosures and sets forth a clear set of consumer rights, protections and safeguards so residents and their families can be sure they're getting quality care and service.

The legislation:

- ◆Clearly defines "assisted living residences";
- ◆Clearly defines "aging in place";
- ◆Requires that residences advertising or marketing themselves as serving individuals with dementia and cognitive impairments submit special needs plans outlining their ability to serve such individuals;
- ◆Requires assisted living facilities to be licensed by the Department of Health;
- ◆Requires each facility to conspicuously post the residents' rights;
- ◆Requires the execution of a written residency agreement with each resident;
- ◆Sets guidelines regarding the management of a resident's money and personal property;
- ◆Requires facilities to assist in the development and operation of resident and family councils; and
- ◆Sets uniform guidelines for the admission, discharge and transfer of residents.

The bill also creates a Task Force on Adult Care Facilities and Assisted Living that will gather information on rules that make care and services less affordable and will direct the health department to develop standards for staffing and training for facilities serving

individuals with cognitive impairments.

Passage of the bill was hailed as a major victory by the NY State Coalition of Alzheimer's Association Chapters and other groups that have lobbied to create such legislation for more than five years. Governor George Pataki is expected to sign the measure into law, which will take effect 120 days after signing.

### Fall Educational Conferences:

**Friday, October 22**

**Thursday, November 11**

**Saturday, November 13**

*See Page 3*



### Join hundreds of others taking steps to end Alzheimer's!

- |                         |   |
|-------------------------|---|
| <b>Sat., October 2</b>  | Dutchess County<br>Orange County  |
| <b>Sun., October 3</b>  | Rockland County<br>Sullivan County<br>Ulster County<br>Westchester County |
| <b>Sun., October 17</b> | Putnam County   |

Register online,  
[www.alzhudsonvalley.org](http://www.alzhudsonvalley.org)  
or call 800-872-0994 for a brochure.

**Our Mission ~**

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

## People in the News

### Board of Directors

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 Jennifer Smith, Director, Finance & Operations  
 Alison DaMore, Director of Development

#### Poughkeepsie

Gina Faustner, Program & Development Asst.  
 Gayle Garin, Community Outreach Specialist  
 Karen Skelton, Special Events Manager  
 Alicia Terrana, Care Consultant  
 Mary Varano, Bookkeeper

#### Middletown

Janet Troia, Administrator, Regional Office  
 Jennifer Rowe, Care Consultant

#### New City

Roseann Caserio, Administrator, Regional Office  
 Priscilla Lowery, Administrative Assistant  
 Camille Sharp, Care Consultant

#### Patterson

Stuart Greif, Program Development Specialist

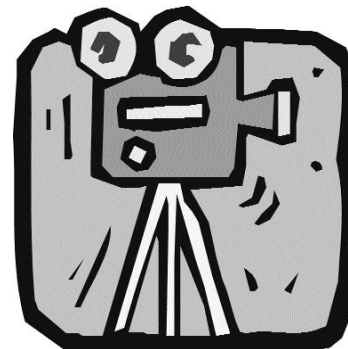
#### White Plains

Ruth Ahearn, Assoc. Dir., Programs & Services  
 Terry Kean, Special Events Manager  
 Megan Williams, Care Consultant  
 Amy Mayerman, Program & Development Asst.  
 Erva Randolph, Helpline Coord./Admin. Asst.

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### Alzheimer's Disease: A Spouse's Odyssey

**Herb Ratet**, a local caregiver, is the producer of a video series with noted experts on Alzheimer's disease. The five-program series will air on White Plains Channel 76 at 6:30 p.m. Wednesdays, Sept. 15 - Oct. 13 and again at 8 p.m. Saturdays, Sept. 18 - Oct. 16; it may eventually be aired nationally. Several individuals associated with the Hudson Valley/Rockland/Westchester, NY Chapter were interviewed for the videotapes, which were highlighted recently in *The Journal News*.



### Kayaking for Alzheimer's

After travelling over 560 often-rainy miles from Buffalo to raise awareness and funds for Alzheimer's, kayaker Kate Michalski, 54, paddled triumphantly into North Cove, Battery Park, on August 22, escorted by Launch 5.



Her journey made news locally on NewsCenter 6, as well as in the *North County News*, the *Poughkeepsie Journal*, the *Putnam Courier*, the *Saugerties Times*,

and the *Southern Dutchess News*. You can read about the joys and challenges of her trip in a press release at [www.nytlcb.com](http://www.nytlcb.com).

### Chapter Welcomes New Special Events Coordinator

As the last issue of *newscope* went to press, the Hudson Valley/Rockland/Westchester, NY Chapter was pleased to welcome **Karen Skelton**



to the position of Special Events Manager in our Poughkeepsie office. Karen replaces Terry Ebersole, who accepted a position with the American Diabetes Association in Philadelphia.

Karen has seven years experience in special events management and volunteer coordination and a special interest in helping the elderly. Prior to moving to Dutchess County, she lived in Rockland and later served as Director of Special Events for the American Cancer Society in Westchester.

Since arriving in July, Karen has jumped right into the action and

excitement of Memory Walk and accepted the challenge of managing multiple events while getting to know all the key players. "I was lucky to find a position where I would have a chance to work with a such great group of volunteers for such an important cause," she says.

Please welcome Karen to her new job!

### Volunteer Opportunity

The Hudson Valley / Rockland / Westchester, NY Chapter is seeking a Spanish-speaking Alzheimer support group leader to facilitate an evening Spanish-speaking support group at Park Manor in Middletown. The Chapter is also seeking to identify individuals as leaders or co-leaders of groups in Hopewell Junction, Millbrook, and Mount Kisco. Groups meet monthly or semi-monthly. Training is provided. For information, please call Meg Boyce, 800-872-0994.

## Educational Programs

### Conferences Highlight “A Season to Remember”

The Chapter's schedule of programs is especially full this fall, with *three* educational conferences planned for the period between Memory Walk and National Alzheimer's Disease Month.

The first conference, “Facing Alzheimer's Disease: Improving Quality of Life,” will be held on **Friday, October 22**, 8:30 a.m. to 2:30 p.m., at the Villa Borghese, Wappingers Falls (Dutchess County). This full-day event will cover a variety of topics, including updates on research, managing difficult behaviors, legal and financial issues, signs of advanced illness, services you may need, and long-term care.

Keynote speakers for the event will be Karen Duff, Ph.D. and Sean Caulfield. Dr. Duff is Principal Research Scientist at the Center for Dementia Research, Nathan Kline Institute for Psychiatric Research, and Associate Professor in the Department of Psychiatry and the Department of Physiology and Neuroscience at the NYU School of Medicine. She received her Ph.D. in molecular genetics from the University of Cambridge (U.K.) in 1991. She is interested in the mechanisms involved in the pathogenesis of neurodegenerative diseases, using transgenic models to study Alzheimer's disease, Parkinson's disease, and tau-based dementias. She has received several awards, including the 2000 Weill Award from the American Association of Neuropathologists, the 2001 Annual Award for Outstanding Contribution to Biochemistry and Molecular Biology from the Federation of European Biochemical Societies, and a 2004 Research Award from the Alzheimer's Association.

Sean Caulfield, who will focus on managing difficult behaviors, is the Community Outreach Coordinator for Hearthstone Alzheimer's Care. He is also the Creative Director of “Artists for Alzheimer's,” a non-profit initiative that brings together artists and people with Alzheimer's disease.

The cost for the conference, which includes a continental breakfast and lunch, is \$25 for family members and \$35 for professionals. Thanks to generous support from the Association for Senior Citizens, respite services will be available by reservation free of charge during the conference.

Due to increased printing and mailing costs, conference brochures will be mailed only to residents of Dutchess, Putnam, and Ulster Counties. If you are interested in receiving a brochure and live elsewhere, please contact the Alzheimer's Association at 845-471-1655, 1-800-872-0994, or [info@alzhusonvalley.org](mailto:info@alzhusonvalley.org).

The Alzheimer's Association's other two fall educational conferences—one targeted primarily at professionals and the other primarily at families—will be held in Westchester County.

On **Thursday, November 11**, 8:30 a.m. to 1 p.m., the Alzheimer's Association, in partnership with the Alzheimer's Disease Assistance Center of the Hudson Valley (ADAC) and Burke Rehabilitation Hospital, will hold its Annual Seminar, which will focus on recent research in diagnosis and treatment of Alzheimer's disease and other dementias. The seminar will be held at the Rosedale Conference Center, 2nd floor Billings Bldg., Burke Rehabilitation Hospital, 785 Mamaroneck Avenue, White Plains, NY.

Speakers at the annual event will include John P. Blass, M.D., Ph.D., and Hanni L. Dorn, Ph.D. Dr. Blass, who is Director of the Alzheimer's Disease Assistance Center, will discuss “Established and Emerging Treatments for Alzheimer's Disease.” Dr. Dorn, Licensed Clinical Psychologist at the Outpatient Cognitive Rehabilitation Program at Burke Rehabilitation Hospital, will explain “The Importance and Usefulness of Neuropsychological Testing.” Other noted physicians and researchers from the Alzheimer's Disease Assistance Center and New York Presbyterian Hospital will discuss “Current Techniques Available to Diagnose and Differentiate Alzheimer's and Other Dementias” and “Treatment of Behavioral Symptoms in Persons with Dementia.”

The Annual Seminar on Alzheimer's Disease is free and open to professionals and caregivers, but pre-registration is required. To register, call 914-428-1919.

Finally, an Alzheimer's Association Seminar, “It's a Family Affair,” will be held on **Saturday, November 13**, 9 a.m. to 3 p.m., at Hudson Valley Hospital Center, 1980 Crompond Road, Cortlandt Manor, NY. The keynote speaker will be William J. Higgins, M.D., a Clinical Instructor of Medicine at NY Medical College. Dr. Higgins, who is affiliated with Hudson Valley Hospital Center, serves on the chapter's Board of Directors and has lectured widely on the disease. He will discuss “Dementia: What Causes It, and What Are the Current Treatments?”

Other speakers will include a noted northern Westchester elder law attorney, addressing “What Financial and Legal Protections Are Available to Families?” and Alzheimer specialists discussing “How to Manage Difficult Behaviors,” “Caring for the Caregiver,” and “Caregiver Resources.” Pre-registration is required. To register, call the Alzheimer's Association at 914-428-1919. Directions and information about lunch arrangements will be provided on registration.

# Alzheimer's Association Family/Caregiver 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 case of inclement weather, call your local chapter office (see back page).

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

\*\* Free respite is offered during the group (pre-registration is required).

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

## Calendar of Events

### **Wednesday, September 29, 2004, 5:30 p.m. - 7:30 p.m.**

"Making the Move: Deciding When to Accept Help." (See Summer issue.) Information/registration: 914-428-1919.

### **Wednesday, September 29, 2004, 4:00 p.m. - 7:00 p.m.**

Caregiver Resource Fair, St. Cabrini Nursing Home, 115 Broadway, Dobbs Ferry, NY. Speaker at 5:30 will be Lawrence T. Force, Ph.D. For information, call 914-245-9167.

### **Tuesday, October 5, 2004, 1 p.m. - 2:30 p.m.**

Jennifer Rowe, M.S.W., Care Consultant at the Alzheimer's Association, will speak on "Making Your Visits Count: Tips for Visiting a Loved One with Alzheimer's Disease." Orange County Residential Healthcare Facility, Glenmere Cove Road, Goshen. To register, call 845-342-2247.

### **Wednesdays, Oct. 6, 13, 20, 27, 2004, 1:30 p.m. - 3:30 p.m.**

Taking Control of Alzheimer's Disease: An Education Series for Early Stage Care Partners. (See article p. 6.)

### **Wednesdays, Oct. 13, 20, 27, & Nov. 3, 10, 2004 (eves.)**

Dementia Care Specialist Certificate Program (See article, p. 6)

### **Wednesday, October 13, 2004, 8:00 a.m. - 4:30 p.m.**

"Transitions: Psychiatric Issues through the Lifespan." A conference sponsored by Jawonio, in cooperation with the Alzheimer's Association. (See article, p. 6.)

### **Friday, October 22, 2004, 8:30 a.m. - 2:30 p.m.**

Alzheimer's Association Conference, "Facing Alzheimer's Disease: Improving Quality of Life." Villa Borghese, 70 Widmer Road, Wappingers Falls, NY. (See article, p. 3.)

### **Thursday, October 28, 2004, 2:30 p.m. - 4:00 p.m.**

Stuart Greif, Program Development Specialist at the Alzheimer's Association, will speak on "Managing Difficult Behaviors, Anger and Depression." The Seabury at Fieldhome, 2276 Catherine St., Cortlandt Manor, NY. Admission is free and open to the public. Registration: 914-737-2255.

### **Wednesday, November 3, 2004, 7:00 p.m. - 8:30 p.m.**

Jennifer Rowe, M.S.W., Care Consultant at the Alzheimer's Association, will speak on "Caring through the Holidays: Tips for Gift Giving, Visiting, and Getting Through This Hectic Time of Year." Park Manor, 121 Dunning Road, Middletown. To register, call 845-342-2247.

### **Thursday, November 4, 2004, 8:30 a.m. - 3:45 p.m.**

Westchester Jewish Community Services presents its annual conference on aging, "The Time of Our Lives: The Rewards and Challenges of Aging," at Reid Castle, Manhattanville College, Purchase, NY. The Alzheimer's Association will present a workshop on "The Rewards and Challenges of Caregiving for Dementia." Info/registration: John Alterman, 914-949-7699, x374.

### **Wednesday, November 10, 2:30 p.m. - 4:00 p.m.**

Lois Pelligrino, Executive Director, My Second Home Adult Day Care Program of Family Service of Westchester, will speak on "Structuring the Day--Activities, Resources, Assistance." The Seabury at Fieldhome, 2276 Catherine St., Cortlandt Manor, NY. Information/registration: 914-737-2255

### **Thursday, November 11, 8:30 a.m. - 1:00 p.m.**

Annual Seminar on Alzheimer's Disease. Co-sponsored by the Alzheimer's Association, the ADAC of the Hudson Valley, and Burke Rehabilitation Hospital. Rosedale Conference Center, 2nd floor Billings Bldg., Burke Rehabilitation Hospital, 785 Mamaroneck Avenue, White Plains, NY. (See article, p. 3.)

### **Saturday, November 13, 2004, 9:00 a.m. - 3:00 p.m.**

Alzheimer's Association Seminar: "It's a Family Affair." Hudson Valley Hospital Ctr., 1980 Crompond Rd., Cortlandt Manor, NY. (See article, p. 3.)

### **Wednesday, November 17, 2004, 6:00 p.m. - 8:00 p.m.**

Join us for some holiday desserts while Jennifer Rowe, M.S.W., Care Consultant at the Alzheimer's Association, speaks on "Caring Through the Holidays." Cornell Cooperative Ext., 69 Ferndale Loomis Rd., Liberty, NY. To register, call 845-794-3774.

### **Wednesday, November 17, 2004, 3:30 p.m. - 5:00 p.m.**

Stein Lecture on Alzheimer's Disease, featuring Dr. Howard Fillit of the Institute for the Study of Aging in NYC. Tisch Auditorium, Sarah Neuman Center, 845 Palmer Ave., Mamaroneck, NY. Call 914-777-6166 after October 17 to reserve a seat. Admission is free.

### **Sunday, November 21, 2004, 12:30 p.m. - 3:00 p.m.**

### **Sunday, December 19, 2004, 12:30 p.m. - 3:00 p.m.**

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

### **Thursday, December 9, 2004, 2:30 p.m. - 4:00 p.m.**

Beverly Knox, Director, Sr. Health, Phelps Hospital Geriatric Care Program, will speak on "The Holidays are Coming! How to Prepare." The Seabury at Fieldhome, 2276 Catherine St., Cortlandt Manor, NY. Information/registration: 914-737-2255.

### **Wednesday, April 20, 2005**

SAVE THE DATE! The Fifth Early Stage Alzheimer's Conference, "Sharing the Journey," The Graduate Center of the City University of New York, 34th St. & Fifth Ave., Manhattan. For information, contact Susan Goldfein at Goldfein@aol.com.

## Chapter Programs and Services

### **Taking Control of Alzheimer's Disease: An Education Series for Early Stage Care Partners**

Persons recently diagnosed with early stage cognitive disorders and their caregivers are invited to a four-week seminar to be held from 1:30 to 3:30 p.m. on Wednesdays October 6, 13, 20, and 27. The series, sponsored by the Alzheimer's Association, will be hosted by the independent living community at Westchester Meadows, 55 Grasslands Rd., Valhalla.

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

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

Pre-registration and personal interviews (required) may be arranged by calling the Alzheimer's Association office in White Plains, 914-428-1919. A suggested donation of \$30 per couple may be made to the chapter.

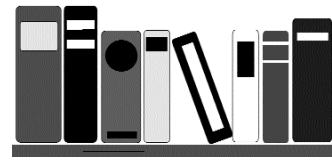
### **Conference Focuses on Issues of Dually Diagnosed Individuals**

Jawonio, in collaboration with the Alzheimer's Association and the Nathan Kline Institute, is presenting its second annual conference on Alzheimer's Disease and Developmental Disabilities. This year's theme, "Transitions: Psychiatric Issues through the Life Cycle" will focus on changes, both normal and pathological, that occur as those with developmental disabilities age. The conference will provide presentations by nationally recognized authorities in the areas of pharmacology, diagnosis, and psychological and social intervention.

In addition, the conference will include workshops on creating and maintaining personal histories, transitioning from family to community care, transitioning from community care to elder care, medication management, and empowering and sensitizing caregivers (family and agency). The day will conclude with a distinguished panel of government and agency executives discussing future responses to these exciting challenges.

The conference will be held on October 13, 2004, 8 a.m. - 4:30 p.m., at Stony Point Conference Center, Stony Point, NY. The registration fee of \$75 includes a continental breakfast, lunch, and MME credits. For further information, please contact Teresa Doyle at Jawonio, 1-888-320-4295, x1480 or [teresa.doyle@jawonio.org](mailto:teresa.doyle@jawonio.org).

### **Chapter to Offer Continuing Education Courses in Fall and Spring**



A Dementia Care Specialist Certificate Program for health care and aging services professionals will be offered this fall at the Pleasantville Campus of Pace University. The five-session course will meet from 5:30 p.m. to 8:30 p.m. on Oct. 13, 20, & 27, and Nov. 3 & 10, 2004. Upon course completion, professionals will be eligible to receive 18 Contact Hours.

Topics will include the effect of hospitalization on a person with Alzheimer's disease, effective communication techniques, assessment of patients with dementia, behavior management, creation of a safe and comfortable environment, and working successfully with families. Through the generosity of a local donor, we expect to be able to offer reimbursement of tuition for a number of nursing students and nurses. For information about registration, call Pace University at 914-773-3358. For scholarship information and questions about the course, contact Ruth Ahearn at the Alzheimer's Association, 914-428-1919.

A similar program open to both professionals and family caregivers will be offered this spring at Dutchess Community College. The course will be held on six consecutive Wednesday evenings from 6 p.m. to 8 p.m., starting on April 6 and ending on May 11, 2005. For further information, please call Meg Boyce at 845-471-2655.

### **Workplace Charitable Giving Campaigns: An Easy Way to Give**

If you are a government employee participating in the Combined Federal Campaign (CFC) or the State Employees Federated Appeal (SEFA), or you work for a private company that has an employee charitable giving campaign, please consider making the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter a recipient of your generosity.

Companies with workplace campaigns will soon be seeking payroll pledges for their annual fund drives. You can support the fight against Alzheimer's disease by entering our chapter's code on your contribution form. The Association's name will not appear on United Way forms, but you can write in our name and address on your payroll/pledge card.

Workplace campaigns provide a critical source of revenue for our chapter. We deeply appreciate your support!

## Caregiving

### Adult Day Services: How They Can Help

By Betsy Hochhauser, CSW

What is adult day care, and how can my relative benefit from a service like this? Currently there are two different types of adult day care, Social Model Adult Day Services Programs and Medical Model Adult Day Health Care Programs, in New York State. The differences and similarities between these programs will be the focus of this article. Medical Models are programs that are attached to a Long Term Care Continuum. Social Models may be associated with a community agency or they may stand alone.

**Social Model Adult Day Services Programs** help families sustain elderly persons with physical and cognitive disabilities within their community by providing much-needed help during daytime hours. Centers provide supervised settings where individuals can receive professional help with activities of daily living. Planned, specialized programming maintains and strengthens these older individuals' physical and cognitive abilities and encourages greatly needed socialization with peers. At the same time, family members and other caregivers can remain in the workforce, comforted by the security of these "day services." The result is cost-effective, helping families to balance their lives and still provide loving care at home. Adjunct services may include escorted transportation, meals, care management, support groups, and personal care.

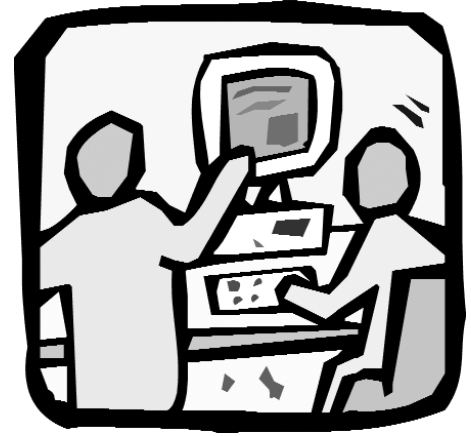
**Medical Model Adult Day Health Care Programs** are community-based long-term care programs that provide comprehensive health care services in a day setting. A candidate's

needs are assessed and met through an individual plan of care that is developed and put into action by an interdisciplinary team of medical professionals, including the candidate's personal community physician. Participants are given nursing, case management, clinical care, medical, diagnostic, social, rehabilitative, recreational and personal care services on a routine basis. Services are provided according to the assessed needs of the candidate and range from monitoring, observing and maintaining an individual's health status to aggressive interventions and utilization of resources. Medical model programs are regulated to provide complete care for candidates, including rehabilitative therapies and dental, ophthalmologic, audiological, and other medical services, as well as addressing their physical, mental, and social needs.

Both models are similar as the core of the program is to provide the participants with structured, stimulating socialization with peers and staff. The cost of Social Model programs varies but is primarily paid for privately; in most cases a sliding scale is attached and the fee is based on income. For Medical Model programs, a person must be Medicaid eligible, willing to pay privately, or have a private insurance source that will pay for the service. Both models of Adult Day Care benefit elders who choose to remain in the community and assist them in being as independent as possible for as long as they can.

*Betsy Hochhauser is Corporate Director, Adult Day Services, Hebrew Hospital Home, Inc.*

### Web Site Wins Accolades



The Mature Market Resource Center recently named the Alzheimer's Association's national Web site, [www.alz.org](http://www.alz.org), one of the best senior-related Web sites for consumers and professionals. Additionally, Jim Miller, author of "The Savvy Senior" and master of the SavvySenior.org Web site, called the site one of his 10 favorite web sites for seniors.

In honor of Hispanic Heritage Month (September 15 - October 15), the Alzheimer's Association has created a special page that provides essential information about Alzheimer's and dozens of links to Spanish-language materials and Hispanic resources. The site can be viewed in English and in Spanish. Check it out at [www.alz.org/hispanic/overview.asp](http://www.alz.org/hispanic/overview.asp).

While you're on line, check out our own Hudson Valley / Rockland / Westchester, NY Chapter Web site at [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org). The chapter site is updated regularly with information about support groups, educational programs, special events, library holdings, employment opportunities, and much more!

## Research

# Alzheimer's Association Announces 2004 Research Awards

The Alzheimer's Association has announced the funding of 71 research projects in 2004. About 20% of the 2004 awards explore the amyloid hypothesis, a pivotal question in Alzheimer research. About 20% investigate other disease mechanisms. Another 20% study brain imaging and other techniques for assessment, diagnosis and monitoring disease progression, all strategies that will play a key role in supporting new treatment development. About 15% focus on care management; about 10% focus on caregiver and family support and well-being; and 5% explore diet, cardiovascular issues and other potentially modifiable risk factors.

This year the Alzheimer's Association awarded its largest research grant, the Pioneer Award, to Philip D. Sloane, M.D., MPH, co-director of the Program on Aging, Disability, and Long-Term Care at the Cecil G. Sheps Center for Health Services Research at the University of North Carolina at Chapel Hill. Dr. Sloane was recognized for his "Improving Medical Care of Assisted Living Residents with Dementia" project, which will focus on the quality of care in assisted living facilities, a rapidly growing care setting that serves an increasing number of people with Alzheimer's disease.

Fourteen of the 2004 grants were awarded to researchers in New York, including two investigators in our chapter territory, **Jay Nierenberg, M.D., Ph.D.**, Research Scientist with the Center for Advanced Brain Imaging at The Nathan Kline Institute for Psychiatric Research in Orangeburg, NY, and **Karen Duff, Ph.D.**, Principal Research Scientist with the Center for Dementia Research at Nathan Kline.

**Dr. Nierenberg's project** will correlate data from neuroimaging studies and tests measuring cognitive skills with the APOE genotype of 20 older adults. People who carry an APOE-e4 gene, one of three common forms of the APOE gene, have a greater risk of developing Alzheimer's disease than those who do not. Dr. Nierenberg and colleagues are examining whether this risk factor is reflected in brain imaging characteristics that have not been thoroughly explored.

Various applications of magnetic resonance imaging (MRI) will be used to assess the integrity of white matter, a kind of complex "wiring system" connecting nerve cells in different brain regions with one another. MRI scans will also be used to measure volume of certain brain regions. Magnetic resonance spectroscopic imaging (MRSI) will measure different metabolites, products of cellular function that indicate a degree of brain cell health and response to injury.

The information will provide the baseline for a long-term

investigation and may demonstrate the potential of this approach as a presymptomatic diagnostic tool.

**Dr. Duff's study** focuses on a key pathological feature of Alzheimer's disease and some related disorders, an abnormal structure in cells called a neurofibrillary tangle. The main component of a tangle is a protein called tau, which plays an important role in maintaining the structure and stability of cells. The development of tangles appears to be closely associated with the degeneration of cells.

While it is normal for the chemical properties of tau to be altered with the addition of phosphate groups, the tau proteins found in neurofibrillary tangles have had unusually high levels of phosphate groups added. One potential treatment strategy to stop or slow the degeneration of cells is to inhibit the work of kinases, the enzymes responsible for phosphorylation. Dr. Duff and her colleagues are assessing the effect of two experimental compounds, each of which inhibits a different kinase.

The studies will be conducted with genetically engineered mice that develop pathological features of Alzheimer's disease, including neurofibrillary tangles. The studies in animal models may provide valuable information about the utility of kinase inhibitors to treat Alzheimer's disease and related disorders.

In addition to the researchers at The Nathan Kline Institute, **Mary S. Mittelman, Dr.P.H.**, of New York University School of Medicine, who gave our chapter's inaugural Adele Rohrlach Memorial Lecture earlier this year, won one of the Alzheimer's Association's prestigious Zenith Fellows Awards.

Dr. Mittelman and her colleagues will assess the effectiveness of a couples counseling program among people recently diagnosed with Alzheimer's or in early stages of the disease and their spouses. Therapy will focus on helping each individual express feelings, needs and issues that have emerged since a diagnosis was made. The researchers have hypothesized that counseling will help spouses maintain the quality of their relationship and the support that they give each other. The outcomes of this study may lead to long-term investigations, which would be necessary to establish couples counseling as a standard practice in Alzheimer treatment and care.

Thanks to our donors, the Alzheimer's Association is the world's largest private funder of Alzheimer research. Since 1982, the Alzheimer's Association has invested more than \$165 million in over 1,300 research projects.

## Recent Events

### Car Show Raises Funds / Awareness

By Carole Hager

Sunday, August 22, the Kustom Klassic Kar Show was held at Kauneonga Speedway. It was a beautiful day with a good turnout.

Volunteers Char Geisenheimer, Barbara Betrix, and Carole Hager staffed an Alzheimer's information table and sold raffle tickets for donated prizes and baskets. An especially popular item was a Grocery Basket containing food donated by members of caregiver support groups that volunteers Barbara, Char, and Carole co-facilitate.



L-R, Char Geisenheimer, Barbara Betrix, and Carole Hager.

In addition, racetrack owners Dave and Joanne Racket and friends Sue and John Clarke had three race cars available for people to drive around the track in exchange for a donation to the Alzheimer's Association.

A great day was had by all, and money raised was contributed to Memory Walk '04.

#### Don't Be Confused

Many organizations attempt to capitalize on the public's concerns about Alzheimer's disease and other dementias. Some have the word "Alzheimer's" in their names or try to mimic the look of the Alzheimer's Association. Please call your local chapter office (see back page) or 1-800-872-0994 if you have questions about anything you receive in the mail.

### Tennis, Golf Events A Huge Success

**Tennis Bonanza 2004**, a benefit for the Alzheimer's Association, was held on Tuesday, August 10, at the Brae Burn Country Club in Purchase, NY. The event attracted 70 players for a morning of tennis clinics, led by pros, and round robin matches. Massages, compliments of Equinox Fitness Club, helped to get the players ready for the matches, and a lovely buffet lunch and raffle drawing followed tennis! The day drew rave reviews from participants and raised almost \$22,000 for the Alzheimer's Association.

Many thanks to the Tennis Bonanza committee, co-chaired by **Jill Goldberg** and **Loren Gilberg**, for all their hard work and to all who participated in any way to make this event successful.

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The 6th Annual Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter **Golf Tournament** was held on Monday, September 13, at Hampshire Country Club in Mamaroneck, NY. Event founders and co-chairs **Ron Sylvestri**, Sr. Vice President of Hudson Valley Bank, and **Donna Sylvestri**, President of Madison Home Management, were thrilled to have glorious weather in between hurricanes Frances and Ivan, as golfers, sponsors and volunteers enjoyed a fun-filled day. Special treats this year included massages donated by JIVA and luxurious robes donated by Schuede Spa Products for day-of-event raffles.

The Alzheimer's Association thanks the event's co-chairs and committee members for their dedication to making the tournament such a success. The tournament raised over \$69,000 to support the work of the Alzheimer's Association.

Thank you also to the event's sponsors:



Ron Sylvestri, Donna Sylvestri, and volunteer Tom Foldy

**Tourney Hosts:** Regensburger Enterprises, Inc. and Cummings Enterprises, Inc.

**Benefactor:** White Plains Radiology.

**Eagle Sponsors:** Hagedorn Actuarial Services, Inc., Octagon Printing, Foxwoods Resort Casino, Vazzy's Restaurant & Catering, The Osborn Retirement Community, HRH Construction, Schervier Nursing Care Center, and L. K. Comstock.

**Underwriters:** Karen Green, Classic Residence by Hyatt, Schervier Nursing Care Center, Sunrise Senior Living at Crestwood, and Correction Officers' Benevolent Association.

**Major Raffle Prize Donors:** CPI Design Group, Frank Vernon Jewelers, L.A., Donna & Ron Sylvestri, and American Airlines.

**Hole-in-One Sponsors:** Smith Cairns Ford, Lincoln, Mercury, Nissan of Mount Kisco and CLI Fleet, Inc.

Special thanks also to Tom Foldy, Fred Haffner, Allyson Sylvestri, Hudson Valley Bank, and all of our wonderful Tees & Greens Sponsors.

Congratulations to the top teams and those who won swings of skill! We look forward to seeing everyone next year--**Save the date: Monday, September 12, 2005!**

## Holiday Gifts That Give Twice!

### Alzheimer's Association Holiday Cards Show You Care

This holiday season, consumers and businesses have the opportunity to send more than just a holiday greeting; they can send Alzheimer's Association greeting cards and show they care. The Alzheimer's Association will use the money raised from card sales to offer programs and services for people with the disease, their families, and caregivers. In addition, each card will include a text detailing the Alzheimer's Association message and will raise awareness about Alzheimer's disease!

New this year, holiday cards can be ordered online on eInvite.com (faxed and mailed orders will also be accommodated). E-Invite is the Internet's premier online invitation and card ordering company, known for its "consumer friendly" ordering process. Orders will ship within 3-5 business days from the time received, even if the order has customization. Consumers

will also have the ability to personalize small card quantities at NO CHARGE from their home computer with eInvite.com's "Easy Invite" patent-pending technology.

The cards will be competitively priced, with the Alzheimer's Association receiving a donation of \$.48 to \$.60 per card. Furthermore, the shipping cost will be lower this year!

Our website, [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org) will be updated shortly with all the details for ordering cards online. If you do not have access to a computer, contact us at 845-471-2655 or 800-872-0994 and we will be happy to send you an order form.

*Happy Holidays!*



### Entertainment Books Now Available

Looking for a sure way to get a great return on a small investment? Spend just \$27 for an Entertainment® Book. It's valid right now, until November 1, 2005. Use it two or three times and it's paid for itself. Use it even more and you're a financial wizard! With an Entertainment® Book, you'll get 50% off and 2-for-1 discounts on dining and discount coupons for movies, groceries, dry cleaning, travel, and much, much more! Even better, you'll also be helping to support the work of the Alzheimer's Association.

Both the Mid-Hudson edition (covering Dutchess, Ulster, Orange, and Sullivan Counties) and the Lower Hudson edition (covering Rockland and Westchester Counties) are available at local chapter offices. To order out-of-town books as gifts for out-of-town family members or friends, call 845-471-2655 or 800-872-0994.

## Ski Event to Benefit Alzheimer's Association

On **Saturday, January 8, 2005**, Clear Channel Radio and Belleayre Mountain Ski Resort are proud to sponsor the Alzheimer's Association's second "Race to Remember: Grand Slalom Challenge."

The event promises to be a fun-filled day for beginners as well as experienced skiers. Participants can just enjoy a day of skiing, or enter the giant slalom race (best time of two runs).

### **Discounted Lift Tickets Offered!**

The cost of a lift ticket for the day, which includes entry for the race, is **just \$20 with pre-registration!** Belleayre Mountain will provide lift tickets on the day of the race for all pre-registered skiers.

Race check-in will be from 8 a.m. to 10 a.m. on January 8 at the Upper Lodge

at Belleayre Mountain. First, second, and third place finishers will be awarded medals in ten categories: boys and girls 12 & under and 13-18, and men and women 19-34, 35-49, and 50+.



*Skiers enjoy last year's event.*

### **Buy Lift Tickets as Holiday Gifts**

Lift tickets make wonderful holiday gifts, so order several by calling the Alzheimer's Association at 845-471-

2655 or 1-800-872-0994 or visiting the chapter's web site, [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org). All proceeds from pre-registration will benefit the Alzheimer's Association. **Pre-registration ends at 5 p.m. on Tuesday, January 4, 2005.**

Tickets may also be purchased on the day of the event for the standard lift ticket price of \$44, plus \$20 for race entry (the latter benefiting the Alzheimer's Association). For more information, contact Karen Skelton at 845-471-2655 or 1-800-872-0994 or visit the chapter's web site at [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org).

In addition to participants, we are also seeking volunteers to assist on the day of the event. Please call Karen Skelton for further information.

***See you on the slopes!***

# 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 below are individuals honored from 4/1/04 to 6/30/04. Unfortunately, space limitations do not permit us to list Annual Fund gifts here.

## Memorials

Mary F. Affuso	Louise D. Egan	Gussie Koritzky	Anthony N. Romeo	Sarah DeMond
Frederic L. Aibel	Lillian Faella	Ann T. Kosterzewski	Cecilia Rush	Jayne Dorfman, for her Bat Mitzvah
Ann Alexavitz	Raymond Fallon	Doris Kozak	Louise Rice Russell	Betty & Joe Fisch
Joseph J. Amata	Kathleen Ferris	Fred Kuchenmeister	Charlie Ryan	Loren Gilberg
Edward Ance	Marty Fife	Marie Louise Lastennet	Jennie Sancimino	Frances Gisondi
Clara Atkins	Tecla Fortunato	Mother of Joanne Leader	Alma Schlesinger	Dohn Harshbarger, on his 60th Birthday
Lillian Bader	John F. Fray	Arthur Lemmo	Helen Schneider	Mr. & Mrs. Les Hathway, on their 50th Anniversary
Jack Baldassare	Rose Friedman	Albert B. Lemunyan	Max Schramm	Donald Klein, on his special birthday
Pat J. Barile	Grace Fulle	Lilian Lesster	Joan E. Schubert	Joan Lees, on her retirement
George J. Basciani	Wilma Fusco	Lydia V. LiBuono	Edythe Scilla	Shirley Lieberman, on her 75th Birthday
John Bayer	Michele Galante	Robert Lind	John Scott	Arnold Loeb, on his birthday
Frank Benson Jr.	Quinto Ghirlardi	Nathaniel Loubet	Virginia Selleck	Dr. & Mrs. Milton Margulies
Gloria Berardino	Peter A. Giarlo	Gloria Magbie	David Shaw	Connie Martucci
Laurine Berean	Eugenia Gina	Charlotte Manahan	Doris Shniper	Pauline Mazzetti
Roberta May Berghahn	Rose Ginsberg	Alfred Manocchio	Joan Sillen	Guests attending the wedding of Susan Verdi & John Miller
Juliana Berkowitz	Audrey Frances Giordano	Henry Marinelli	Arthur Silver	Ellen Nichols, on her wedding
Alfredo Bertoldo	Rose Glazer	Margherita Martello	Isabel Stavola	Ruth & Jack Nodiff, on their 50th Anniversary
Cecile Bisson	Bella Glidmann	Betty Martin	Hazel Swanson	The Rohrlich Family
Lawrence Bittmiller	Paul Goldband	Harry Martin	Leo A. Sweeney	Julious Peretz
Joe Bloom	Byron Golden	Marie R. Martin	Nicholas Tassielli, Sr.	Gladys Pfeffer
Beatrice Bober	Lisa Goodman	Ethel May	Edgar A. Taylor	Kathy Rivaro
Anthony S. Bocchino	Hy Gotkin	Hilda McCormack	Josephine Tricamo	Abby Salzman
Leon Bodycott	Rhonda Green	Hyman Miller	Evelyn Tucker	Marilyn Schwartz, on her special birthday
Pauline Bolton	Beatrice Greenbaum	Janet Mitnik	Mary Tunney	Joe Serling, in memory of all those afflicted with Alzheimer's disease
Ann E. Borner	Harold Greenbaum	Angelina Morizzo	William Elias Turner III	Lawrence Thompson
James T. Breslin	Rose Greenberg	Mary Motta	Yvonne Vauclair	
Murray Breslow	Ann Griffin	Eleanor Neff	Dr. Robert Watsky	
Molly Montgomery Briksev	Aasta Gross	Maggie Newman	Alice Weisman	
Jean Bronik	Dr. Leonard Gutner	Eufemia Cintron Nieves	Reba Weiss	
Lillian Braunstein	William Haller	Mary Nobile	Elizabeth Wilhelm	
Marie Burchett	Lucille Harris	Laurie Nomle-Walker	Trish Williams	
Nancy Burgess	Henry Heinlein	Alice Nugent	Leonore Wiltsek	
Julia Cantor	Ruth Hertzlich	Rita O'Connor	Luther Wood	
Mother-in-law of J. Capalbo	Robert Hevenor	Alice Paba	Dominic Yannocone	
Jean Cascioli	Sol Hiller	Frances Patterson	E. Lauretta Yerdon	
Dominic Casullo	Millicent Hoag	David C. Pelletier	Stella Zammit	
Barbara Clesse	Helen Honey	Victor Penna	Matilda Zampini	
Florence Colburn	Mabel Howcroft	Filomena Piscani		
Della Conlan	Virginia Hughs	Sadie Plant		
Joseph Costa	Fernande Jacobus	Rose Porcaro		
Joan Croshier	Eleanor Jasper	Helen Pressman		
Dierdre Cutler	Joseph Jimenez	Dominic Procino		
John T. Day, Sr.	Rose Rivera-Jones	Paul Quigley		
Leah Decker	Emelia Jorge	Joseph M. Quinlivan		
Madeline B. Deckman	Sally Jorgensen	Samuel Rachlin		
Margaret "Peggy" DeGennaro	Lilyan S. Kanter	Emilie Rainey		
Grace DeNike	Jennie Katz	Nicholas A. Restino		
Marie T. DiCastro	Louise Kazanjian	Phil Reville		
Joseph Duda	Edna Kietur	Lawrence A. Rittmiller		
	Muriel Klein	Gerald C. Roll		

## Tributes

Shelly Berger, for her work at Meals on Wheels of Rockland County

Walter J. Burke Jr., on his birthday, in memory of Walter J. Burke, Sr.

Alison DaMore, for her services to the Alzheimer's Association

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**Change Service Requested**

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D: 845-471-2655 U: 845-340-8474

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

Rockland Regional Office  
845-639-6776

Westchester Regional Office  
914-428-1919

Putnam Point of Service  
845-878-9890

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

## Upcoming Special Event

### Fashion Show To Launch the Holiday Season!



The Alzheimer's Association invites you to its second annual Holiday Fashion Show & Luncheon, honoring The Honorable Ben Gilman and Donna Case-McAleer, President & CEO of Elant, Inc.

This very special event will be held from 11:30 a.m. to 2:30 p.m. on Sunday, November 7, at Anthony's Pier 9 on Route 9W in New Windsor, NY.

This year's models will feature fashions by Chico's, Catherine's, and Adrienne Vittadini and will be escorted by members of our Air National Guard. John Moultrie, President of John Moultrie Enterprises, will return as Master of Ceremonies.

In addition to the latest fashions, guests will enjoy a delicious lunch, music by the Paul Rossel

Trio, and a local high school select chorus.

Guests will also be able to bid on fabulous items in a silent auction--new this year. Silent auction items available include jewelry from Tiffany's, Inc., brunch for two at the Thayer Hotel, Broadway show tickets, and MUCH MORE!

Last year's inaugural Fashion Show event was sold out, so call today to make sure you are part of this special event. Sponsorships and ads in the Souvenir Journal will be accepted until October 15. Tickets are available for just \$50 (\$25 tax deductible), \$500/table of 10.

For reservations and information about sponsorship opportunities, call 845-342-2247.



*Dr. Michelle Koury, Director of Medicine at Crystal Run Healthcare, was one of the models at last year's event.*