



# newscope

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

Spring, 2006

## Reaching New Horizons in Alzheimer's Care

By Meg Boyce, LMSW

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### Our Mission ~

*To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.*

The Hudson Valley/Rockland/Westchester, NY Chapter's spring educational conference, "Reaching New Horizons in Alzheimer's Care: Innovative Approaches to Treatment and Enhancement of Quality of Life," will be held on **Friday, May 12, 2006**, in collaboration with Rockland Legislator John Murphy and the Rockland County Government Alzheimer's Task Force. The conference will take place from 8:30 a.m. to 4:00 p.m. at the Holiday Inn, Suffern, NY.

The first plenary speaker will be Dr. Gayatri Devi, Director of New York Memory and Healthy Aging Services and a Clinical Assistant Professor of Neurology and Psychiatry at New York University School of Medicine.



Dr. Gayatri Devi

A neurologist and psychiatrist who is board certified in both fields, she has specialized for over a decade in the early diagnosis and treatment of memory disorders related to aging. Dr. Devi will be sharing her knowledge with regards to advances in research and where research is heading.

The second plenary speaker will be Dr. Lynn Lazarus Serper, Founder of Brain Enhancement Services, Inc. and the creator of the Serper Method, an innovative cognitive intervention program. This program was developed by Dr. Serper following her personal experience of losing the ability to speak, read, write, and think clearly after the rupture of a brain aneurysm. Dr. Serper will share her story and talk about the benefits of the Serper Method

and how the program works. Alan Yoffie, CEO and Educator for Brain Enhancement Services, and past caregiver, will also be participating in the discussion.



Dr. Lynn Lazarus Serper

In addition to the plenary sessions, speakers will discuss other topics of interest to both family and professional caregivers. Topics will include "Understanding Legal and Financial Issues," "How to Prepare for a Crisis," "When It's Not Alzheimer's: A Guide to Other Dementias," "When Driving Safety Becomes a Concern," and a therapeutic thematic arts program. A closing program will focus on an innovative activity program called "Yomenco," a combination of yoga, flamenco dancing, and meditation created by Bruce Van Horn, who will be the presenter. There will also be an opportunity to view exhibits sponsored by agencies and organizations that offer Alzheimer-related services.

Due to the size of our mailing list, conference brochures are being sent only to those who reside in Rockland and Orange Counties. If you do not reside in those counties and would like a copy of the brochure, please contact us at one of the numbers below.

Pre-registration is required as there is limited seating. The charge for the event, which includes a continental breakfast and lunch, is \$35 for family members and \$50 for health care professionals. To register, or to obtain further information, please call 845-471-2655 or 1-800-872-0994.

## Chapter News

### Board of Directors

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## Join us in leading the fight in Washington Help Us Stop Cuts to Alzheimer Research, Care & Prevention

It is our great pleasure to invite you to the Alzheimer's Association 18th Annual Public Policy Forum, to be held **June 3-6, 2006**, in Washington, D.C., where you will help lead the fight against Alzheimer's - a fight we can win!

As we continue to face shrinking budgets and competing interests for the same money, it is critically important that we keep our message front and center. Our elected representatives need to hear from each and every one of us that Alzheimer's disease is an issue that will not go away. We need to let them know that the disease and its impact on the economy, businesses, and the citizens of this country will be devastating if not dealt with now.

Join us for this energizing experience and opportunity to truly make a difference.

It was not so long ago that Alzheimer's disease was considered by many to be a hopeless condition - a normal, inevitable part of aging. But thanks to advocates, scientists, donors and friends,

we have made tremendous progress in the prevention, diagnosis and treatment of Alzheimer's.

We have truly laid the groundwork for major breakthroughs in the years ahead. But many in government, in the media and in our nation haven't gotten that message. It is urgent that they do. If we are to realize the enormous progress that is within our reach and work toward a cure, we must continue to raise awareness and broaden our support.

At this year's Forum, you will receive the education, training and tools you need for successful advocacy. Our goal is to work with Congress to increase federal funding for Alzheimer research to \$1 billion annually and to improve the care and quality of life for those with Alzheimer's disease and their caregivers.

For more information about the Forum, go to [www.alz.org/forum](http://www.alz.org/forum). For more information about our public policy activities, please contact Elaine Sproat at 845-471-2655 or 1-800-872-0994.

### Chapter Welcomes New Staff Member

The Alzheimer's Association is pleased to announce that **Sarah E. Ruter** has joined our staff as Care Consultant for Orange and Sullivan Counties. Sarah has taken on responsibilities formerly held by **Jennifer Rowe**, who recently accepted a position with a local nursing facility.

Sarah grew up in neighboring Ulster County. She holds an M.S. in Gerontology and a Graduate Certificate in Thanatology from the College of New Rochelle; her undergraduate degree is from Russell Sage College, where she had dual majors in psychology and art therapy.

Sarah has worked with seniors--and in particular, people with Alzheimer's disease and their caregivers--for the past

twelve years. Her career includes experience as an activities leader, case manager, private geriatric care manager, and most recently, Director of Resident Services at a long-term care facility.



Moreover, Sarah is no stranger to the Alzheimer's Association. She has served as an Alzheimer's Association support group leader and has attended the Alzheimer's Association's National Education Conference, as well as local programs. We welcome her to our staff!

## Calendar of Educational Programs

### Thursday, April 27, 2006, 1:00 p.m. - 4:00 p.m.

"Beginning Your Journey: First Steps of Alzheimer's Caregiving." Location: The Esplanade, South Broadway, White Plains, NY. Alzheimer's Association staff and volunteers will discuss the basics of Alzheimer's care, what to do after the diagnosis, first steps in legal planning, and the Alzheimer's Association's local services, as well as other community resources. The program is free, but registration is required. To register or obtain more information, call Megan Carriere at the Alzheimer's Association, 914-428-1919.

### Thursday, April 27, 5:00 p.m. - 8 p.m.

April is Safe Return Awareness Month. The Alzheimer's Association and the Dutchess County Office for the Aging will be providing information at Barnes and Noble, Rt. 9, Poughkeepsie, and Ursula Michelson will be reading excerpts from her book *Alzheimer's Patients in the Nursing Home: How Well Do Caregivers Meet Their Needs*.

### Friday, April 28, 11 a.m. - 3:00 p.m.

Visit the Alzheimer's Association's Safe Return information table outside the Barnes & Noble Bookstore at the Palisades Center Mall in West Nyack, NY.

### Wednesday, May 3, 2006, 2:30 p.m.

The Alzheimer's Association's third annual **Adele Rohrlich Memorial Lecture**, at Phelps Memorial Hospital, Sleepy Hollow, NY. This year's speaker is Steven H. Zarit, Ph.D., Department of Human Development and Family Studies, Penn State University, who will speak about Caregiver Stress. Dr. Zarit is an internationally known author, lecturer and researcher in areas of aging, dementia, and caregiver needs. The program is free, but registration is required: 914-428-1919.

### Friday, May 12, 2006, 8:30 a.m. - 4:00 p.m.

The Hudson Valley/Rockland/Westchester, NY Chapter's spring educational conference, "Reaching New Horizons in Alzheimer's Care: Innovative Approaches to Treatment and Enhancement of Quality of Life." Held in collaboration with Rockland Legislator John Murphy and the Rockland County Government Alzheimer's Task Force. Holiday Inn, Suffern, NY. (See page 1.)

### Wednesday, May 17, 2006 2:00 - 3:00 p.m.

Maria Paliotta and Ellen Imbiano of the Alzheimer's Association will present "Safety in the Home-A Guide for Families Facing Alzheimer's and Related Dementias." Location: The Promenade at Blue Hill, 582 Veterans Memorial Drive, Pearl River, NY. To register, please call the Alzheimer's Association at 845-639-6776.

### Friday, May 19, 2006, 6:00p.m.

Individuals with Alzheimer's disease and their care partners are invited to join the Alzheimer's Association and the Sullivan County Caregiver Resource Center as we welcome Master Gardener Marianna Quartararo, who will speak on "Stress Relief through Herb Gardening." Participants will be able to plant their own herbs to take home. Next, Susan Buzzell from Nature's Touch Massage Therapy will discuss "How to Treat Your Hands Kindly," and participants will be able to experience a paraffin treatment or hand reflexology. Light refreshments will be provided. Location: Cornell Cooperative Extension 64 Ferndale Loomis Road, Liberty, NY. There is no charge for this program, but registration is required. Please call Janet Troia at 845-794-3774.

### Wednesday, May 24, 2006, 9 a.m. to 12 p.m.

A 3-hour educational program for family and professional caregivers will cover the following topics: "The Art of Communication," "A Map Through the Maze of Alzheimer Behaviors," "Safety in the Home," and "Caring for the Caregiver." Location: Cornwall Plaza, 45 Quaker Ave., Cornwall, NY. (Look for signage.) Due to the generosity of **St. Luke's/Cornwall Hospital** and **RESPIRE CARE: Help For The Caregiver**, this program is free to the community. To register or obtain more information, please call Meg Boyce, 1-800-872-0994.

### Wednesday, May 31, 2006, 2:00-3:00p.m.

"Maintain Your Brain.<sup>TM</sup>" Location: Cornell Cooperative Extension, 64 Ferndale-Loomis Road, Liberty, NY. There is a \$5.00 fee for materials for this program; registration is limited. To register, please call (845) 794-3774.

### Saturday, June 3 - Tuesday, June 6, 2006

Alzheimer's Association 18th Annual Public Policy Forum. Grand Hyatt, Washington, D.C. For a complete description of the meeting and registration information, visit [www.alz.org/forum](http://www.alz.org/forum). Questions? Call the chapter's administrative office, 845-471-2655 or 1-800-872-0994.

### Wednesday, June 7, 2006, 7:00 p.m. - 9:00 p.m.

"Maintain Your Brain.<sup>TM</sup>" New City Library, 220 N. Main St., New City, NY. There is a \$5 charge per person for materials. To register, call the Alzheimer's Association, 845-639-6776.

### Monday-Tuesday, June 12-13, 2006

NYS Dementia Grants Program Conference, "Bringing It Home ...Enhancing Caregiving, Compassion and Work Environments in Dementia Care." Albany Marriott. For information, log on to [www.nehealth.com/html/NEH\\_Eddy\\_Alzheimers\\_NYSBG.asp](http://www.nehealth.com/html/NEH_Eddy_Alzheimers_NYSBG.asp)

# Alzheimer's Association 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>** Nanuet</b> Meals on Wheels Weds., weekly, 1 p.m.	<b>## Mt. Kisco</b> Pres. Church of Mt. Kisco 2nd/4th Th., 9:15-10:45 a.m.	<b>EARLY-STAGE GROUPS</b> <i>Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.</i>
<b>DUTCHESS COUNTY</b>	<b>New City</b> Sunrise Senior Living 1st/3rd Mon., 6-8 p.m.	<b>Mount Vernon</b> Sunrise Assisted Living Last Thursday, 6-7:30 p.m.	<b>ORANGE COUNTY</b> Meg Boyce, 800-872-0994
<b>Beacon</b> Fishkill Health Center 3rd Wed., 3 p.m.	<b>Pearl River</b> Pearl River Meth. Church Last Tues., 7:30 p.m.	<b>Mount Vernon</b> The Meadowview at Wartburg 1st & 3rd Weds., 2-3:30 p.m.	<b>DUTCHESS COUNTY</b> Meg Boyce, 845-471-2655
<b>Hopewell Junction</b> Hopewell Reformed Church 3rd Tues., 2 p.m.	<b>SULLIVAN COUNTY</b>	<b>New Rochelle</b> Dumont Nursing Home Last Tues., 6-7:30 p.m.	<b>ROCKLAND COUNTY</b> Camille Sharp, 845-639-6776
<b>Poughkeepsie</b> Alzheimer's Association 1st Wed., 11 a.m.	<b>Harris</b> Catskill Regional Medical Ctr. 1st Mon., 7 p.m.	<b>Rye</b> The Osborn 2nd/4th Tues., 2-3:30 p.m.	<b>WESTCHESTER COUNTY</b> Megan Carriere, 914-428-1919
<b>Rhinebeck</b> The Thompson House 2nd Mon., 6 p.m.	<b>##### Harris</b> Catskill Regional Medical Ctr. 3rd Mon., 7 p.m.	<b>Sleepy Hollow</b> Phelps Memorial Hospital 1st/3rd Th., 7:30-9 p.m.	<h2>Chapter Seeks Guidance on Caregiver Support Group Schedule</h2> <p>Caregiver support groups wax and wane. A good support group usually has a core group of people who look forward to each meeting and welcome new members. Sometimes a group grows to the point that it needs to be split in two. At other times, a group dwindles because loved ones pass away or members change their caregiving roles. Beginning in April, we will suspend and reassess the need for groups (<b>not listed</b>) in Cortlandt Manor, Millbrook, Mount Kisco, Newburgh, New Paltz, New Rochelle, Wappingers Falls, &amp; Yonkers. Please let us know if you would like to attend a group in any of these areas.</p>
<b>ORANGE COUNTY</b>	<b>ULSTER COUNTY</b>	<b>Somers</b> Astoria Fed. Savings Bank 1st/3rd Tues., 6:00-7:30 p.m.	
<b>** Goshen</b> Valley View Center for Nursing & Rehabilitation Last Mon., 7 p.m.	<b>Ellenville</b> Canal Lodge Adult Day Care 4th Wed., 1 p.m.	<b>Valhalla</b> Westchester Meadows 2nd/4th Tues., 4-5:30 p.m.	
<b>** Goshen</b> Valley View Center for Nursing & Rehabilitation 2nd Tues., 2-3:30pm	<b>** Kingston</b> Greenkill Ave. ADC 2nd Tues., 3 p.m.	<b>White Plains</b> Alzheimer's Association 2nd/4th Mon., 10-11:30 a.m.	
<b>** Middletown</b> Webb Horton Pres. Church 3rd Wed., 11 a.m.	<b>Saugerties</b> Saugerties Reformed Church 2nd Mon., 1:45 p.m.	<b>White Plains</b> Alzheimer's Association 2nd/4th Wed., 6:30-8 p.m.	
<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>* White Plains</b> Alzheimer's Association 1st/3rd Mon., 2:30-4 p.m.	
<b>PUTNAM COUNTY</b>	<b>WESTCHESTER COUNTY</b>	<b>##### White Plains</b> Call for information, 914-428-1919.	
<b>Carmel</b> The Plaza at Clover Lake 2nd/4th Wed., 6:30-8 p.m.	<b>Cortlandt Manor</b> The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.		
<b>ROCKLAND COUNTY</b>	<b>Hawthorne</b> Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.		
<b>##### Haverstraw</b> Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.			

\* Early Stage Caregivers \*\* Free respite is offered during the group (pre-registration is required).  
# Spouse/Partner Caregivers ## Adult Children Caregivers ##### Spanish-speaking Group

## Public Policy

### Advocacy Day Puts Face on Alzheimer's Disease for Legislators

By Bret Jacobowitz

The power of advocacy for Alzheimer's disease was in full view at the Coalition of New York State Alzheimer's Association Chapters Advocacy Day in Albany on March 7.

Thirteen staff members, board members and volunteer advocates from the Hudson Valley/Rockland/Westchester, NY Chapter met with 25 state senators, assemblymen or their legislative staff to present the Coalition's legislative agenda and to share their personal stories and associations with Alzheimer's disease.

After a bus ride to Albany, our Chapter met up with the other Coalition Chapters for a late morning Advocates Rally, with presentations by Mary Ann Ragona, Coalition President, Neal Lane, Director of the New York State Office for the Aging, and the Honorable Ginny Fields. At this assembly, Elizabeth "Beth" Boivin of the Northeastern New York Chapter was recognized with the Frank Carlino Advocate-of-the-Year Award.

In the afternoon, six teams of Advocates from our Chapter met with the state representatives from throughout our service area. Eight key issues were raised with our lawmakers covering Medicaid Reforms, Medicaid Cost Containment, Funding for Statewide Training for professional health-care workers, the NYS Income Tax Check-off Match, Prescription Drug Reforms, Safe Staffing Requirements in long-term care facilities, the Family Health Care Decisions Act, and Point of Entry systems. Discussions around these issues focused on the need for expanding services to individuals diagnosed with Alzheimer's disease or other dementia without placing onerous financial restrictions on those individuals or their families.

Reinforcing the need for more and

adequate servicing of the Alzheimer's population were the personal stories our advocates shared with the legislators. These vignettes put a face on the disease, the sufferers, their caregivers and their families in a way that struck home with our representatives.

Many of the legislators we met with, and their staff, have personal experience with the disease and are already strong supporters for the Association. Hearing directly from advocates from their own legislative districts makes for a potent "story" and strengthens their commitment. Our legislators were especially curious about specific problems their constituents have faced, how obstacles have been overcome, and services and programs that are needed but not widely available.

Within the fiscal constraints of the NYS budget and federal mandates, our representatives gave us every indication they will carefully consider the agenda of the Coalition and the needs of our Chapter. To heighten this consideration in the future, the Hudson Valley/Rockland/Westchester, NY Chapter has a goal to increase the number of Alzheimer's volunteers, particularly caregivers, participating in next year's Advocacy Day. By personalizing Alzheimer's disease and promulgating specific actions, we hope to receive the full support of the New York State Legislature to best serve those in need in our Chapter service area as well as all of New York State.

*Bret Jacobowitz, President of Innovative Insights, Inc., is a member of the Chapter's Board of Directors.*

*If you would like to become an Alzheimer's Association advocate and participate in future Chapter advocacy activities, please contact Elaine Sproat, Chapter President & CEO, at 1-800-872-0994 or [elaine.sproat@alz.org](mailto:elaine.sproat@alz.org).*

### Nominations Invited for Chapter Board

The Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter is governed by a volunteer Board of Directors that is the driving force behind all of the Chapter's activities. The Board is comprised of individuals with legal and fiduciary responsibilities to the Chapter and with responsibility for planning, creating, and implementing policy to carry out the Chapter's goals and objectives, congruent with the mission of the National Alzheimer's Association. Members of the Board of Directors serve for terms of two years, with no member serving more than three consecutive terms.

The Chapter's Board Development Committee would like to identify individuals who may be interested in serving in this capacity beginning in July, 2006, or in future years. To nominate a candidate for the Board, or to request an application form, please contact Elaine Sproat at 1-800-872-0994 or [elaine.sproat@alz.org](mailto:elaine.sproat@alz.org). Inquiries for the upcoming term should be made by May 15, 2006.

#### Did You Know?

wIn the 2005 grants cycle, the Alzheimer's Association awarded 92 grants totaling about \$17.8 million.

wThe 2005 grants portfolio consists of 52 Investigator Initiated Research Grants, 25 New Investigator Research Grants, 10 Zenith Grants, 4 Everyday Technology in Alzheimer Care Grants, and 1 Hatfield Grant.

w650 applications from 31 countries were submitted for this year's awards.

## Caregiving

### Medicaid for Home Care

By Sanford R. Altman, Esq.

*Question:*

*My parents, whose health is beginning to fail, are becoming increasingly concerned about the prospect of needing long term care. We help them as much as we can and would rather keep them home than in a nursing home. Is there any help available for home care?*

*Answer:*

This is one of the questions most often asked by my clients. Understandably, the goal is to stay at home as long as possible. However, home care costs can run as high as nursing home fees. Although all states are now mandated to have a plan in place for care in the community rather than in an institution, there simply are not enough qualified individuals to provide such care (and, not surprisingly, the State plan is not yet in place).

However, the good news is that there may be help available. If you qualify, Medicaid will pay for a certain amount of home care. The better news is that the helpers that they pay are not required to be from a home care agency, but can even be family members or friends who are providing the care.

Medicaid eligibility is based upon need - both your income and assets are taken into account. In the case of a married couple where only one spouse is applying, the standards are the same as if that spouse were going to be in a nursing home. This is referred to as "Spousal Medicaid." While the exact amount of allowable income and assets changes each year, suffice it to say that the non-applying spouse is permitted to retain a great deal more in assets and to receive a much higher income than the spouse applying for Medicaid. Transfers from one to the other may be done without Medicaid penalty so that there is much more flexibility and planning possibilities when dealing with a married couple. Individual (non-married) applicants for

Medicaid do not have the option of spousal transfers, but their allowable income, while still low - currently under \$700.00 per month - is significantly higher than the \$50.00 per month allowed for nursing home applicants.

Whether you are single or married, having too high an income does not necessarily exclude you from Medicaid. If otherwise eligible, you will be asked to spend down your excess income on medically related items (home care, medicines, doctors, etc.) before Medicaid will pick up the tab. Excess assets may also be reduced by gifting since there is no penalty or waiting period for gifts when applying for Medicaid for home care. Nonetheless, any such gifting must be undertaken with extreme caution because, in the event nursing home admission is then required, the gifts may cause you to lose your Medicaid benefits.

How much home care will Medicaid provide? Unfortunately, we never know the answer to this until your application is approved and they send someone to your home to assess your needs. The range that my clients have received has been from a few hours a day to round-the-clock (very rare). The less free help you have available and the worse your condition, the more they will give you. In addition, and well worth mentioning, is that there are some services and programs which are only available if you are on Medicaid.

Planning for home care Medicaid and the application process may both be quite complex and may require guidance from a professional. However, if you are looking to remain in your home, Medicaid may well be the means to reaching your goal.

*Sanford R. Altman is an elder law attorney with Jacobowitz & Gubits, LLP, in Orange, Sullivan, & Dutchess Counties.*

### Laughter Is the Best Medicine

By Pat Usifer



Having worked in a long-term care setting for the past 15 years, primarily with the Alzheimer's population, I realize the devastating effects that this disease can have, not only on the individual with dementia, but also on the caregivers, and especially the family members.

I have also had the privilege of sharing many touching and humorous moments with the dementia population, which in a small way helps to make the disease process a little easier to deal with. In my heart and mind, I know that this in no way will ever make the ordeal of watching a loved one "slip away" better in any way, but I would like to think that sharing these light-hearted moments with other caregivers may help to lighten the hearts of others dealing with Alzheimer's disease.

From personal experience, I know that laughter truly is the best medicine, and I would like to be able to put these personal accounts into book format. If you would like to share these special moments with me, please e-mail them to [pusifer@fishkillhealth.com](mailto:pusifer@fishkillhealth.com), or mail them to Pat Usifer, P.O. Box 115, Glenham, NY 12527-0115.

*Pat Usifer is a long-time Alzheimer's Association volunteer. She has served as a support group leader, a Memory Walk chair, and a member of the Memory Walk committee every year since the first Dutchess County Memory Walk in 1993.*

## Programs and Services

### Early-Stage Demonstration Project Up and Running

By Meg Boyce, LMSW

During the month of January, a number of early-stage individuals met with Pat Barnes, Consultant for the Chapter's Early-Stage Demonstration Project, a project designed to provide intellectually-stimulating activities and socialization opportunities for early-stage individuals. The purpose of the first meeting was to discuss the types of activities and interests the group had, and a calendar of events was created.

The group has since met on two occasions and will meet once again to work with creative writing professor Dr. James F. Cotter, from Mount Saint Mary College in Newburgh. Pat has shared how wonderful this experience has been for the participants: "They are keeping daily journals and writing their life stories, which they will share with the group. This is a wonderful way for the members to share their memories with their children, grandchildren and others."

On April 25, the group will travel to New York City to attend the 6th Annual Early Stage Memory Disorders Forum, "Telling Our Stories: Living with Progressive Memory Loss." The Forum is a very empowering event for individuals with memory loss, and it is amazing to be a part of it and to feel the energy that day.

Future activities may include attending a musical event at the Bardavon Theater in Poughkeepsie and a second trip to the Museum of Modern Art in New York City.

People with early-stage memory loss who are interested in finding out more about the Early-Stage Project are invited to contact Meg Boyce at 845-471-2655 or 1-800-872-0994.

### Individuals Sought to Promote Best Practices in Nursing Home Care

The National Citizens' Coalition for Nursing Home Reform (NCCNHR) is sponsoring a series of six teleconferences to promote best practices in nursing home care.

The project, called "Giving Voice to Quality," will equip nursing home residents and family members with the information they need to recognize and insist on quality and the strategies necessary for achieving quality resident-directed practices at their own facilities.

Nursing home residents and their family members nationwide are invited and encouraged to register for the teleconference seminars. Citizen advocates and long-term care ombudsmen are also invited to participate in order to build the capacity of community advocacy organizations and long-term care ombudsmen to assist family members and residents in achieving good care.

**Since a majority of nursing home residents have some level of cognitive impairment, the Alzheimer's Association is encouraging family and resident participation in this educational effort. Interested individuals can participate by calling a toll-free telephone number from their home or facility.**

Participants will be asked to make a commitment to share information with others and strategies for distribution will be discussed.

Each teleconference seminar participant will receive:

- w "How to Participate in the Care of your Loved One in a Long-Term Care Facility" booklet
- w Video - AARP video, "Nursing Home Care Plans: Getting Good Care"
- w Newsletter - including points made by presenters, a bibliography of consumer



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materials available on the topic, and advocacy strategies

- w Presenter Materials - Each presenter will provide participants with a two page educational sheet on the seminar topic.
- w Certificate of Participation

The topic for the first teleconference seminar, to be held **Tuesday, May 9, 2006, 3:00 p.m. ET - 4:15 p.m. ET**, is resident-directed care planning. Other topics will include: resident-staff relationships, restraints, and nutrition.

Each seminar will offer:

- w Information about practical, positive long-term care practices;
- w Strategies for how to promote the practices at the facility level;
- w How the practice relates to culture change;
- w Ideas for disseminating seminar information to other residents and family members (e.g., through the resident or family council or a senior center); and
- w Linkage of seminar participants with local resources.

To register for one of the teleconference seminars, or to learn more about the "Giving Voice to Quality" project, visit [www.nursinghomeaction.org](http://www.nursinghomeaction.org), contact NCCNHR at 202-332-2275, or email: [voice@nccnhr.org](mailto:voice@nccnhr.org).

## Brain Health

### Report Finds Promising Avenues to Brain Health

Heart health, physical activity, freedom from chronic illness and staying socially connected may help maintain mental sharpness and emotional well-being as we age, reports *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. An expert panel appointed by the National Institutes of Health (NIH) assessed current knowledge about brain health and identified promising areas for further research.

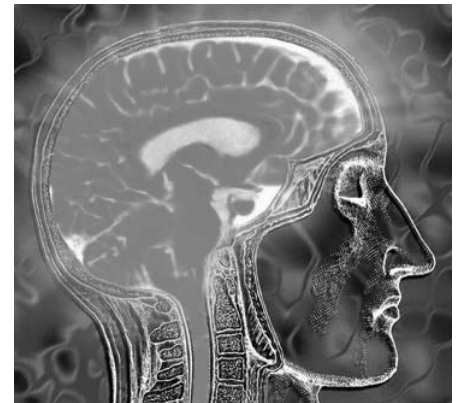
"We can modify and control factors that affect brain health, which plays a key role in determining quality of life as we age," says William H. Thies, Ph.D., Alzheimer's Association vice president of medical and scientific relations. "More research will show which combinations of lifestyle choices and future therapies will maintain our brain and emotional health."

The experts reviewed 36 ongoing

studies with at least 500 participants who were age 65 and older. All studies evaluated cognitive health (memory, abstract thought, language and the capacity to plan and focus attention) and emotional health (sense of competence, ability to control and use emotions constructively, and ability to cope with stress).

The panel found more than 40 factors that may influence cognitive and emotional health in older people. High blood pressure, diabetes, stroke and excess weight were linked to a higher risk of mental decline. Protective factors included higher education levels, greater socioeconomic status, a strong emotional support network, better lung capacity and more physical exercise. The panel said the evidence suggests that combinations of factors may be more beneficial over time than any single factor.

### Web Site Offers Tour of Brain



What happens in the brain of a person with Alzheimer's disease? A new feature of the Alzheimer's Association's national web site, "Inside the Brain: An Interactive Tour," explains how the brain works and how Alzheimer's disease affects it. Check it out at [www.alz.org/brain/overview.asp](http://www.alz.org/brain/overview.asp).

### Alzheimer's Association to Exhibit at Women's Health & Fitness Expo

Each year the Hudson Valley/Rockland/Westchester, NY Chapter of the Alzheimer's Association reaches out to provide information to interested individuals at more than 50 health and wellness fairs. One of the largest is the Women's Health & Fitness Expo, held each year at Tech City, Enterprise Drive, in Kingston, NY.

Our presence at such events has never been more important. In light of research showing that "what is good for the heart is good for the head," the Alzheimer's Association has expanded its mission to include: "to reduce the risk of dementia through the promotion of brain health."

On **Saturday, May 6, 2006**, 3,000-5,000 women from all over the Hudson Valley are expected to attend the Sixth Annual Women's Health & Fitness Expo to learn how to lead healthier, more active lives.

Center stage at the Expo are nationally

recognized speakers on health, fitness, food, heart disease, menopause, and other health-related topics. This year's keynote speaker will be "Dr. Ruth," a sex therapist, presenting her acclaimed lecture "Sexually Speaking." A second speaker is Katrin Michael, Ph.D., who will speak on "A Women's Struggle in the Middle East."

In addition to the featured speakers, the Expo offers a variety of workshops and attracts over 150 exhibitors from all over the region who provide an exciting array of demonstrations, including:

- w The highly innovative "The Doctor is In" booth, where attendees can get their medical and health-related questions answered by top medical experts.

- w A Spa and Stress Rest Room featuring facials, mini-massages, aromatherapy, acupuncture, and more.

- w Workshops on Aromatherapy, on how

to cook Clean Food, and Integrated Dance Workshops

- w Exercise demonstrations including Yoga, Kickboxing, Belly Dancing, Tai-Chi, Pilates, and lots more

- w Over 30 screenings for health-related conditions, among them blood pressure, osteoporosis, glucose, and depression.

The founder and president of the Women's Health & Fitness Expo is Debra Karnasiewicz, M.D., a Kingston, NY internist specializing in women's health.

The Expo runs from 8:00 a.m. to 3:00 p.m. Admission is \$6, and there is a senior discount; children 12 and under are free.

For a complete schedule or further information about the Women's Health & Fitness Expo (which isn't for women only!), visit [www.womenshealthexpo.com](http://www.womenshealthexpo.com), contact [womensexpo@hotmail.com](mailto:womensexpo@hotmail.com), or call 845-338-7140.

## Special Events

### Golf, Anyone?

How about of round of golf with friends, old and new, under a beautiful September sky? Sound like fun?

Then **Save the Date** for our 8th Annual Golf Tournament being held on Tuesday, **September 12, 2006**, at the Hampshire Country Club. The tournament will once again be co-chaired by tournament founders, Ron Sylvestri, Senior Vice-President of Hudson Valley Bank, and Donna Sylvestri, President of Madison Home Management.



*L to R, Tournament Chairs Ron Sylvestri and Donna Sylvestri with William J. Lambiase, Hagedorn Actuarial Services, Inc..*

The day goes something like this: a BBQ lunch, a shotgun start for 18 holes of golf (scramble format). After a beautiful day in the sun (we just know it will be nice), the golfers and sponsors will return for a cocktail and hors d'oeuvres reception, followed by a buffet dinner where tournament presentations, day of event raffles, a major raffle drawing and prizes for top golfers of the day will take place. Last year's event was a great success, raising over \$58,000, and we hope to do even better this year.



*Tom Foldy (left), tournament committee member/long-time supporter, and his 2005 foursome*

All types of opportunities are available to join the fun: sponsors, underwriters, tee and green sponsors, and of course individual golfers. For information, please contact Terry Kean at 914-428-1919 or [terry.kean@alz.org](mailto:terry.kean@alz.org).



Please join us at "A Taste of Summer," an Alzheimer's Association benefit with Wine Tasting, Dinner and a Silent Auction, to be held at 7:00 p.m. on **Friday, June 2, 2006**, at Elmwood Country Club in White Plains, NY.

This special event, co-chaired by Rhonda Greenberg, Abby Salzman, and Joan Zombec, will feature a sumptuous dinner, wines provided by Grape Exchange of New Rochelle, NY, and a silent auction with something for everyone. Auction items to date include a stay at The Soho House in Manhattan, with breakfast at Panache; tickets to sporting events, including the U.S. Open; VIP tickets to "The View"; passes to the Tony Awards dress rehearsal; and much more!

For information about sponsorship opportunities or tickets, please contact Terry Kean, 914-428-1919 or [terry.kean@alz.org](mailto:terry.kean@alz.org).

### Alzheimer's Day at Shea!

**Sunday, July 9** and **Wednesday, August 9** will be "Alzheimer's Days at Shea," with the NY Mets playing the Florida Marlins and the San Diego Padres, respectively. These special days will



give the Alzheimer's Association an opportunity to share information with those who attend, and a portion of the proceeds from the day's ticket sales will benefit our sister chapters on Long Island and in NYC.

For details of the July 9 event, check the web at [www.Alzheimersli.org](http://www.Alzheimersli.org) or call 631-580-5100. For details about Aug. 9 tickets, check out [www.alznyc.org](http://www.alznyc.org) or call 212-983-0700.

### Check Out Auction Items at "A Night of Wine & Roses"

With "A Night of Wine & Roses" just around the corner (**April 29**), tickets are almost sold out. This year, for the first time, bidding on several of our "Live Auction" items will be available to those who are unable to attend the gala, through an absentee bid form. Please visit our website at [www.alzhudsonvalley.org](http://www.alzhudsonvalley.org) for a copy of this form and a list of these items, or contact Karen Skelton at 1-800-872-0994.

## Special Events

### Local Teens Organize Benefit for Alzheimer's

For the second year, students and alumni of the AARTS Academy at Newburgh Free Academy are putting on "The Disney Show," an evening of song and dance to benefit the Alzheimer's Association. The show will be performed in the Auditorium at Newburgh Free Academy, 201 Fullerton Ave, Newburgh at 6 p.m. on **Monday, June 19, and Tuesday, June 20.**



*L to R, Jessica Koprowski, Kate Nolan, and Brad Koprowski*

**Jessica Koprowski** is directing, producing, and choreographing the show, while **Brad Koprowski** is working on vocals, **Kate Nolan** is designing costumes and props, and about 25 others have roles in the cast and crew.

Jessica and her friends are selling ads in the program to defray costs and raising funds to help with costumes, so all the proceeds from ticket sales will benefit the Alzheimer's Association.

The show promises entertainment for the whole family. Tickets are \$5 at the door (\$3 for children under twelve). For further information, please contact Toni Koprowski at [trkoprow@excite.com](mailto:trkoprow@excite.com).

**The Alzheimer's Monologues**, a theatrical production by Mary Crescenzo, will be performed in Peekskill, Ossining, Pleasantville, and Beacon in May and June. For information, go to [www.theatermania.com](http://www.theatermania.com), or call 1-914-879-6657.

### Memory Walk '06 Season Begins

Memory Walk 2006 won't take place until the fall (see dates below), but preparations for the Alzheimer's Association's largest fundraising and friend-raising event are well under way!

To reach our goal each year, Memory Walk depends in part on the generous support of organizations and businesses that sponsor the event. If you would be interested in discussing sponsorship opportunities, please contact Terry Kean (Westchester & Putnam), 914-429-1919; Karen Skelton (Dutchess, Ulster, & Sullivan), 800-872-0994; Maria Paliotta (Rockland), 845-639-6776; or Janet Troia (Orange), 845-342-2247. The deadline for sponsors who wish to be recognized on this year's Memory Walk brochure is **May 5!**

To get new walkers and teams involved and officially launch Memory Walk season, kickoffs are being held throughout our chapter territory. A kick-off will be held for the Sullivan County Memory Walk at 1:00 p.m. on **Tues. June 27**, at Outback Steakhouse in Middletown; for the Ulster County Memory Walk, at 5:30 p.m. on **Wed. June 28**, at La Mirage Restaurant in Port Ewen; for the Dutchess County Memory Walk, at 6:00 p.m. on **Thurs. June 29**, at Mahoney's Irish Pub and Restaurant in Poughkeepsie; and for the Orange County Memory Walk, from 4 to 6 p.m. on **Wed. July 12**, at Glen Arden, 214 Harriman Drive, Goshen.

For information about the Putnam, Rockland, and Westchester kick-offs (still in the planning!), please contact your local chapter office (see back page).



*Family Footcare Group was not only a new Copper Sponsor for Orange County Memory Walk 2005, but members of the office also walked as a team. Shown with Janet Troia, Administrator of the Chapter's Orange/Sullivan Regional Office (far left) are (l to r) Diane Dennison, Dr. Greg Atlas, Patti DiMascio, and Dolores Warner.*

Finally, to benefit Memory Walk, Marcia Fink, co-chair of the Sullivan County Memory Walk, will be hosting a silent auction at 11 a.m. on **Sunday, August 6**, at the Callicoon Center Fireman's Pavilion. For more information (or to donate an auction item), contact Marcia at 845-887-6200.

### Memory Walk 2006

- Sunday, Sept. 10**  
Rockland County
- Saturday, Sept. 16**  
Dutchess County
- Sunday, Sept. 17**  
Sullivan County
- Saturday, Sept. 30**  
Westchester County
- Sunday, Oct. 15**  
Ulster County
- Sunday, Oct. 15**  
Orange County
- Sunday, Oct. 15**  
Putnam County

**For more information, visit us on the web. Memory Walk Kintera sites are active now!**  
[www.alzhusonvalley.org/memorywalk.htm](http://www.alzhusonvalley.org/memorywalk.htm)

# 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 10/1/05 to 12/31/05.

## Memorials

Neil Abbatiello  
Carmen Abreu  
Jean Agin  
Etta Amster  
Edward Ance  
Elsie V. Anderson  
Doris Ballen  
Edna Barest  
Mary Baskin  
Christian Bentele  
Cherna Berkowitz  
Nicholas Bianco  
Richard Birr  
Sam Block  
Abraham "Al" Blustein  
Dorothy Bodley  
A. Robert Bonagura  
Louis "Bud" Boyd  
Belle Brechman  
Trudy Hankinson Briggs  
Patrick Bruen  
Elizabeth Buckstine  
Leonardo Buonassisi  
Mr. Howard Carmichael  
Thomas L. Castronuovo  
Minnie Cavallo  
Emma Celli  
Jennie Cerniglia  
Edward C. Cetnarowski  
Albert Chiaravalle  
Alice Citino  
Hobart Clark  
Beatrice Cohen  
Samuel Cohn  
Florence Colburn  
Martha H. Coldren  
Peter Corino, Jr.  
Marie Coviello  
Philomena D'Agnostino  
Bernard Daly  
Arthur D'Angelo, Sr.  
John L. Daniels  
Helen D'Aquanni  
Clarence Davis  
Fred Deamant  
Evelyn Dearden  
Robert Debrosky  
Joan DeCicco-Beckwith  
Nina E. DeGroat  
Josephine Delena  
Lionel Depass  
Douglas M. Deppe  
Patricia T. Deprez  
George Di Fiore  
Ann Digugno  
John DiLorenzo  
Barbara Distel  
Raymond Distel  
Laura Ellen Donaldson  
Rachel D'Onofrio  
Carl Drewry  
Rabbi David Dunn

Hy Dym  
Paul Eckhardt, III  
Frances Edwards  
Frieda Eisenberg  
Dr. Milton Elkin  
Joseph Ennis  
Robert L. Erdmann  
Rose Faillace  
Ephraim Farber  
Gertrude Farber  
Christine Farrell  
Barney Farragher  
Christina Farrell  
Freida Fassler  
Liz Finck  
William Finney  
Marilyn Fiore  
Dorothy Fisher  
Norma Fisher  
Gertrude Flaum  
Anita Fofol  
L. Mae Ford  
Tecia Fortunato  
Venanzio Fortunato  
Ruth Foster  
Elwyn Percival Fraser  
John F. Fray  
Clara Fried  
John Furka  
Margaret Furka  
Mary Gallo  
Deacon Leroy Gantt  
Catherine Gardiner  
Lila Garten  
Catherine Ghirardi  
Quinto Ghirardi  
Amelia "Betty" Giannotti  
Peter A. Giarlo  
Jim Gleason  
Mrs. S. Goldstein  
Edith Goodman  
Sylvia Gordon  
Thomas Gracey  
Ronald N. Grammas  
Florence Grieco  
Ms. Gladys Gust  
Dorothea Haaren  
Jacob Habler  
Mary Harrington  
Joseph B. Haydasz  
John Heanue  
Irma S. Heller  
Ruth Hengstenberg  
Frederick Heppner  
Frances Hogan  
Edward Holub, Sr.  
Helen Honey  
Jack Honey  
Sam Honey  
Rudolph Hurak  
Anthony Jagodnick  
Mary Jamba  
Henrietta Jones  
Jack Kalbfeld

Barbara Kallman  
Mildred Kallman  
Frances Kampler  
Robert Kaplan  
Mary Kapusinski  
Christine Karron  
Scott A. Kase  
Dorothy Kasper  
Jennie Katz  
Ms. Virginia Kear  
Frances Kempler  
Gertrude "Betty" Kennedy  
Helen F. Kirby  
Lorraine Kirchnen  
Anne Kleinerman  
Marcia Klivans  
Anna Knecht  
Fred J. Knoll  
Raymond Knoop  
Betty Krall  
Irene Kroohs  
Sarafina Labarbera  
Virginia La'Mar  
Larry Lang  
Louise "Connie" Laregina  
Anthony Larocca  
John Laughlin  
Jane Lawentmen  
Thomas Lawless  
Sidney Leitman  
Robert Leone  
Marie LeRoy  
Mary Leslie  
Martha Janis Leuhring  
Beth Levy  
Clara Belle Lindsay  
Victor Earl Livingston  
Felix Lopez  
Nancy Lovitt  
Mary Lukach  
Alice Lunar  
Ida Lynch  
Erminia Macchia  
Madie Macklin  
Ted Marantz  
Esther Martin  
Alice Mattered  
Anne M. McGovern  
Charles McPhillips  
Margaret McQueeney  
Helen Mende  
Max Mertz  
Almaz Meshesha  
Beatrice Meyerson  
Meyer Miller  
Al Munitz  
Marcella Murphy  
Frances Murray  
Kenneth Musso  
Leon Nachtafen  
Margaret Napoleon  
Vincent Nemeth  
Jane Northshield  
Patricia J. O'Connor

Timothy John O'Leary  
Concetta Paggiotta  
Marie T. Painter  
Nester Papain  
Edwin Paredes  
Marie Passamonte  
Bea Pearl  
Trinidad Pineda  
Patrick Pizzuti  
Joyce Podrow  
Melrose E. Powell  
John Prell  
Marie Procopio  
Martha Jane Putnam  
Penny Puziss  
Clifton Quick  
Mavis Quick  
Salvatrice Ragusa  
Nate Rakieten  
Harry E. Reis  
Dolly Rieder  
Peter J. Rinaldi  
Anthony Romeo  
Hilda Rosen  
Miriam Rosenberg  
Alex Rouse  
Marcia Rubel  
Ann Rubinic  
Ruth Rutter  
Mary Salpietro  
Racille Sameth  
Emmanuel Sanchez  
David Sandelman  
Stan Sauerhaft  
Lila & Harold Scales  
Norma Scarella  
Minnie Scharff  
Virginia Schiavone  
Vivian Schulman  
Pearl Schwartz  
Barbara Selthafner  
John F. Shea  
Joan Sheehy  
Sherry Siegel  
Emanuel Silverstone  
Mildred Silverstone  
Dora Simels  
Winifred Simmons  
Cptn. Mitchell Skutnik  
Douglas Smith  
Louis E. Smith  
William L. Snyder  
Julia Solo  
Joseph Sommers  
Sydney Spence  
Bernice Sperber  
Nathan Srol  
Sallie L. Stark  
Howard Stein  
Martin Stellato  
Ruth Stokoe  
Arthur Stoll  
Marilyn Strange  
Elliot Sugarman

Mae Sullivan  
Abraham Sussman  
Virgil Tampone  
Rupert J. Tarver, Jr.  
Luigi Teodosio  
Marie C. Terry  
Michael Tewey  
Elizabeth Tobkes  
Louis Tornabene  
Loretta Tremblay  
Beatrice Trichilo  
Thomasina Trovato  
Jay Trussel  
Stanly Trussel  
Henry Ughetta  
Mary Ughetta  
Theresa Ventur  
Edward A. Vichi  
Genevieve M. VonZwehl  
Helene Wald  
Janet Weber  
Mary Ann Werntz  
Bill Weinstein  
Pauline Weintraub  
Kenn & Ethel Weyant  
Charles H. Williams, Jr.  
Domenica Wuest  
Afrodite Yankopoulos  
Anne Yass  
Philomena Yodice  
Bernice Yuscak-Steed  
Adolf Zajak  
Theresa Zulkowski

## Tributes

Ira Abbott  
Alicja Barahona  
Rose Battaglia  
Ruth Bier,  
on her 90th birthday  
Saul Boyers  
Sal & Minnie Builione  
Lorraine Buning  
Lillian Cantrastano  
Evelyn Catalano  
Ruth Clark  
Stephanie Cohen  
Mr. & Mrs. John Decker  
Melanie Dodson &  
David Grenger  
Gertrude Farber  
Quentin R. Fiorello  
Sandi Friedland  
Sid Gibson  
Muriel Goldfarb  
Jeff & Tracey Greenfield  
Janice Grice  
John & Sherron Hawkins  
Mildred Kallman  
Richard Kaufman,  
on his retirement  
Daisy Bell Coldwell  
Kempton

Anne Kershaw  
Harriet Klein  
Irma Landau  
Norbert Lerner  
Mr. & Mrs. Jack Loretoni  
Mario Loretoni  
Donald Lowery  
Connie Martucci  
Grace Mayer  
Joan Cusack McGuirk,  
on her special birthday  
Mr. & Mrs. Gabbett Murphy  
Suzanne Norden  
Lorraine Norton,  
on her 90th birthday  
Anna & Pat Novello  
Cathy Patterson  
Julius Peretz  
Mr. & Mrs. George Ponzoni,  
on their 50th wedding  
anniversary  
Neil T. Rimsky  
Barbara Ross  
Rose Rossetti  
Ross Russo  
Cecilia Rutkowski  
Judith M. Sarvis  
Rosalie Sauerhaft  
Helen & Charles Schilkraut,  
on their 50th wedding  
anniversary  
Susan Schweitzer  
Camille Sharp  
Ann L. Smith  
Virginia Soto  
Laura Sperber,  
on her 80th birthday  
Jannette D. Swanson  
Edward Swarm  
Ron & Donna Sylvestri  
The Regulars  
Patrick Viglotti  
Stella Wawrzonek  
Anne P. White  
Philip Wolfstich  
Tina Yacovacci

### In Memoriam Marion M. Maher

Marion Maher, who was perennially "39," passed away on Feb. 27, 2006. She was active throughout her life in community affairs and local politics and served as President of the Alzheimer's Association Rockland County Chapter in the mid-80's. She will be missed.

**Hudson Valley/Rockland/Westchester, NY Chapter  
Administrative Office**  
2 Jefferson Plaza, Ste. 103  
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)

## Research

### Clinical Trials: A Major Reason for Hope

The most compelling evidence of recent progress may be the significant growth in clinical testing of new approaches to treatment, prevention and diagnosis. By December 2005, *ClinicalTrials.gov*, the online medical research database hosted by the National Institutes of Health (NIH), listed nearly 100 clinical trials recruiting participants with Alzheimer's.

Clinical trials are the final proving ground for new treatments. Every trial represents the end of years of creative scientific thinking, careful observation, laboratory study and data analysis. The large number of trials now under way demonstrates the vigor of the field and the strength of our research infrastructure.

The Alzheimer's Disease Neuroimaging Initiative (ADNI) is one landmark trial that began recruiting in 2005. ADNI is a federally sponsored \$60-million, five-year, nationwide study to establish standards for acquiring, processing and

interpreting brain images. The ultimate goal is to determine whether standardized images, possibly combined with laboratory and psychological tests, may offer a better way to identify individuals at high risk for Alzheimer's, track disease progression, and monitor treatment effects. The Alzheimer's Association will contribute \$1 million to this historic investigation.

The Association has also launched the European Alzheimer's Disease Neuroimaging Initiative (E-ADNI), a program with the potential to significantly broaden ADNI's scope. Funded through the generosity of an anonymous donor, E-ADNI will explore the possibility of combining data from several European brain imaging initiatives with ADNI data.

Other closely watched trials now under way are testing treatments targeting beta-amyloid, a protein fragment widely considered a prime suspect in death of nerve cells in the Alzheimer brain. Some of these trials are also investigating

the usefulness of Pittsburgh compound B (PIB), a substance that latches on to beta-amyloid and "lights up" in a positron emission tomography (PET) scan. In February [2005], the journal *Archives of Neurology* lauded PIB as a "model of progress" toward imaging abnormal brain deposits linked to specific diseases. PIB was developed partly through funding by the Alzheimer's Association.

Alzheimer's Association science advisers estimate we'll know within 5 to 10 years whether anti-amyloid drugs represent one success story in next-generation treatments to slow or stop progression of the disease.

Excerpted from *2005: A Year in Alzheimer Science*. For more information, go to [www.alz.org/Research/overview.asp](http://www.alz.org/Research/overview.asp) or download the full document *2005: A Year in Alzheimer Science* in PDF format at [www.alz.org/Research/downloads/2005\\_Year\\_in\\_AD\\_Science.pdf](http://www.alz.org/Research/downloads/2005_Year_in_AD_Science.pdf).