



# newscope

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

Summer, 2004

## Join Us for Memory Walk 2004!

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**Our Mission ~**

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

Mark your calendar now, and plan to join hundreds of others taking steps to end Alzheimer's at Memory Walk 2004. Memory Walk, the Alzheimer's Association's signature fundraising event, will be held at seven local sites. Our goal is \$312,000 . . . and the key word is TEAMS. We need your help to reach this goal!!

To jump-start this year's events, Memory Walk kick-off meetings are being held throughout our chapter territory. The kick-offs will orient team captains as to how to build successful Memory Walk teams and will provide information about other exciting ways you can get involved. To attend a kick-off event, simply RSVP to one of the numbers below:

**Westchester/Putnam:** 6 p.m., Thurs., July 29  
Patients' Dining Room, Bldg. 7, 1st Floor  
Burke Rehabilitation Ctr., White Plains  
RSVP: 914-428-1919 or 845-878-9890 by 7/23

**Ulster:** 5:30 p.m., Tuesday, August 5  
La Mirage Steakhouse & Seafood, Ulster Park  
(formerly Capri 400)  
RSVP: 845-340-8474 by 7/28

**Dutchess:** 11:30 a.m., Tuesday, August 10  
Outback Steakhouse, Wappingers Falls  
RSVP: 845-471-2655 by 8/2

**Orange/Sullivan:** 12 p.m., Wed., Aug. 11  
Outback Steakhouse, Middletown, NY  
RSVP: 845-342-2247 or 845-794-3774 by 8/3

**Rockland:** 12 p.m., Wednesday, August 18  
Outback Steakhouse, Suffern  
RSVP: 845-639-6776 by 8/10

If you wish to form a team and cannot attend a kickoff event, pick up a Team Captain Kit at the office nearest you, or request a kit be sent to you.

Once again this year, you are able to create your own customized web page to promote your participation in Memory Walk, and friends and

family are able to make contributions on your behalf via a secure on-line transaction. It's simple, it's fast, and it's effective! Log on today to [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org). Then simply click on the link for Memory Walk to register yourself or your team.

For more information, call 1-800-872-0994 or contact [events@alzhudsonvalley.org](mailto:events@alzhudsonvalley.org).



**Saturday, October 2** - Dutchess County  
Poughkeepsie High School, 70 Forbus St.  
Registration: 9:00 a.m. - Walk: 10:30 a.m.

**Saturday, October 2** - Orange County  
OC Residential Health Care Facility, Goshen  
Registration: 9:00 a.m. - Walk: 10:30 a.m.

**Sunday, October 3** - Rockland County  
Hibernian Club, Railroad Ave.  
& Central Ave., Pearl River  
Registration: 9:30 a.m. - Walk: 11:00 a.m.

**Sunday, October 3** - Sullivan County  
Village of Monticello Neighborhood Ctr.  
Registration: 9:30 a.m. - Walk: 11:00 a.m.

**Sunday, October 3** - Ulster County  
Tech City, Enterprise Dr., Kingston  
Registration: 10:00 a.m. - Walk: 11:00 a.m.

**Sunday, October 3** - Westchester County  
White Plains High School, Bryant Ave.  
Registration: 9:00 a.m. - Walk: 10:00 a.m.

**Sunday, October 17** - Putnam County  
Office for the Aging, 110 Old Rt. 6, Carmel  
Registration: 9:00 a.m. - Walk: 10:00 a.m.

# Chapter News

## Board of Directors

Neil Reig, Chair  
 Rochelle S. Berger, First Vice Chair  
 Susan Bunce, Second Vice Chair  
 Marian Crapanzano, Secretary

Maureen Coughlin  
 Karen Ganis  
 Loren Gilberg  
 William J. Higgins  
 Bret Jacobowitz  
 Debbie Marks Kahn  
 John Levin  
 Linda Manzo  
 Charlotte Ostman  
 Steven A. Schurkman  
 Jannette Swanson  
 Marie Tarver  
 Ward Todd

## Staff

Elaine Sproat, President/CEO  
 Meg Boyce, Director, Programs & Services  
 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.

## Transitions

As often, summer is a time of transition. It is with gratitude and warm wishes that we say goodbye this summer to a number of members of the Chapter's Board of Directors.

Leaving the Board after serving the maximum number of terms allowed by our chapter by-laws are **Guy DeSanctis, Marc Guthartz, Neil T. Rimsky, Myrna Sameth, and Anne Sileno.**

**Laura Baldasare, James Gibbons, Mark Jeffers, Deborah Scheer,** and also concluded their Board service this spring.

Together, our retiring Board members have given more than 60 years of service to our organization. Their dedication and their passion for our cause have helped build our capacity for service so that, today, Chapter programs of education, family assistance, public policy, and support for research are stronger than ever, and Alzheimer's Association help is available to caregivers and individuals with dementia in our area 24 hours a day, 7 days a week.

Retiring officers Myrna Sameth, Guy

DeSanctis, and Anne Sileno deserve special thanks for their leadership, vision, and good will during a period of substantial organizational change.

Fortunately, many of those leaving the Board will continue in other volunteer roles. We look forward to their continued involvement.

At the chapter's Annual Meeting in June, the Board of Directors elected seven new members to two-year terms: **Karen Ganis, William J. Higgins, M.D., Bret Jacobowitz, John Levin, Steven A. Schurkman, Jannette Swanson, and Ward Todd. Charlotte Ostman** joined the Board this spring to fill an earlier vacancy.

**Susan Bunce, Marian Crapanzano, Linda Manzo, and Marie Tarver** were re-elected to a second two-year term, and **Neil Reig** was re-elected to a third term on the Board.

New officers for 2004-05 are **Neil Reig**, Chair; **Rochelle Berger**, 1st Vice Chair; **Susan Bunce**, 2nd Vice Chair; and **Marian Crapanzano**, Secretary.

## Farewell, Joan Lees!

In addition to Board changes, June marked the retirement of **Joan Lees, CSW**, who has served as Care Consultant in our White Plains office since 1992.

During her years with the Alzheimer's Association, Joan brought her special commitment to thousands of families who benefited from her compassionate support. She was also well known by Westchester County agency representatives and served on numerous committees charged with enhancing the lives of seniors and their families.

Her colleague Stuart Greif describes her as an "original" who will be sorely missed who leaves with the good wishes of her colleagues and the gratitude of

all who have been fortunate enough to have benefited from her caring and personal regard for others.

Joan will be moving with her husband to a community in Maryland, closer to part of her family. While she is looking forward to new interests and activities, she has also indicated her interest in serving as an Alzheimer's Association support group leader in her new home town!

alzheimer's  association

the compassion to care, the leadership to conquer

## Chapter News

### New Board Members Offer Skills, Commitment

Having a Board of Directors with diverse interests, skills, and spheres of influence is one of the keys to a thriving organization. Having Board members with dedication to an organization's work is yet another. We are delighted to welcome the new Board members listed below who offer needed expertise and a commitment to our mission.

**Karen Ganis** (Putnam County) has had significant personal experience with Alzheimer's disease, as her father, her grandmother, and three of her father's siblings suffered from the disease. Prior to having children, Karen worked for 15 years at IBM in sales and marketing. She is now a licensed realtor. She has volunteered at the Alzheimer's Association's monthly socialization events in Westchester County, has served on the Memory Walk committee in Putnam County, and has been one of the top individual fundraisers at either the Westchester or Putnam Memory Walk for several years.

**William J. Higgins** (Westchester County) is a physician in private practice. He has lectured on Alzheimer's disease and related topics to community groups and attended professional meetings on current developments in the field. Additionally, he has served on the Medical Board of Directors at Hudson Valley Hospital Center and on the Foundation Board of Hudson Valley Hospital. He and his wife Ellen, a family nurse practitioner, co-facilitate one of the Alzheimer's Association's caregiver support groups.

**Bret Jacobowitz** (Dutchess County) is an employee of a marketing-oriented Westchester company (General Foods), as well as a business owner and a marketing/marketing research consultant. He has previously been a Board member for the Wappingers Falls Jaycees and for several youth-oriented community organizations. He says he seeks to bring to the Alzheimer's Association creative thinking and skills for identifying new goals and opportunity areas to even better serve individuals with the disease, caregivers, and researchers in our area.

**John Levin** (Putnam County) worked for many years for AT&T, testing new data products and developing methods and procedures for bringing them to market. Now retired, he has fiduciary responsibilities for a small group of trusts and serves as Vice-Chairman of the Putnam Chapter of the American Red Cross. Having personally dealt with the problem of Alzheimer's, John views volunteering for the Alzheimer's Association as a way to be a part of the solution. He brings the Alzheimer's Association skills in finance, prob-

lem solving, and business management and planning.

**Charlotte Östman**, C.S.W. (Orange County) is Associate Director of Adult Day Health Care Services at Morningside House in Hawthorne, NY, where her responsibilities include developing and managing budgets, program planning, marketing, and development and management of personnel. In addition to being an Alzheimer's Association early-stage support group leader, she has served on the Putnam Memory Walk Committee and has participated actively in advocacy activities. Charlotte has served as Chairperson of the Central Westchester Geriatric Committee for the past five years and is a member of numerous other professional groups.

**Steven A. Schurkman** (Westchester County) is an attorney with Keane & Beane, P.C. In addition to counseling families dealing with Alzheimer's disease, he has conducted seminars on the legal needs of the elderly and has authored publications on elder law. He has been a member of the Board of Directors of the Westchester Public Private Partnership for Aging Services, the Arthritis Foundation, and the Temple Israel Center. He says he wants to assist the Alzheimer's Association in educating the public about charitable giving and about legal and estate planning.

**Jannette Swanson** (Westchester County), a speech therapist, serves as Assistant Principal of Family School 32 in Yonkers. Among her activities she has facilitated intergenerational programs and has organized a fundraiser for the Alzheimer's Association at the school. She has previously served on the Board of the Richard Allen Center, a foster care and adoption agency, and has been an active community volunteer. She is especially interested in helping the Chapter reach out to African-American families who are caring for someone with dementia.

**Ward Todd** (Ulster County) is President and CEO of the Chamber of Commerce of Ulster County. Previously he worked for more than 30 years in commercial radio broadcasting and management and served for eight years on the Ulster County Legislature, three as Chairman and three as Majority Leader. He has also served as President of the Kingston Board of Education and President of the Board of the Children's Annex. He is presently Vice President of the Catskill Watershed Corporation and a member of the Board of Benedictine Hospital. Ward chaired the Ulster County Memory Walk for several years and chaired the first Memory Walk CEO Breakfast in 2003.

## 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, call your local chapter office (see back page). For information about **early-stage patient support groups**, please call Meg Boyce, 1-800-872-0994.

<b>DUTCHESS COUNTY</b>			
Beacon	Fishkill Health Center	3rd Wed., 3 p.m.	Pat Usifer, 845-831-8704, x825
Millbrook	The Fountains at Millbrook	4th Tues., 2-4 p.m.	Melanie Eades, 845-905-8022
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
Wappingers Falls	Brent Financial Group	3rd Thurs., 6 p.m.	Judith Fraleigh, 845-691-9692, x16
<b>ORANGE COUNTY</b>			
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 Conf. Rm.	2nd Tues., 7 p.m.	Barbara Betrix, 845-561-6991
Newburgh	Hospice of Orange	4th Tues., 7 p.m.	Barbara Betrix, 845-561-6991
<b>PUTNAM COUNTY</b>			
Carmel	The Plaza at Clover Lake	2nd/4th Wed., 6:30-8 p.m.	Stuart Greif, 845-878-9890 M & Th
<b>ROCKLAND COUNTY</b>			
####Haverstraw	Action Partnership (CAPROC)	1st Wednesday, 7-9 p.m.	Maria Souto, 845-634-5729 x313
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 Tuesday, 6-8 p.m.	Karen Hanusik, 845-429-9243
**Nanuet	Meals on Wheels	Weds., weekly, 1 p.m.	Camille Sharp, 845-639-6776
<b>SULLIVAN COUNTY</b>			
Harris	Catskill Regional Medical Ctr.	1st Mon., 7 p.m.	Cris Will, 845-439-4206
#### Harris	Catskill Regional Medical Ctr.	3rd Mon., 7 p.m.	Maria Dallin, 794-3300, x 2786
<b>ULSTER COUNTY</b>			
Ellenville	Canal Lodge Adult Day Care	4th Wed., 1 p.m.	Mary Ellen Rury, 845-647-8461
**Kingston	Greenkill Ave. ADC	2nd Tues., 3 p.m.	Mary Jo DeForest, 845-340-3456
New Paltz	Family of New Paltz	2nd Thurs., 7:30 p.m.	Rob Avery, 845-338-5488
Woodstock	Christ Lutheran Church	3rd Tues., 2 p.m.	Janet Van Buren, 845-679-5180
<b>WESTCHESTER COUNTY</b>			
Cortlandt Manor	The Seabury at Fieldhome	1st/3rd Wed., 10-11:30 a.m.	Diana Penna, 914-737-2255
# Mt. Kisco	Pres. Church of Mt. Kisco	2nd/4th Th., 10:45 am-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 Assisted 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, 914-428-1919
White Plains	Roker Adult Day Care	2nd/4th Wed., 12-1:30 p.m.	Judith Wank, 914-769-5716 eves.
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.
####White Plains	Trinity Evangelical Lutheran Ch.	1st/3rd Tues., 11 a.m.-1 p.m.	Corina DeLeon, 914-813-6393
Yonkers	Classic Residence by Hyatt	2nd/4th Wed., 6:30-7:45 p.m.	Sara Ruter, 914-423-7200, x151

\*\* 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

### Thursday, July 15 – Friday, July 16, 2004

Frontotemporal Dementia (FTD): Clinical, Genetic, Biomarker, & Pathological Perspectives. Philadelphia, PA. Contact: Gayle Joseph, 215-662-4708, [www.uphs.upenn.edu/cndr/retreat.html](http://www.uphs.upenn.edu/cndr/retreat.html)

### Friday, July 16 – Sunday, July 18, 2004

Alzheimer's Association's 12th Annual National Education Conference, Philadelphia, PA. For information, call Meg Boyce at 845-471-2655 or 1-800-872-0994. [www.alz.org](http://www.alz.org)

### Saturday, July 17 – Thursday, July 22, 2004

Alzheimer's Association 9th International Conference on Alzheimer's Disease and Related Disorders, Philadelphia, PA. Contact: 1-312-335-5813. [www.alz.org/internationalconference/registration.htm](http://www.alz.org/internationalconference/registration.htm)

### Wednesday, July 21, 2004, 2:00 p.m. – 3:30 p.m.

Jennifer Rowe, Care Consultant at the Alzheimer's Association, will speak on "Making Your Visits Count: Tips for Visiting a Loved One with Alzheimer's Disease." Park Manor, 121 Dunning Road, Middletown. To register, call 845-342-2247.

### Wednesday, July 28, 2004, 7:00 p.m. – 9:00 p.m.

Jennifer Rowe, CSW, Care Consultant at the Alzheimer's Association, will speak on "End of Life Issues and Spirituality." Cornell Coop. Ext., 69 Ferndale Loomis Rd., Liberty. To register, call 845-794-3774 or 845-342-2247.

### Saturday, July 31, 9:00 a.m. – 12:00 noon.

Alzheimer's Association educational program: Attorney Martin Hersh will speak on estate planning, Craig Fisher of Cornell Coop Ext. will speak on reverse mortgages, and there will be a panel presentation on long-term care insurance. Cornell Coop Ext., 69 Ferndale Loomis Rd., Liberty. To register, call 845-794-3774 or 845-342-2247.

### Saturday, August 7, 3 p.m. – 5 p.m.

A "potluck picnic" for caregivers and their families will be held on the beautiful grounds of Burke Rehabilitation Hospital, 785 Mamaroneck Ave., White Plains. Caregivers are invited to attend and bring picnic food to share, including cold soda. This will be a wonderful opportunity to meet other caregivers—amazing and interesting connections can develop from friendships created with persons dealing with similar situations. The Alzheimer's Association will provide tablecloths and table settings. A covered area is available in case of light rain. Parking is immediate and restrooms will be available inside. To register, please call the Alzheimer's Association at 914-428-1919 by August 1.

### Tuesday, August 10. 9:00 a.m. – 2:30 p.m.

Alzheimer's Association education program, Westchester Meadows, 55 Grasslands Rd., Valhalla (see p. 6). To register, call 914-428-1919. A light lunch will be provided by The

Meadows.

### Wednesday, August 11, 2004.

Del Giacco's Art Therapy Institute will hold a one-day conference on Neuro-Art Therapy, the use of color, line, design and visual movement to enhance cognitive functioning. Albany Marriott Hotel. For information/fees, contact M. Del Giacco, Ph.D., 518-349-4547. [www.brainyart.com](http://www.brainyart.com)

### Tuesday, August 24, 12 noon – 1 p.m.

"Understanding Memory Loss: What is the Difference between Age-Associated Memory Loss and Alzheimer's Disease?" St. Francis Hospital, Conference Room D, Atrium., Poughkeepsie. This program is made possible by the Dutchess County Office for the Aging, the New York State OFA, and the U.S. Administration on Aging. Info & reservations: Meg Boyce, 845-471-2655.

### Tuesday, Sept. 7 – Tuesday, October 12, 6 p.m. – 8 p.m.

Meg Boyce, CSW, Director of Programs & Services at the Alzheimer's Association, will teach a six week Dementia Care Specialist course at the UCCC Business Resource Center in Kingston. The course is open to both professionals and family members. Topics include Understanding Alzheimer's and Other Dementias, Living with Alzheimer's Disease, Improving Communication, Managing Difficult Behaviors, Assisting in Activities of Daily Living, and Caring for the Caregiver. Fee: \$49. To register, call Ulster County Community College at 339-2025. For information about the course, call Meg Boyce, 845-471-2655 or 800-872-0994.

### Wednesday, September 29, 5:30 p.m. – 7:30 p.m.

A caregiver panel will discuss the process of deciding to "Make the Move" and accept help when caring from someone with dementia, one of the most difficult decisions a caregiver has to make. Join caregivers from the Alzheimer's Association for this special discussion and hear about their first-hand experiences with families who are making a similar journey. Classic Residence by Hyatt, 537 Riverdale Ave., Yonkers, will host the event and provide a light supper. Please contact the Alzheimer's Association at 914-428-1919 to register for this free community program.

### Wednesday, October 13, 2004.

"Transitions: Inside the MR/DD Population: Psychiatric Issues, Alzheimer's and Dementia" 2nd Annual Jawonio Conference, Stony Point Conference Center, Stony Point, NY. For info & registration, call Teresa Doyle, 845-634-4648, x 1417.

### Friday, October 22, 2004

SAVE THE DATE! Alzheimer's Association Educational Conference, Villa Borghese, Wappingers Falls, NY. If you do not live in Dutchess or Ulster County and would like to receive a brochure, please contact the Poughkeepsie office at 845-471-2655 or 1-800-872-0994.

## Chapter Programs and Services

### Program Offers Information for Caregivers & Family Members

On Tuesday, August 10, the Alzheimer's Association will sponsor an educational program designed to answer some of the questions most often asked by caregivers and family members. The program will be hosted by Westchester Meadows, 55 Grasslands Road, Valhalla, NY. Registration will begin at 9 a.m., with presentations from 9:30 a.m. to 2:30 p.m. A light lunch will be provided by The Meadows.

Among the speakers are individuals who will address medical, legal, and caregiving issues. **Dr. Alan R. Jacobs**, Asst. Prof. of Neurology at SUNY/Downstate Medical Center and a member of the Alzheimer's Disease and Memory Disorders Center at University Hospital of Brooklyn, will speak on "What Causes Dementia and What Are We Learning about Treatments?" **Neil Rimsky, Esq.**, of Cuddy, Feder & Worby LLP, a former Board member of the Alzheimer's Association, will speak on "What Legal and Financial Decisions Need to be Made When a Parent or Spouse Develops Dementia?" **Maria Scaros-Mercado**, Director of Therapeutic Activities and Volunteer Services at Westchester Meadows, will demonstrate an activity known as "Time Slips"; this is a unique storytelling/reminiscence exercise which can aid caregivers in engaging their family member in a meaningful interaction providing comfort and connection. Finally, **Betsy Hochhauser**, Director of Adult Day Programs for the Hebrew Hospital Home, will speak on "Caring for the Caregiver" and "Community Resources."

Those interested in attending may contact the Alzheimer's Association to register at 914-428-1919. There is no fee for this program, but registration is required. Parking will be easily available.

## 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, the world leader in Alzheimer research and support. Please call your local chapter office (see back page) or 1-800-872-0994 if you have questions about something you receive.

### Volunteers Support Vital Programs & Services

Over the past year, the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter has experienced a significant increase in the volume of requests for information and assistance. While the chapter is blessed with a wonderful staff and many committed volunteers, additional help is needed in both service provision and fund-raising. If you would like to join the fight against Alzheimer's disease, here are some ways to make a difference:

**Helpline:** Volunteers are needed for our Helpline, to answer phones, inform callers about community resources, and assist with related office activities. Qualifications include empathy, comfort in speaking on the phone and taking messages, and interest in dementia and in helping callers find resources to assist them in the difficult challenge of coping with long-term illness. Weekly half-day shifts preferred. Training and periodic updates provided.

**Support groups:** Family Support Group leaders and co-leaders provide caring, non-judgmental support to caregivers and family members. Typically they are health or human service professionals or individuals who themselves have been caregivers in the past. We are currently seeking to identify individuals as leaders or co-leaders of groups in New Paltz, Hopewell Junction, Millbrook, and Mount Kisco, as well as individuals interested in facilitating other groups, should the need arise. Groups meet monthly or semi-monthly during either daytime or evening hours. Training is provided. Two year commitment preferred.

**Memory Walk & Other Special Events:** Committee members are needed for Memory Walk in each of our counties, as well as for the upcoming Golf Tournament in Mamaroneck, the November Fashion Show in Newburgh, and 2005 events such as "A Night of Wine & Roses" and Spring Fling. Committee members help to arouse the interest of sponsors and participants, find donations of raffle prizes and refreshments (as needed), and assist with logistics for the event. Additional volunteers are needed on the day of each event to help set up, register participants, sell raffle tickets, and help with other needs.

Please contact the office nearest you for more information on how you can help: Dutchess, 845-471-2655; Orange, 845-342-2247; Putnam, 845-878-9890; Rockland, 845-639-6776; Sullivan, 845-794-3774; Ulster, 845-340-8474; and Westchester, 914-428-1919.

# Caregiving

## Ask Stephanie

Dear Stephanie,  
 I don't know what to do about serious issues of illness and death. My father has Alzheimer's and my mother has been dead for years. Recently, he has been hospitalized, and asks continuously for his wife, and can't understand why she doesn't visit. What shall I tell him?

Catherine P.

Dear Catherine,

First, I offer my sympathy. This is a very difficult problem, which we all need to address in a manner that will satisfy our dear patient.

When I read your question, I immediately remembered visiting my dear mother in the hospital. She fractured her hip, and had surgery. She could not understand why my father wasn't visiting. She kept saying that she thought she heard his footsteps in the hall. My father had passed away quite a few years before, and I thought she remembered. So, I reminded her that my father had died. She became grief stricken, and treated my statement as though my father had just passed, asking questions about how he died. I managed to calm her and change the subject by having a severe coughing fit, which concerned her. When she asked again, I told her that her husband was away at work, of course. She accepted that answer, and when she asked again, I repeated it, until she was satisfied.

The next day she became quite agitated again, and asked again and again. I answered the same way, that Daddy was at work. But I did speak with her physician, and discussed her increased agitation. He told me that it is a common hospital phenomenon with older patients to become more agitated in the hospital and he increased her

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



medication. She became much more relaxed, less tense and agitated, and was able to heal.

The question of how to answer your father depends on many things. I personally always tried to tell my mother the truth, and it usually was just fine. If you tell your father and he is okay with the truth, then the problem is solved. If not, a gentle fib may be in order, such as your mother is away on a trip. If that does not satisfy, please speak to your physician. He or she may have some solutions with medication to help your father maintain the calm he needs to heal.

At home, when these questions came up, there were always so many ways to distract my mother, that soon the issue was forgotten. We had chores to do, such as pairing and sorting socks, which I always kept handy in a basket. We also needed to sort out playing cards, which the children had messed up. These things kept the two of us very busy. We also needed to take our little walks, make our phone calls to my sisters, and do other important things.

Please know that I am in full empathy with your situation, and I wish you good luck in calming your father toward recovery.

Stephanie

## Chapter Program Selected for National Clearinghouse

The Care Consultation Program of the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter will be showcased in the Alzheimer's Association national Program Clearinghouse. The purpose of the clearinghouse is to foster sharing of program ideas and materials within the Association network so that chapters do not have to "reinvent the wheel" when creating or enhancing a program.

The Care Consultation Program is designed to assist families by providing one-on-one education and support, assessing patient and caregiver needs, and helping secure services to support care of loved ones at home for as long as possible. For information about this program, call your local chapter office (see back page).

## New Care Consultant Joins Staff in Westchester

We are delighted to announce that Megan M. Williams has joined the staff as Care Consultant in our White Plains office



Megan is a Nationally Certified Counselor. She received a B.S. from Penn State University in Human Development & Family Studies, with a minor in gerontology, and an M.A. from Marymount University in Arlington, VA, in Counseling Psychology. Megan has had case management experience as a Medicaid Eligibility Examiner in Fairfax County, VA, and as a bereavement counselor with Hospice in Northern VA. She has also worked with older adults and their families in a continuing care retirement community and at a local senior center.

## Research

### NYC Research Centers Seek Study Participants

Two research centers located in New York City are seeking help from caregivers, family members, and individuals with Alzheimer's disease.

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

#### REVEAL-2

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

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

If you are interested in participating in this study or want more information, please contact Beth Chisholm, Genetic Counselor and project manager, 212-746-6580.

#### MIRAGE

The second study is entitled "Multi-Institutional Research in Alzheimer's Genetic Epidemiology (MIRAGE)."

The purpose of the MIRAGE study is to search for genes that may affect the course of Alzheimer's disease, such as genes that increase the likelihood that a patient with Alzheimer's disease would also develop strokes.

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

Siblings of Alzheimer patients participating in this study receive an MRI and memory testing free of charge. They do not have to travel to Manhattan to participate in this study.

To express interest in the study or obtain more information, please contact Beth Chisholm, Genetic Counselor and Co-Project Manager at 212-746-6580 or Basia Adamiak, Co-Project Manager, at 212-746-6581.

#### CLINICAL RESEARCH STUDY

The third study is a new clinical research study to evaluate whether an investigational drug that is not yet approved by the FDA may slow the symptoms and progression of Alzheimer's disease.

Doctors are seeking people aged 50 and older with mild to moderate Alzheimer's disease to participate in this 15-month trial. Participants and their caregivers must travel to Manhattan to participate in the study. Participants may continue to take other medication for the treatment of Alzheimer's as long as they have been on a stable dose of the medication for at least two months before entering the study. For more information, please contact Basia Adamiak at the Cornell Memory Disorders Program, 212-746-6581.

#### **The Silberstein Institute for Aging and Dementia**

at NYU's School of Medicine has recently developed a special program for people who are caring for parents with middle stage AD (the stage where there are more symptoms than just memory loss). This project is directed by Dr. Mary Mittelman and a staff of family counselors. The study will be conducted on-site at NYU School of Medicine during the lunch and/or evening hours. A light meal will be provided and there is no cost for participation.

Everyone who enrolls in the study will receive self-teaching materials especially written for this project. Some participants will receive in-person training as well. The purpose of this program is to decrease the negative effects of caregiving (stress, anxiety and depression) while improving caregivers' ability to interact with their parents and to balance the competing responsibilities of their lives.

All caregivers will be asked to complete questionnaires when they enroll and 3 and 6 months later to find out how helpful the program has been. In addition, caregivers selected for in-person training will participate in three sessions over a three-month period.

To be eligible, applicants must be caring for a parent with a diagnosis of AD and have contact with him or her at least once a week. For more information about the project, please call Olanta Barton, study coordinator, at 212-263-5710 or the NYU Counselor Help-line at 212-263-1028.

# Recent Events

Spring 2004 was memorable for a number of excellent educational programs, activities, and special events.

Among these was the inaugural Adele Rohrlach Memorial Lecture given by Mary S. Mittelman, D.P.H., at the White Plains Hospital Center. Dr. Mittelman spoke on "Evidence-Based Treatment for Family Caregivers of Persons with Alzheimer's Disease and Related Forms of Dementia."



*L-R:  
Alison DaMore, of  
the Alzheimer's  
Association; Dr.  
Mary Mittelman;  
Helen Friedlander  
& Richard Biondi,  
of White Plains  
Hospital Center*

Ralph Nixon, M.D., Ph.D., was one of the plenary speakers at the Alzheimer's Association's Spring Educational Conference, "On the Cusp: Recent Breakthroughs in the Diagnosis and Treatment of Alzheimer's Disease and Other Dementias." The conference, held in collaboration with the Nathan S. Kline Institute for Psychiatric Research, NAMI-FAMILYA, and the Rockland County Government Alzheimer's Task Force, attracted 350 participants.



Tracey Greenfield, founder of our Chapter's Young Development Division, was the honoree at this year's Spring Fling at The Fountainhead in New Rochelle. Chaired by Loren Gilberg, the event raised over \$60,000 to support Alzheimer's Association services.



*L to R:  
Alison  
DaMore,  
Terry Kean,  
Loren  
Gilberg,  
Tracey  
Greenfield,  
and Mr. &  
Mrs. Fred  
Tepperman.*



In April, volunteers from all seven counties served by the Hudson Valley/Rockland/Westchester, NY Chapter, travelled to

Albany to meet with their legislators and discuss the needs of individuals with Alzheimer's and their families.

Caregiver James Molloy leans in for a kiss from his wife Katie at the Chapter's March socialization program.



The programs, partially funded by Diversified Investment Advisors and UJA, a Foundation of Donor Advised Funds, offer an opportunity to maintain social contacts in a comfortable, non-judgmental atmosphere.

In Dutchess County, the 2004 "A Night of Wine & Roses" honored former Chapter President Peter J. Brent, Sr., shown here with wife Lynn



(L) and gala co-chairs Anthony and Michelle Marmo. Also honored were members of the Baright Family--Todd & Karen, Scott & Kathleen, Gary & Kim, and Carleen & Richard--who have



been strong supporters of the Chapter for many years. The gala raised almost \$50,000 for local services.

## Development

### A Potpourri of Fun

The Alzheimer's Association is gearing up for a busy summer and fall with events for everyone that put the "fun" in fundraising! Come join us!

On **Saturday, July 31**, the Kauneonga Speedway will hold its fifth annual "**Tribute to Alzheimer's Night**," with races beginning at 7 p.m. Drivers John Hager and Jeff Hager will be racing in memory of their late grandfather, Clayton Hager, and family friend Mae Geisenheimer. Once again, volunteers will be on hand to staff an information and raffle table, and with the help of the Rocket family, owners of the Speedway, will raise money for the Association through donations from fans, drivers, and crew members. The Kauneonga Speedway is located in White Lake, NY, just 20 minutes from Middletown. For directions, go to [www.kauneongaspeedway.com](http://www.kauneongaspeedway.com).



*The I.M.C.A. Modified stock car driven by John Hager*

On **Tuesday, August 10** (rain date, August 11) our chapter will hold its **Second Annual Tennis Bonanza** at Braeburn Country Club in Purchase, NY. Co-chaired by Loren Gilberg and Jill Goldberg, the event will include clinics and round robin matches, starting at 9:30 a.m., followed by a lovely buffet lunch and raffle draw at 12:15 p.m. Players at all levels are welcome. The cost for the day is \$150 per person for tennis and lunch, or \$100 per person for lunch only. For reservations, please contact Terry Kean at 914-428-1919.

**Monday, September 13** is the date of this year's **Alzheimer's Association Golf Tournament** at Hampshire Country Club in Mamaroneck, NY. Beginning with registration at 10:30 a.m., the day will include a BBQ lunch, Shotgun Tee-off at 12:15, Scramble Format, refreshments on the course, cocktails and hors d'oeuvres, and a buffet dinner. Co-chairs Donna Sylvestri and Ron Sylvestri will award prizes to the top two teams and to those who place closest to the pin, have the longest drive (m & f), and place closest to the line. Tourney presentations, day-of-event raffles, and a major raffle drawing round out the day. Corporate Sponsors are welcome, with Benefactor Packages at \$3,000, Eagle Packages at \$2,500, Tees and Greens at \$250, and underwriting opportunities from \$1,500 to \$2,000. The fee for individual golfers is \$310. For more info, contact Terry Kean at 914-428-1919.

Last, but definitely not least, join in the fun at the **Memory Walk** nearest you (see first page)!

### Padding for Alzheimer's

On July 24, Kate Michalski, an avid kayaker from the Albany area, will embark on a kayaking journey following the old Erie Canal route to raise money for Alzheimer's. The route begins in Buffalo and ends up in New York Harbor and will take approximately four weeks to complete.

Kate's plan is to strictly follow the old canal route, which includes a 7-mile walk (with kayak) through Syracuse's Erie Blvd., the old canal route long-since paved over. Her itinerary includes Saugerties (8/14), Norries Point (8/15), Wappingers Falls (8/16), Cold Spring (8/17), Annsville (8/18), and Croton Point (8/19).

Kate would welcome any fellow (experienced) kayakers who would like to join her for a day paddle. She is also seeking housing en route and people willing to sponsor her effort.

All donations made by residents of Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester counties will be added to funds for the Hudson Valley/Rockland/Westchester, NY Chapter's local Memory Walks!

More information about Kate's trip will be posted on our web site, [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org) as it becomes available.

If you can provide housing or would like to help by making a donation, please call the Chapter's administrative office at 1-800-872-0994, or check the web site for details.



# 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 1/1/04 to 3/31/04. Unfortunately, space limitations do not permit us to list Annual Fund gifts here.

## Memorials

Florence Adams	Mrs. Del Pup	William Hottinger	Susan Nowack	Anne Van Buren
Grace P. Adduci	Ellen Devine	Alice Mae Hunter	Alice Nugent	Gracie Varca
Jane Alexander	Dominic De Vito	Gae Iacobellis	John R. "Ron" O'Brien	Yvonne Vauclair
Mary Altamuro	Dorothy Devito	Isadore Jackowitz	Edward Oscarson	Elizabeth Viani
Etta Amster	Marie DiCairano	Gabriella Jacob	Irving Paiken	Numa Vinet
Marie Andruzzi	Marie Di Leo	Mary E. Jamba	Thomas Palladino	Ignazio Joe Virga
Nettie Arbiter	Salvatore DiStefano	Celia Jeheber	Marge Palmer	Jean Wagman
Ada Archetti	John Dolan	Fanny Kamerman	Nicola Paone	Christopher Ward, Sr.
Jerry Baim	Raymond Dolan	Estelle Kane	Maria Pelliccio	Martin Weinstock
Joachim "Jack" Baldassare	Ida Doman	Helen Kassel	Elky Pezzner	Albert & Sylvia Weiss
Dora Bauman	Vivien D'Onofrio	Joseph Keegan	William Lever Pinder	Charles Wieland
Florence Beach	Ellen Jean Durrett	Concepta Kerl	Millie Pinto	Elizabeth Wilhelm
Annette Berger	Joseph Dworkin	Phyllis Kiniery	Joyce Podrow	Leonore Wiltsek
Gloria Betancourt	Mrs. Elam	Deacon Al Klein	Rose Porcaro	Vivian Wolcott
Mr. Bishop	"Ethel," of The Pomonik Family	Lynette Knight	Esta Frank Reich	Lois Wood
Joseph Bloom	Edna Farhood	Nancy Kong	"Chief" Edward Reifeiss	Matilda Zampini
Anthony Bocchino	Lillian Farker	Buddy Kornbluth	Philip Curry Reville	Ann Zanfardino
Rena Bogin	Jacqueline Favant	Fred Kuchenmeister	Dorothy Richardson	William A. Ziegler
Marilyn Borko	Louise Feinauer	Frances Kucza	Dorothy Riefenstahl	Teresa Zulkowski
Richard C. Brannan	Theresa Felice	Irving Lazarus	Catherine Riordan	
Catherine Brault	Ruth Fentin	Susan Ledy	Teresa Riordan	<b>Tributes</b>
Marcella Braunschweiger	Milton Finder	Rita Lereah	Damian Riozzi	Mr. & Mrs. Berman, on their 40th Anniversary
Gladys Briotte	Sylvia Fischer	Cele Levine	Harry & Selma Robbins	Lillian Campanella
Pauline Brock	Katherine Flemming	John A. Lipinski	Lucy Robbins	Stephanie Cohen
Thomas Broderick	Ruth Frankel	Herman Liss	Anthony Romeo	Kenneth & Anne Cook
Frank Broomell	Ruth Frankel	Auretta Liszczeski	Betty C. Rose	Eva Durkot
Lucille Buorsante	John F. Fray	Irving Lokal	Foye Mae Russell	Jen Fields, on her Bat Mitzvah
Edward Butler	Edward A. French	Robert F. Lutz	Helen M. "Tippy" Russell	Karen Hanusik
Patricia & Charles Byrne	Rose Friedman	Charlotte DeBolt Lyon	Essie Rybenstein	Beverly Kronenthal
Marilyn Campbell	Pasquale Fusaro	Sidney Maher	Frances Saltz	Rachel Lieberman, on her Bat Mitzvah
Kay Cannata	Rosa Galiano	Dorothy Mangan	Rose Sammarco	Dennis M. Murphy
Viola Capozzoli	Teresa Garmey	Ruth Manoff	Jamee W. Saunders	Virginia Perotta
Mellie Faye Carter	Amelia Gattilly	Sylvia Mantell	Ruth L. Saxe	Jerry S. Robinson
Dominick A. Casullo	Mary Ghilardi	Carmella Manzi	Sylvia Scher	Lauren Rossman
Gina Cetorelli	Herbert Gibson	Lillian Margolies	Gertrude Scheuer	Myrna Sameth, on her Birthday
Lawrence E. Chester	Lois Gilman	Mr. Martell	Laurel Schwartz	Barbara Schwartz
Mary Chirico	Conrad Giraudin	Betty Martin	Paul Schweitzer	Dr. Lewis Sims, on his "Special" Birthday
Eleanor B. Clark	Mildred Rogers Giunta	Hilda McCormack	Virginia Sheedy	Delene Stankiewicz
Martha (Nan) Coldren	Gladys Glass	Gemma McGinnis	Kaspar Soehnlein	Meyer Tweek
Beth Collard	Irving Goldblatt	Stella Metsopulos	Julius Solinger	Mr. & Mrs. Sam Winters
Bridget Conlan	Nathan Golden	Chuck Milke	Julius Solinger	
Maria Theresa Conti	Ann Goldkrantz	H. Henry Miller	Irene Caroline Steiger	
Bessie Costello	Seymour Goldstein	Mabel Miller	George L. Stolte	
Anastasia P. Creighton	John Goodman	Mathilde Miller	Samuel Sussner	
Dorothy Cribari	Jan Gorecki	Irene Miscioscia	Lillian Sutera	
Joan M. Croshier	Katherine Greene	Esther Mollitor	John Suydam	
Frank Czerwonka	George Guendjoian	Mother of Nina Greben	Nicholas Tassielli	
Lillian D'Amadio	Laura Ham	Mother of Debbie Niven	Mr. Jerry Tellitt	
Louise DeDomenico	Carl "Rene" Heil	Dr. Evelyn Motzkin	Carlos Terpening	
Mr. De Feo	Harry Higgins	Gertrude Nadel	Julia Tiarsmith	
Rae E. DeGroat	Elfriede Heuckerth	George Nathaniel	Louis Trongone	
Raymond DeLeon	Hans Hilpertschauser	Thelma A. Niles	Mary Tunney	
	Nora Alverson Hollyday	Mary North	Mary Alice & Henry Ughetta	

**Hudson Valley/Rockland/Westchester, NY Chapter  
Administrative Office  
2 Jefferson Plaza, Ste. 203  
Poughkeepsie, NY 12601-4027**

**Change Service Requested**

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

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

Rockland Regional Office  
845-639-6776

Westchester Regional Office  
914-428-1919

Putnam Point of Service  
845-878-9890

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

## Advocacy - **ALERT!**

### **IMMEDIATE ACTION NEEDED - Letters and e-mails needed as soon as possible, before July 30, 2004!**

Earlier this year, Alzheimer advocates asked Congress to take a step toward our goal of \$1 billion/yr. for Alzheimer research and to appropriate an additional \$40 million for clinical trials to prevent or delay Alzheimer's.

Since then, President Reagan's death has renewed national interest in conquering AD. Many members of Congress are seeking ways to pay tribute to President Reagan, including substantial increases in AD research funding. In light of events, we have set aside our modest \$40 million goal and are urging Congress to support \$1 billion in AD research NOW and to enact legislation that provides the framework for future research, education and caregiver support.

Legislation has now been introduced in Congress to raise the limits on federal spending for research to cure, prevent and treat Alzheimer's disease. The Ronald

Reagan Alzheimer's Breakthrough Act of 2004 (S2533/H4595) authorizes a doubling of current research funding and increases the nation's investment in caregiver support through respite care, family counseling, and tax credits. This legislation tackles Alzheimer's as President Reagan envisioned more than two decades ago, when he said, "...research is the only hope for victims and families." It is the nation's only hope for keeping Alzheimer's disease from overwhelming our health care system and bankrupting Medicare and Medicaid.

According to a new study, annual Medicare spending for beneficiaries with AD will grow four-fold by 2025, to \$294 billion, and will be over \$1 trillion by 2050. Medicaid spending on persons with AD will reach \$32 billion by 2025 and \$118 billion by 2050. If we can delay the onset of Alzheimer's or slow its progression, savings to Medicare and

Medicaid will be enormous.

**As our lawmakers seek to honor President Reagan, they must be convinced that conquering Alzheimer's is a national priority!**

**Write or Email your Senators and Representative today. Tell them to:**

- 1. Appropriate \$1 billion for AD research at the National Institutes of Health**
- 2. Vote YES for the Ronald Reagan Alzheimer's Breakthrough Act of 2004**

For contact information for your Members, check the Government section of your local phone book or go to: [www.alz.org/Advocacy/](http://www.alz.org/Advocacy/) and click on "Write Congress" to send emails to your Members.

Questions about this ALERT? Call Elaine Sproat at 1-800-872-0994.