



newscope

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

Winter, 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

PBS Airs Film Aimed at Alzheimer's Awareness

In January, 2004, the Alzheimer's Association is partnering with PBS to raise public awareness of Alzheimer's disease through a 90-minute documentary, *The Forgetting: A Portrait of Alzheimer's*. Based on David Shenk's best-selling book, *The Forgetting - Alzheimer's: Portrait of an Epidemic*, the documentary will provide a dramatic, compassionate look at Alzheimer's that weaves together the history and biology of the disease, the intense real-world experiences of individuals with Alzheimer's and their caregivers, and the race to find a cure.

Viewers in our chapter territory will be able to view the documentary on WNET (NYC) and WMHT (Schenectady).

The Forgetting: A Portrait of Alzheimer's will be shown on WNET at 9 p.m. on Wednesday, January 21, and again at 2 p.m. on Sunday, January 25; both showings will be followed by a half-hour special, *Alzheimer's: The Help You Need*, hosted by award-winning actor David Hyde Pierce.

WMHT will air *The Forgetting* at 7:30 p.m. and at 10 p.m. on Wednesday, January 21; from 9 p.m. to 10 p.m., the station will air a local call-in show, *The Forgetting: A Local Perspective*, hosted by Benita Zahn, health reporter for WNYT - NewsChannel 13. The documentary will be repeated at 4 p.m. on Sunday, January 25, followed at 5:30 p.m. by a tape of the call-in show and at 6:30 p.m. by the half-hour special hosted by David Hyde Pierce.

In conjunction with the airing of this critical film, the Alzheimer's Association is calling on volunteers to host house parties across the country to raise awareness about Alzheimer's disease and the need for public action to avert the epidemic. House party leaders are asked to invite 5-15 guests to view and discuss the film

and participate in follow-up advocacy action. House parties can also be sponsored by organizations or facilities.

If you wish to be a house party leader, materials will be provided to you to help you invite guests (including elected officials) and to promote post-film discussion. Register on-line to host a house party at www.alz.org/Advocates/forgetting.html, or contact your local Alzheimer's Association office (see back page).

A Brand New Year Rings in a New Alzheimer's Association Look

A brand new year often inspires a brand new you. You make resolutions to exercise more, eat healthier food, or change your appearance.

The Alzheimer's Association also is getting a brand new look in the new year. In February, 2004, we will launch a new brand that builds upon 24 years of fulfilling our mission. We are changing on the outside, while on the inside we are more committed than ever to our dual mission of research and support.

Over the next several months and beyond, you will see our new look, logo and messages on everything we do. The goals of our new brand are to create greater national public awareness and recognition of Association programs and services, distinguish us from other organizations, and connect us with those who do not know that we are the world leader in Alzheimer research and support.

We are excited about our new brand, and we look forward to your continued involvement and support of the important work we do at the Alzheimer's Association.

Chapter News

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Dear Friends,

Many people know I am involved with the Alzheimer's Association and I encourage questions. People call, see me at a party or on the street, or email requesting information. Among issues that are brought up are diagnosis, day care, respite care, the latest medications, and statistics on the disease. I am able to answer most questions I'm asked. Many times, though, I give the inquirer the number of the nearest Chapter office as I know that is where there is a treasure trove of resources, be it the well informed staff, a program or support group, available literature,

or books and tapes in the library.

Our resources are for everyone. We are there to support you, your family and friends. Don't be shy. Contact us. On the flip side, it is you, our friends, who make our chapter "happen" by supporting it by volunteering and contributing. Thank you.

Happy Holidays and New Year Greetings.

Myrna Sameth

Myrna Sameth
 Board Chair

Chapter Welcomes New Staff Member

We are delighted to announce that **Jennifer Rowe** has joined the Chapter staff as Care Consultant in Orange and Sullivan Counties. Jennifer grew up in Orange County and recently returned to the area to be closer to family. She received her M.S.W. from Virginia Commonwealth University.



A seasoned social worker who has held positions in adult protective services, discharge planning, and long-term care, Jennifer has had considerable experience assisting families and persons diagnosed with Alzheimer's disease. She also has a grandmother who suffers from the disease.

Jennifer has already become an integral part of the Chapter team. She was drawn to the position because of her interests in advocacy and education, and she is looking forward to working with the ACTION group, a voice for early-stage AD.

Please welcome her to the staff!

Farewell, Jen Ringwood!

Jen Ringwood, who has served for almost four years as Helpline Coordinator and Administrative Assistant in the Poughkeepsie office, will be leaving us at the end of January to further her education.

Jen has been the first point of contact for many families calling the Poughkeepsie office and has worked closely with our office volunteers. She has had a major role in organizing our annual Volunteer Recognition events and our public policy activities, has herself volunteered on our special events committees, and has sought out opportunities to teach others, including local high school students, about Alzheimer's disease. We'll miss her caring nature and the special connection she has made with many of the families we serve. We all wish her the best in her new endeavors.

If you are interested in learning about the requirements for this position, please contact Meg Boyce at 845-471-2655 or log on to our Web site at www.alzhudsonvalley.org.

Calendar of Events

Saturday, January 10, 2004.

Alzheimer's Association & ClearChannel Radio Ski and Race at Belleayre Mountain (see article, back page). **Pre-registration ends at 5pm on January 8, 2004.** For information & registration, call Terry Ebersole at 845-471-2655 or 1-800-872-0994, or visit our web site, www.alzhusdsonvalley.org.

Wednesday, January 14, 2004, 7 p.m. - 8:30 p.m.

"Driving and Dementia." Jennifer Rowe, C.S.W., Care Consultant for the Alzheimer's Association. Adult Home, Elant at Goshen, 6 Harriman Drive, Goshen. Reservations: 845-342-2247.

Thursday, January 27, 2004, 3 p.m. - 5 p.m.

(Snow date: Tuesday, February 10) "When Your Friend Has Memory Problems: A Presentation for Friends and Family Members of Persons Who Are Memory-Impaired." Sterling Auditorium, The Osborn Retirement Community, 101 Theall Road, Rye, NY. Information & reservations: 914-428-1919.

Wednesday, February 4, 2004, 6 p.m. - 9 p.m.

(Snow date: Friday, February 6) "Getting through Tough Times." Presenters include Craig Fisher of the Cornell Coop Extension and a panel that will discuss long-term care insurance. Cornell Cooperative Extension, Liberty, NY. Information & reservations: 845-794-3774.

Tuesday, February 24, 2004, 3 p.m. - 5 p.m.

(Snow date: Tuesday, March 9) "Let's Talk about Sex! - Sexuality & Alzheimer's Disease." Sex & sexuality can be complicated, even in the best of situations . . . Factor in Alzheimer's disease or a related form of dementia and spouses/partners, patients and caregivers are now forced to navigate through what can often seem like "uncharted territory." You are NOT ALONE! Join select panelists as they engage in a frank discussion about issues involving sexuality and Alzheimer's disease. Sunrise Senior Living at Fleetwood, 500 N. Columbus Ave., Mount Vernon, NY. Information & reservations: 914-428-1919.

Wednesday, February 25, 2004, 1 p.m. - 3 p.m.

"Partnering with Your Doctor Workshop." Presenter: Alison DaMore, Assoc. Dir. of Programs & Services, Alzheimer's Association. Meals on Wheels (Demarest Mill Office Park), 121 W. Nyack Rd., Nanuet. Registration: 845-639-6776.

Monday, March 8, 2004, 2 p.m. - 4 p.m.

"Partnering with Your Doctor Workshop: Forming Healthcare Partnerships." Presenter: Judith Greenfield, Healthcare Communication Project, Inc. Glen Arden, 6 Harriman Drive, Goshen. Registration: 845-342-2247.

Saturday, March 13, 2004, 10 a.m. - 3 p.m.

"The Continuum of Care." Presenters will include representatives from nursing home, assisted living, adult home, adult day-care, and home health agencies. Cornell Cooperative Extension,

Liberty, NY. Please call 845-794-3774 to register. Lunch will be available for purchase.

Sunday, March 14, 2004, 12:30 p.m. - 3 p.m.

Socialization program at Burke Rehabilitation Ctr., Bldg. 7, Room G-41, White Plains, NY. Individuals with Alzheimer's disease and their primary caregivers are invited to attend. Reservations are required. Call 914-428-1919.

Tuesday, March 16, 2004, 3 p.m. - 5 p.m.

"Making the Move." Come & visit with a panel of caregivers who have agreed to share their experiences with other families making a similar journey. The Classic Residence by Hyatt, 537 Riverdale Ave., Yonkers, NY. Reservations: 914-428-1919.

Sunday, March 21, 2004, 12:30 p.m. - 3 p.m.

Socialization program at the Putnam County OFA, Old Route 6, Carmel. Reservations are required. Call 845-878-9890.

Wednesday, March 24, 2004

Adele Rohrlich Memorial Lecture on Cutting-Edge Alzheimer's Care. Speaker: Mary Mittelman, DPH (see article, page 5). White Plains Hospital Center Auditorium, East Post Road and Davis Ave., White Plains (ample parking is available at the adjacent municipal lot). Information & reservations: 914-428-1919.

Saturday, March 27, 2004, 9 a.m. - 2 p.m.

A seminar on aging issues and Alzheimer's disease. Keynote speaker: William J. Higgins, M.D., and breakout sessions on topics of interest. Putnam Hospital Center, Stoneleigh, Ave., Carmel NY. For information & reservations, call 845-878-9890.

Wednesday, March 31, 1:30 p.m.- 3:30 p.m.

Caregiver Lecture Series *in Spanish*: "Alzheimer's Disease... It's A Family Affair!" (See article, page 4.) Yonkers Public Library/Riverfront Library Community Room, One Larkin Center, Yonkers, NY. Information & reservations (required): please contact Corina DeLeón, 914-813-6393.

Friday, April 2, 2004

Save the date! 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," will be held at the Hilton Pearl River in Pearl River, NY. This year's event, which will be held in collaboration with the Nathan S. Kline Institute for Psychiatric Research, promises to be better than ever.

Tuesday, April 20, 2004, 2 p.m. - 4 p.m.

Repeat of March 8 program. Cornell Cooperative Extension, Liberty, NY. Registration: 845-794-3774.

Tuesday, April 27, 2004, 2 p.m. - 4 p.m.

Repeat of March 8 program. Benedictine Hospital Center, Senior Residence, Kingston. Reservations: 845-340-8474.

Caregiver's Corner

Ask Stephanie

Dear Stephanie,

I need some hints about how to manage my mother's hygiene. She fights me all the way about bathing, etc. There have also been some very embarrassing episodes regarding her bowel incontinence. I am finding this aspect of her care to be very difficult. My mother was always so fastidious. I look forward to hearing from you.

Patricia B.

Dear Patricia,

First, you should know you're not alone. Many of us who have dealt with our dear relatives have found that hygiene can be a daily battle, and a terrible start for the day.

As far as daily care, washing your mother's hands and face can be done with a moist washcloth, or a commercial wash and dry towelette. If the bathroom is too frightening, this can be accomplished in another room, or while she is still in bed. If your mother is willing to stand in front of the bathroom sink, after she washes her hands and face, it may help to hand her the toothbrush on which you have already put toothpaste. Force of habit usually takes over, and your mother will probably brush her teeth as she has done for so many years before she became ill.

Bathing presents other problems. My mother was terrified of the bathtub, and we had to work out other strategies. For some patients the bathtub may look like a bottomless pit. Putting brightly colored decals on the bottom of the tub may help. Keep the water level low. This helped with my mother.

Another friend told me that she got

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@alzHUDSONVALLEY.org.



into her bathing suit when it was time for her father's shower. Somehow, her father was less frightened and cooperated when both of them were in the shower together.

Another option is a hand held shower attachment. If your dear mother won't step into the tub, you might try a foot basin and a large bathmat to catch the water.

If none of these strategies work, our doctor assured me that my mother needed much less body washing, and much less often than I supposed. Her delicate skin only needed a little soap and water where skin met skin, and except for the incontinence areas this really only needs to be done once a week, and can be handled with a washcloth.

As to the problem with incontinence, I assume your mother wears a Depends-type undergarment. As far as bowel incontinence, try to make clean up a toileting event as much as possible. It may help the problem, and may make changing less upsetting. It may also help to keep the cleaning material near the toilet paper, so that it is more familiar.

If your mother gets feces on her hands, I suggest you investigate a one-piece

outer garment which closes up the back. You can find these "anti-stripper suits" in a medical supply catalog. The J. C. Penney Catalog carries similar items, called "union suits," in summer and winter weights.

I hope this is of some help. You may want to bring up the topic of hygiene in your support group for other methods of coping. By the way, I hope you are going to a support group. I don't think I could have gotten through the difficult times without the understanding and friendship of my group.

As always, if you need to find a support group, please call us and we will help you locate a group near your home.

My very best wishes,

Stephanie

Caregiver Lecture Series in Spanish: "Alzheimer's Disease...It's A Family Affair!"

The Alzheimer's Association, in collaboration with The Coalition for Hispanic Elderly of the Westchester Co. Dept. of Senior Programs & Services and the Yonkers Public Library, proudly presents Westchester County's **first** Alzheimer Caregiver Lecture Series in Spanish: "Alzheimer's Disease . . . It's A Family Affair!"

The lectures will take place at the Yonkers Public Library on Wednesdays, 1:30 pm - 3:30 pm, March 31, 2004 - May 5, 2004. Each lecture will be given in Spanish by bi-lingual professionals in the aging, medical, and social service fields.

Refreshments will be provided, and **reservations are required**. For information and reservations, contact Corina DeLeón at 914-813-6393.

Upcoming Educational Programs

Adele Rohrlich Memorial Lecture to Focus on Cutting-Edge Alzheimer Care

The Alzheimer's Association is proud to announce the creation of an annual public lecture, in memory of Adele Rohrlich, on Cutting Edge Advances in Alzheimer's Care. The inaugural Adele Rohrlich Memorial Lecture will be given by Mary S. Mittelman, DPH, at the White Plains Hospital Center Auditorium at 3 p.m. on Wednesday, March 24, 2004.

Mary Mittelman is an epidemiologist who has been studying interventions for family caregivers for the past 16 years. She is Director of the Psychosocial Research and Support Program at the William and Sylvia Silberstein Institute for Aging and Dementia, and Research Associate

Professor in the Department of Psychiatry at New York University School of Medicine. She received her doctorate and M.S. in biostatistics from the Columbia University School of Public Health.

Dr. Mittelman's publications include a lead article in JAMA that provided evidence demonstrating that counseling and support for spouse caregivers and their families can have a major impact on the time patients can remain at home and on the well-being of the caregivers as well. With her colleagues, she has written several books for caregivers and health professionals, including *Counseling the Alzheimer's Caregiver: A Resource for Health Care*

Professionals (Mittelman, Epstein and Pierzchala), published in fall, 2002, by the American Medical Association. A new book for family caregivers, *The Alzheimer's Health Care Handbook: How to Get the Best Medical Care for Your Relative with Alzheimer's Disease, In and Out of the Hospital* (Mittelman and Epstein), was published in fall, 2003, by Marlowe and Company, New York.

We are delighted to have such a distinguished speaker for the first Adele Rohrlich Memorial Lecture. For additional information and registration, please call the Alzheimer's Association at 914-428-1919 or 800-872-0994.

Courses in Dementia Care to be Offered in Ulster and Westchester Counties

This winter, the Alzheimer's Association will offer a Dementia Care Specialist Training Course in both Ulster and Westchester Counties.

The Ulster County course will be offered at the Business Resource Center in Kingston from 6 p.m. to 8 p.m. beginning on Thursday, February 26, and continuing on Thursdays (except March 18) until April 8. This six-session non-credit course is aimed at those working in home care, adult day care, human services, and assisted living and skilled nursing facilities. Family members are also encouraged to attend to learn more about caring for someone with Alzheimer's disease. For information about registration, call Ulster County Community College at 845-339-2025 and request a copy of the Spring, 2004, non-credit course brochure. For questions about the

course, contact Meg Boyce at the Alzheimer's Association, 845-471-2655 or 845-340-8474.

The Westchester County course, which is open to professionals only, will be offered at the Pleasantville Campus of Pace University. The course will meet from 5:30 p.m. to 8:30 p.m. on March 22 and 23, March 29 and 30, and April 12, 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, and in collaboration with White Plains Hospital, we expect to be able to offer

reimbursement of tuition for a number of nursing students and staff members at White Plains Hospital. For information about registration, please call Pace University at 914-773-3376. For questions about the course, contact Alison DaMore at the Alzheimer's Association, 914-428-1919.

Students who have enrolled in previous Continuing Education courses taught by Alzheimer's Association staff have been unanimous in their appraisal of the value of the course, commenting that "this course should be included in all nursing and social work assistant programs," "the instructor went above and beyond my expectations," "the material covered was very helpful for my current job," "the course conveyed a vast wealth of resources," and "as a CNA, there was so much I didn't realize aside from hands-on care!"

Memory Walks Raise Over \$270,000

Thank you to our Corporate Sponsors:

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Several of our Memory Walks this year fought off chilly or rainy weather, but neither dampened the spirit, enthusiasm, or festivities of any of the walks. The 2003 Memory Walk has raised more than \$270,000 to date, and donations are still coming in!

Many thanks to the sponsors, walkers, and volunteers who helped make the walks a huge success. Thanks also go to all those who donated refreshments and prizes and made Memory Walk such an enjoyable event.



Face painting at the Orange County Walk



Children take part in warm-ups at the Westchester County walk.

L to R: Charlie North, Tammy and Justin Chenevert, & Assemblyman Joel Miller gather at the starting point of the Dutchess County Walk.



Walkers in Pearl River

Thank You for Your Support!

Congratulations to our top fund raisers:

Dutchess

Top team: Thrifty Beverage, \$7661
Top individual: Peter J. Brent, \$5,435

Orange

Top team: The ACTION Team, \$5440
Top individual: Barbara Van Wie, \$3,754

Putnam

Top team: Ernie T's, \$1,736
Top individual: Rose Mari Friery, \$492

Rockland

Top team: Team Mona, \$10,192
Top individual: Jim Kelly, \$1,361

Sullivan

Top team: Clarice's Classics, \$908
Top individual: Regina Minena, \$710

Ulster

Top team: Hudson Valley Senior Residence, \$2,793
Top individual: Myrna Sameth, \$2,642

Westchester

Top team: Jimminy Cricket, \$9,150
Top individual: Joan Zale, \$6,448



Walkers in Sullivan County gathered in Monticello.



Myrna Sameth at the Ulster County Walk



Jimminy Cricket at the Westchester Walk.



The ACTION Team at the Orange County Memory Walk.



Mona's Team, this year's top team, raised \$10,192 at the Rockland County Memory Walk.



Activities at the Putnam County Walk

Alzheimer's Association Family/Caregiver Support Groups

All caregiver groups are free and open to the public, but pre-registration is required. For exact location and other information, or to confirm a group is meeting in case of inclement weather, call your local chapter office (see back page). For information about early-stage patient support groups, please call Meg Boyce, 1-800-872-0994.

| DUTCHESS COUNTY | | | |
|---------------------------|--------------------------------|-------------------------------|------------------------------------|
| Beacon | Fishkill Health Center | 3rd Wed., 3 p.m. | Pat Usifer, 845-831-8704, x825 |
| Millbrook | The Fountains at Millbrook | 4th Tuesday, 2 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 |
| ORANGE COUNTY | | | |
| Goshen | Elant at Goshen Adult Home | 1st Wed., 7 p.m. | Cheryl Dorn, 845-291-3747 |
| **Goshen | Orange Co. Res. Health Care | Last Wed., 7 p.m. | Rose Perini, 845-291-4740 |
| **Middletown | Webb Horton Pres. Church | 3rd Wed., 11 a.m. | Alice Krawcyk, 845-342-4787 |
| Newburgh | The Desmond Estate | 2nd Tues., 1 p.m. | Char Geisenheimer, 845-446-2192 |
| Newburgh | Elant at Newburgh | 2nd Tues., 7 p.m. | Barbara Betrix, 845-561-6991 |
| Newburgh | Hospice of Orange | 4th Tues., 7 p.m. | Barbara Betrix, 845-561-6991 |
| PUTNAM COUNTY | | | |
| Carmel | The Plaza at Clover Lake | 2nd/4th Wed., 6:30-8 p.m. | Stuart Greif, 845-878-9890 M & Th |
| ROCKLAND COUNTY | | | |
| #### Haverstraw | Community Action Partnership | 1st Wednesday, 7 p.m. | Maria Souto, 845-634-5729 |
| Pearl River | Pearl River Meth. Church | Last Tues., 7:30 p.m. | Priscilla Lowery, 845-639-6776 |
| Pomona | Dr. R. L. Yeager Health Ctr. | Weds., weekly, 7 p.m. | Karen Hanusik, 845-642-6382 |
| **Nanuet | Meals on Wheels | Weds., weekly, 1 p.m. | Camille Sharp, 845-639-6776 |
| SULLIVAN COUNTY | | | |
| Harris | Catskill Regional Medical Ctr. | 1st Mon., 7 p.m. | Cris Will, 845-439-4206 |
| ULSTER COUNTY | | | |
| **Ellenville | Canal Lodge Adult Day Care | 4th Wednesday, 1 p.m. | Mary Ellen Rury, 845-647-8461 |
| **Kingston | Greenkill Ave. ADC | 2nd Tues., 3 p.m. | Cindy Graney, 845-340-3679 |
| New Paltz | Family of New Paltz | 2nd Thurs., 7:30 p.m. | Rob Avery, 845-297-3999 |
| Woodstock | Christ Lutheran Church | 3rd Tues., 2 p.m. | Janet Van Buren, 845-679-5180 |
| WESTCHESTER COUNTY | | | |
| Cortlandt Manor | The Seabury at Fieldhome | 1st/3rd Wed., 10-11:30 a.m. | Jody Addeo, 914-737-2255 |
| # Mt. Kisco | Pres. Church of Mt. Kisco | 2nd/4th Th., 10:45am-12:15pm | Joan Lees, 914-428-1919 |
| ## Mt. Kisco | Pres. Church of Mt. Kisco | 2nd/4th Th., 9:15-10:45 a.m. | Joan Lees, 914-428-1919 |
| Mount Vernon | Sunrise Senior Living | Last Thursday, 6-7 p.m. | Andre Krzyzanowski, 914-665-8402 |
| ### Rye | The Osborn | 2nd/4th Tues, 2-3:30 p.m. | Stuart Greif, 845-878-9890 M & Th |
| Sleepy Hollow | Phelps Memorial Hospital | 1st/3rd Th., 7:30-9 p.m. | Alison DaMore, 914-428-1919 |
| Somers | Astoria Fed. Savings Bank | 1st/3rd Tues., 5:30-7:00 p.m. | Ruth Ahearn, 914-276-9513 eves. |
| Tuckahoe | The Fountains at RiverVue | 1st/3rd Wed., 2-3:30 p.m. | Margaret Traynor, 914-768-7009 |
| White Plains | E. L. 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 Evan. Lutheran Church | 1st/3rd Tues., 11am-1 p.m. | Corina DeLeon, 914-813-6393 |
| Yonkers | Classic Residence by Hyatt | 2nd/4th Wed., 6:30-7:45 p.m. | Regina Minski, 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

Special Events

A Day of Fun in the Sun

The Alzheimer's Association held its 5th annual Golf Tournament on September 8 at the Hampshire Country Club in Mamaroneck. The event was a huge success, raising over \$54,000, due in large part to the husband and wife team of Ronald Sylvestri, Senior Vice President of Hudson Valley Bank, and Donna Sylvestri, President of Madison Home Management.



L to R: Donna Sylvestri, David Goldsmith (Executive Director, Classic Residence by Hyatt), and Ron Sylvestri

The day was chock full of great golf, camaraderie, lunch, cocktails, an awards dinner, raffle prizes, and prizes for winners in "swings of skill" categories. We extend our sincere thanks to the event's sponsors, chairpersons, and volunteers and congratulations to all the winners.

Save These Dates in 2004!

Saturday, March 20 - Tuesday, March 23, 2004
16th Annual Public Policy Forum, Washington, D.C.

Saturday, April 17, 2004
Alzheimer's Association Gala at the Fountainhead in New Rochelle, NY. Honoree: Tracey Greenfield.

Tuesday, April 20, 2004
Alzheimer's Association Lobby Day in Albany, NY.

Saturday, May 8, 2004
Alzheimer's Association gala at the Poughkeepsie Grand Hotel, Poughkeepsie, NY. Honorees: Mr. & Mrs. Peter John Brent and the Baright Family.

Sunday, May 16, 2004, 7:30 p.m.
Performance of the musical "Little Me" to benefit the Alzheimer's Association. Elmwood Playhouse, Nyack, NY.

Friday, July 16 - Sunday, July 18, 2004
Alzheimer's Association's National Education Conference, Philadelphia, PA.

August, date TBA
Alzheimer's Association Tennis



Tournament, Westchester, NY.

Monday, September 13, 2004
Alzheimer's Association Golf Tournament, Hampshire Country Club, Mamaroneck, NY.

Saturday, October 2, 2004
Dutchess and Orange Memory Walks.

Sunday, October 3, 2004
Rockland, Sullivan, and Westchester Memory Walks.

Sunday, October 17, 2004
Putnam Memory Walk.

October, Date TBA
Ulster Memory Walk.

Sunday, November 7, 2004
Benefit Fashion Show, Anthony's Pier 9, Newburgh, NY.

Holiday Fashion Show Enjoyed by All

The first Holiday Fashion Show and Luncheon benefiting the Hudson Valley / Rockland / Westchester, NY Chapter was held on Sunday, November 2, at the Inn at Central Valley near Woodbury Commons. One hundred eighty people attended the benefit, which featured fashions by Escada. It was an exciting afternoon full of fun, fashions, and good food!

This new event would not have been possible without the support of Donna Case, President of Elant, Inc., Honorary Chair of the event, Program Coordinator Janet Troia, and volunteer

Fina Lodico, who headed up the Planning Committee.



L to R: Janet Troia, John Moultrie, and Fina Lodico

Thanks also go to radio personality John Moultrie, Master of Ceremonies for the program, to the models and

their U.S. Navy escorts, to Marcy Brown of Escada and Norma Gamble of G.H.S. Jewelers, to pianist Richard R. Wiggins, and to the very dedicated planning committee members.

The Holiday Fashion Show and other special events enable the Chapter to continue providing free assistance and support services to local families who are living with Alzheimer's disease.

Since those who attended the Fashion Show gave it rave reviews, plans are already under way to hold a similar event in the Newburgh area in 2004.

Development

10 Ways to Give

The end of the year always brings retrospective "top ten" lists: biggest news stories, best movies, top leaders, etc. We are deeply grateful for the many donations in a variety of formats we have received from friends and supporters like you. To give you a few helpful hints on how to take advantage of a possible tax deduction, here are our top ten ways to give.

1 *Appreciated stock or mutual fund shares.* Avoid capital gains tax and deduct the full market value of shares held more than one year.

2 *Cash.* Qualify for a 2003 deduction for up to 50% of your adjusted gross income when you mail us a check as late as December 31. Excess deductions can be carried over for up to five years.

3 *Bequest in a will or living trust.* Protect your current assets and leave a legacy beyond your lifetime by including the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter in your will or trust. A brief codicil to your existing will is all that you need to prepare.

4 *Retirement account assets.* Designate the Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter as the contingent beneficiary on your policy.

5 *Life Insurance.* Donate an existing policy or include us as a beneficiary of your existing policy.

6 *Charitable Gift Annuities.* Receive fixed payments for life, often at a higher rate of return than a savings bond or CD, an immediate tax deduction, capital gains tax savings if appreciated securities are used, and an

alternate source of income.

7 *Charitable Remainder Trusts.* Receive income for life from the trust assets and an immediate income tax deduction.

8 *Cars, trucks, or recreational vehicles.* Receive a tax deduction for the fair market value of vehicles donated through The Car Program, LLC.

9 *Workplace Giving Campaigns.* Designate the Alzheimer's Association as the recipient of donations through your workplace giving campaign.

10 *Birthday, anniversary, or holiday gifts.* Honor special friends or occasions with a gift to the Chapter, or ask your friends and family to do so on your behalf.

We would be honored to include you among our donors. For more information on ways to give, please call Elaine Sprout, 845-471-2655 or 1-800-872-0994.

Advances Offers Special Theme Issue

The Fall, 2003, issue of *Advances*, the Alzheimer's Association's national newsletter, was a special theme issue devoted entirely to children and teens. To obtain a copy of the Fall issue of *Advances*, call the Hudson Valley/Rockland/Westchester, NY Chapter at 845-471-1655 or 800-872-0994.

The Fall, 2003, issue was the final issue of the print version of this national newsletter. In the future, expanded information will be available on the Alzheimer's Association's national Web site, www.alz.org, and in *Newscope*, your local newsletter.

A Bar Mitzvah Boy's Love for His Grandfather

By Stuart Greif

On Sunday, October 26, 2003, Ilan Benattor celebrated his Bar Mitzvah by dedicating his special efforts to honor his grandfather who has Alzheimer's disease. On that day Allan mobilized his entire immediate family into a walk team and walked the three-mile 2003 Putnam Memory Walk route.

Early on that chilly morning, Allan turned in over \$600 that he had collected from extended family and friends to the volunteers at the registration table and took off along the walk route that wound around the reservoir flanked by trees in full autumnal colors.

In December Allan sent in an additional \$101 that he had collected after the event, along with a copy of the letter he wrote thanking all those who supported his efforts to honor his grandfather.

Mazel Tov, Ilan, and thank you!

Volunteers Needed

While the Alzheimer's Association is blessed with many committed volunteers, new volunteers are needed now more than ever. If you would like to join the fight against Alzheimer's, here's your opportunity to make a difference!

We are especially eager to identify individuals interested in helping to plan special events such as our spring galas and Memory Walk 2004. Other needs are for individuals with computer skills and for paralegals or retired attorneys willing to devote two hours per week to providing legal information to family caregivers.

For more information, please call the chapter office nearest you (see back page).

Memorials and Tributes

We are grateful for all the memorials and tributes given to the Hudson Valley/Rockland/Westchester, NY Chapter. These gifts honor friends and loved ones while helping us meet needs for education, family support, advocacy, and research. Listed here are individuals honored from 7/1/03 to 9/30/03. Every effort has been made to ensure accuracy in spelling. If you note a mistake, please call our office at 800-872-0994 so we can correct our records. Space limitations no longer permit us to list donors of memorials and tributes in the newsletter. A list will be mailed or e-mailed to you upon request.

Memorials

Theresa Altieri
Grace R. Angelo
Henry A. Barnes
Lillian Bartfield
Irma Basso
Patricia Benisatto
Jack Bergen
Betty Berkowitz
Herman Biderman
Richard Bonnie
Rose Boritzer
Ellen Botti
Joseph Brady
Barnet Braudner
Ilse Brenner
Catherine V. Brindley
Mrs. Bruni
Sinclair Byrum
Carter Lane Burgess
May Gardner Smith Burgess
George M. Cahill
Helen Salerno Calorico
Thomas Patrick Campbell
Mary Cerasella
Ann Cermanski
Peggy Christensen
Virginia Clark
Frances Colangelo
Ann Consentino
Father of Patricia Cornell
Marilyn Dahle
Grace C. DeNike
Concetta DiLorenzo
Ida Doman
John F. Drews, Jr.
Mildred Dyke
Eugene Epstein
Robert Erdmann
Lloyd Fabrezio
Anna Faraldo
Terry Feraco
Angelina T. Ferranto
Viola Fredette
Rose B. Fusco
Norman Gable
Margaret Veronica Gelston
Jacqueline Gordon
Florence Gospin

Dolores Gotkin
Dr. Raymond Gozzi
Mary Gurrera
Dr. Virginia Hannon
Doris M. Harris
Frances Harwayne
Genevieve Heffernan
Liselotte Elfriede Hensel
Barbara Heyman
Abe Hoffner
Dorothea Stater Hope
Freida Baker Israel
Daisy M. Jameson
Henrietta Jones
Harriet Kallek
Angeliki Katsaros
Gertrude Kennedy
Fannie Labarbera
Mary Alice Lagan
Jessie Langdon
Sandy Leavitt
Katherine P. Lechthaler
Leonard Lessing
Frances Levin
Irwin Levy
Constance Limato
Charles Linke
Nicholas Lodico
Edward G. Loeffel
Peter Longhi
Concetta Longobardi
Eugene Joseph Lowth
Selma Marcus
Harriet Markowitz
Mary Marsik
Lucille Masin
Ben Matalon
Elembo Mazzella
William McDonald
James Joseph McFadden
Jeanne McGovern
Jean McGinty
Mary Alice McLagan
Carmela Merolle
Dorothy Mettler
Teresa Meyers
Edward Mitchell
Joseph Mittman
Rose Mohr
Doris Morgan

Anelia (Nellie) Moskus
Anne Musci
Margaret Napoleon
John Newell
Linda C. Nobile
Joseph Nowacoski
Mary V. Olinski
Anna Josephine Olivieri
Luman J. Olivo
Joseph Pagano
Anthony Pepe
Joyce Pisik
Mario Rebolini
Catherine M. Regan
Patricia Roberts
Mae Robinson
Pete Ronzo
Margaret Roth
Ann Rubinic
Anne Russack
Theresa A. Salveati
Ruth & Sam Sander
Pearl Schaeffer
Max Schecter
Violet Schneider
Richard Schwartz
Mother-in-law of Gabriel Sganga
Nicholas & Frances Shanley
Ethel Sigman
Martin Silverman
Arnold Silvershein
Charlotte Simon
Marvin Singer
Elizabeth Sloan
Gladys Louise Neal Smith
Ralph B. Smith
Helen Sobel
Virginia Source
Margherita Spagnuolo
Myrtle Speidell
Eleanor Stamm
Inez Steele
Ann Stewart
Mother of Susan Stohl
Cormay Strong
Armen Tartanian
Jack Tatz
Mary F. Todaro
Agnes Chambers Valentino
Elona VanBushkirk

Florence Vega
Beatrice Vick
Daniel Waldo
Jean Helen Walsh
Charles Weinberg
Abe Weinstein
Sylvia K. Weiss
Ann Webber
Harriet Wells
Rita Sandstrom Willis
Robert C. Wrolsen
Ruth E. Young
Frank Young

Tributes

Ralph & Lee Kern

Doris & Leif Larsen

Dasha Lifton

Helen Lovett,
on her 80th Birthday

Jack & Lila Millstein, on their
56th Wedding Anniversary and
on Lila's 80th Birthday

Carole Ann Mullaney & Peter
Gary, in celebration of their
marriage

Allan Plasker

Alfred Russack,
on his 90th Birthday

Elinor Schwarcz

Barbara R. Schwartz,
on her 60th Birthday

Delene Stankiewicz

Mimi & Allan Stillman, on their
60th Wedding Anniversary

Jean Traver, on her birthday

Alzheimer's Association

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

Upcoming Special Events

Ski Event to Benefit Alzheimer's Association

Discounted lift tickets offered!

In October, Pat McVitty, Carol Channler and Tony Lanza of Belleayre Mountain met with Dennis Nesel of ClearChannel Radio to begin planning the first Alzheimer's Association & ClearChannel Radio Ski and Race at Belleayre Mountain.

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 2 runs). First, second, and third place finishers will be awarded trophies or medals in 10 categories: boys and girls 12 & under and 13 - 18, and men and women 19 - 34, 35 - 49, and 50+.



L to R: Pat McVitty, Carol Channler, and Tony Lanza of Belleayre Mountain and Dennis Nesel of ClearChannel Radio.

The event is scheduled for **Saturday, January 10, 2004**. Registration begins at 8 a.m., with the race beginning at 10 a.m. The cost of the lift ticket for the day, which includes entry for the race, is just \$20 with pre-registration! **Pre-registration ends at 5pm on January 8, 2004.**

All proceeds from pre-registration sales will benefit the Alzheimer's Association. Tickets may be purchased on the day of the event for the standard lift ticket price of \$42, plus \$20 for race entry (the latter benefiting the Association).

For more information, call Terry Ebersole at 845-471-2655 or 1-800-872-0994, or visit one of the following web sites: www.clearchannelHUDSONVALLEY.com, www.belleayre.com, www.alzHUDSONVALLEY.org.

In addition to participants, we are also seeking volunteers to help out on the day of the event. Please call Terry Ebersole for volunteer information.

See you on the slopes!