



newscope

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

Published quarterly for our donors, volunteers, advocates, and friends in the Alzheimer's community

Winter, 2008

Association Introduces New Resources for Care

Inside this issue:

Chapter News	2
Research & Public Policy	3
Support Groups	4
Winter Programs	5
Memory Walk	6
Caregiving	8
Special Events	10
Memorials & Tributes	11
How Our Funds Are Used	12

~ 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 Alzheimer's Association recently introduced CareSource™, an easy-to-use resource to help with finding and planning for care for a person with Alzheimer's. This new resource may be used independently, but we recommend that families use it to complement the free one-on-one care consultation services offered locally by the Hudson Valley/Rockland/ Westchester, NY Chapter of the Association.

CareSource's new online suite of services will help caregivers coordinate assistance from family and friends, locate senior housing and receive customized care recommendations.

Lotsa Helping Hands - This interactive calendar allows anyone involved in care or support to log onto one convenient, private site and organize caregiving activities. It's easy to post dates and times for duties others have agreed to share, such as preparing meals, providing rides, running errands or keeping the person with dementia company.

Alzheimer's Association Senior Housing Finders™ - Powered by SNAPforSeniors®, the Senior Housing Finder is the first online nationwide database for locating dementia care. The tool allows families to search for licensed senior housing by geographic area, housing type, availability, and level of dementia care offered.

Alzheimer's Association CareFinder™ helps families identify dementia care options to best meet an individual's needs and preferences. CareFinder helps users recognize good care, communicate effectively with care providers and learn about care payment sources.

You can find CareSource resources, which include message boards for sharing with others who face similar challenges and links to programs for improving caregiver skills, at www.alz.org/CareSource. For more information, call the chapter office nearest you (see back page) or 1-800-272-3900 (the Alzheimer's Association's 24 hour Helpline).

Safe Return® and MedicAlert® Form Alliance

In a move to significantly improve the safety of individuals with Alzheimer's or related dementia, MedicAlert and the Alzheimer's Association have formed an alliance to offer MedicAlert® + Alzheimer's Association Safe Return. This is a live, 24-hour emergency response service for wandering and medical emergencies.

When a person with dementia wanders or becomes lost, his or her information and photo are provided to local law enforcement. When a person is found, a citizen or law official calls the 800-number on the identification product and the individual's family or caregivers are contacted. The nearest Alzheimer's Association office

provides information and support during search and rescue efforts. In addition, should medical attention be required, access to a personal health record is immediately available.

To enroll a person with Alzheimer's disease in MedicAlert + Safe Return, update a current enrollment with a member's medical information, or learn more about the program, contact the Alzheimer's Association at your local chapter office (see back page) or 1-800-272-3900, or contact MedicAlert at 1-888-577-8566. You may enroll a person or update a member's medical information online at www.alz.org/SafeReturn or www.medicalert.org.

Chapter News

Board of Directors

Bret Jacobowitz, Chair
Charlotte Östman, First Vice Chair
Andrew B. Sillin, Second Vice Chair
Marian Crapanzano, Secretary
Maureen Coughlin, Treasurer

Susan Bunce
Karen Ganis
William J. Higgins, M.D.
Debra Kagan-Birkeland
Karen Folster Lesperance
John Levin
Melissa R. MacCaull
James B. McEvoy
Janet Newberg
Steven A. Schurkman
Marie Tarver

Staff

Elaine Sproat, President/CEO
Meg Boyce, Director, Programs & Services
Jennifer Scheuermann, Director, Finance & Operations
Alison DaMore, Director of Development

Poughkeepsie

Gina Faustner, Program & Development Asst.
Amy Kotash, Administrative & Technology Asst.
Richard McClurg, Staff Accountant
Michele Muir, Communications & Public Affairs Mgr.
Pamela Perkins-Dwyer, Special Events Manager
Wendy Rudder, Care Consultant
Mary Varano, Bookkeeper

Middletown

Alicia Terrana, Care Consultant
Janet Troia, Administrator, Regional Office

New City

Maria Paliotta, Administrator, Regional Office
Camille Sharp, Care Consultant
Suzanne Forman, Care Consultant

Patterson

Stuart Greif, Program Development Specialist

White Plains

Ruth Ahearn, Assoc. Dir., Programs & Services
Alice Feintuch, Care Consultant
Ellen Imbiano, Care Consultant
Terry Kean, Special Events Manager
Erva Randolph, Helpline Coord./Admin. Asst.

©2008 Alzheimer's Association, Hudson Valley/ Rockland/ Westchester, NY Chapter, Inc., except where specifically stated otherwise. All rights reserved. All material in *newscope* is offered as information to our readers. The Alzheimer's Association, Hudson Valley/Rockland/ Westchester, NY Chapter cannot warrant, endorse, or recommend any provider, program, or product.

Among Friends

Often the news we hear about Alzheimer's focuses on the negative. I'd like to share some good news instead:

New Resources

◆ New tools are available for Alzheimer caregivers. Coach Frank Broyles of the Arkansas Razorbacks has published *Coach Broyles' Playbook for Alzheimer's Caregivers*. To obtain your free copy, call the Alzheimer's Association's 24-hour Contact Center at 1-800-272-3900.

◆ In January, the Alzheimer's Association will be piloting a *Caregiver Notebook* that includes information on self-care, getting support, working with healthcare providers, telling others, and legal and financial planning, among other topics. Caregivers will be able to order the pilot Caregiver Notebook free of charge on www.alz.org and will have an opportunity to offer feedback on the Notebook.

Advocacy Successes

◆ In response to the efforts of Alzheimer advocates, New York State is forming an Alzheimer's Coordinating Council to develop a comprehensive state plan relating to Alzheimer's disease and AD services. Stay tuned as its work gets under way!

◆ In response to a request made by the Alzheimer's Association, the U.S. Food and

Drug Administration (FDA) has expanded its Patient Consultant and Patient Representative programs to include individuals directly affected by Alzheimer's disease in the drug review process. The request from the Alzheimer's Association arose from conversations with families across the country that wanted some say in the decisions about potential treatments.

Chapter Accomplishments

◆ Each year the Alzheimer's Association asks a random sample of clients to evaluate the services they have received. The Hudson Valley/Rockland/Westchester, NY Chapter was recognized recently as being among the top five chapters nationwide for the services we provide through our Helpline and our support groups.

◆ With your support, the Hudson Valley/Rockland/Westchester, NY Chapter's 2007 Memory Walk Committees surpassed their goal of \$391,000, **raising a record \$429,500** (an increase of 29% over 2006) to support Alzheimer research, education, advocacy, and patient and family services.

Each new resource, success, and accomplishment is cause for celebration, as it helps lead us toward our vision of a world without Alzheimer's.

Elaine Sproat

Westchester Regional Office Plans to Move

As mentioned in the last issue of *newscope*, our chapter's Westchester Regional Office, which has been located for many years at Burke Rehabilitation Hospital, will soon need to relocate due to the hospital's need for additional space.

We are delighted to announce that we will move in early March to 2900 Westchester Avenue, Ste. 306, Purchase, NY 10577-2551. (You will still be able to reach us at 914-428-1919.)

Please bear with us as we undertake this



transition, and come celebrate the Grand Opening of our new office at a May Open House! Details will be provided in the spring issue of *newscope*.

Research & Public Policy

Antibodies may be natural defense against Alzheimer's

Naturally occurring antibodies in human blood may help to defend against Alzheimer's disease, researchers say.

A team led by researcher Dr. Norman Relkin, behavioral neurologist and neuroscientist at New York-Presbyterian Hospital/Weill Cornell Medical Center, has been testing an antibody-based immunotherapy - called Intravenous Immunoglobulin (IVIG) - as a potential new treatment for Alzheimer's. IVIG, made from the blood of healthy donors, was previously reported to contain small quantities of beta-amyloid antibodies.

The antibodies selectively target combined beta-amyloid proteins (oligomers) that are toxic to brain cells, while ignoring the benign single-molecule forms (monomers) of these proteins. Animal studies predicted the existence of such antibodies, but they never before were shown to build up in substantial quantities in blood from healthy humans.

Laboratory studies demonstrated that IVIG initially bound very little monomer beta-amyloid in a test tube. However, it gathered up much more of the amyloid when it was "aged" to allow soluble aggregates to form clusters around brain cells - a trait of Alzheimer's.

To further confirm that these natural antibodies bind with oligomers, Dr. Relkin and his colleagues used University of California, Irvine research to show that the antibodies selectively recognize these oligomers by their misfolded shape. Because beta-amyloid oligomers are much less abundant in the body than the monomers, the relatively high amount of oligomer-specific antibody found in human blood suggests that the immune system recognizes these aggregates to be a particularly harmful threat.

Be a VOICE for Change!

We need you to use your **VOICE** to speak out about Alzheimer's disease. Please join us on **February 8, 2008**, for our statewide Alzheimer's Association Advocacy Day in Albany.

We will charter buses and arrange appointments so that you, along with other volunteers and staff, can deliver a message in person to your state legislators. You will have the chance to share your experience with Alzheimer's disease.

Please join us! To reserve your place on the bus, contact Michele Muir at

845-471-2655, 1-800-872-0994, or Michele.Muir@alz.org by January 16.



2007 Advocates on the Bus to Albany

President Bush Vetoes Bill for Increase in Alzheimer Research. Advocates Needed Now More Than Ever!

In mid-November President Bush vetoed a bill that included \$30 billion for the National Institutes of Health (NIH), which would have brought a \$16 million increase for Alzheimer research next year.

Despite the short turn-around, Alzheimer's Association advocates responded admirably. Our own Board member **Andy Sillin**, in Washington, D.C. visiting family, rose to the occasion and pitched in at our D.C. office, mustering support for a veto override. Congressional offices reported a tremendous volume of contacts from advocates.

Unfortunately, though representatives from our region all supported the measure, the 277-141 tally was two votes short of the two-thirds majority needed to override the President's veto.

In December Congress will send President Bush an omnibus bill combining any appropriations bills still pending, such as the NIH spending measure that was vetoed. The omnibus bill will split the difference between what Congress and the President proposed for overall spending. This means that funding for the Departments of Health, Labor and Education will be

cut by approximately \$6 billion below the levels proposed by Congress.

No decisions have been made about which programs will be cut, but NIH funding could be a prime target given the size of the agency's budget. Splitting the difference could mean about 700 fewer grants for research at NIH next year.

Our concern is not just tied to funding for the next fiscal year. Decisions made now will affect NIH funding levels for the next several years, further straining a budget that is already far too inadequate for important Alzheimer research. We've already seen 20% cuts in existing grants and intense competition for any new resources.

Given the President's unwillingness to adequately fund research, splitting the difference may only be a starting point. The final outcome will depend on several factors including what members of Congress hear from advocates.

We must convince Congress to retain as much funding for NIH as possible. To receive advocacy alerts and become an advocate, go to **www.alz.org** and click on "advocacy." We've come too far to give up now!

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 inclement weather, please call your local chapter office (see back page).

<p>FAMILY SUPPORT GROUPS</p>	<p>** Nanuet Meals on Wheels Weds., weekly, 1 p.m.</p>	<p>## Mt. Kisco Pres. Church of Mt. Kisco 2nd/4th Weds., 6:30-8 p.m.</p>	<p>EARLY-STAGE GROUPS <i>Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.</i></p>
<p>DUTCHESS COUNTY</p>	<p>New City Sunrise Senior Living 2nd/4th Mon., 6:30-8 p.m.</p>	<p>Mount Vernon Sunrise Assisted Living Last Thursday, 6-7:00 p.m.</p>	<p>ORANGE COUNTY Meg Boyce, 800-872-0994</p>
<p>Beacon Elant at Fishkill 3rd Wed., 3 p.m.</p>	<p>Palisades The Esplanade 2nd /4th Thursdays, 1 p.m.</p>	<p>Mount Vernon The Meadowview at Wartburg 1st & 3rd Weds., 2-3:30 p.m.</p>	<p>DUTCHESS COUNTY Meg Boyce, 845-471-2655</p>
<p>Hopewell Junction Hopewell Reformed Church 3rd Tues., 1 p.m.</p>	<p>Pearl River Pearl River Meth. Church Last Tues., 7:30 p.m.</p>	<p>Port Chester Port Chester Nursing Home 1st/3rd Thurs., 10-11:30 a.m.</p>	<p>ROCKLAND COUNTY Camille Sharp, 845-639-6776</p>
<p>Poughkeepsie Alzheimer's Association 1st Wed., 11 a.m.</p>	<p>SULLIVAN COUNTY Harris Catskill Regional Medical Ctr. 1st Mon., 7 p.m.</p>	<p>Sleepy Hollow Phelps Memorial Hospital 1st/3rd Th., 7:30-9:30 p.m.</p>	<p>WESTCHESTER COUNTY Ellen Imbiano, 914-428-1919</p>
<p>Rhinebeck The Thompson House 2nd Mon., 6 p.m.</p>	<p>#### Harris Catskill Regional Medical Ctr. 3rd Mon., 7 p.m.</p>	<p>New: Somers Astoria Federal Savings Bank, Somers Towne Center 1st/3rd Weds., 4 p.m.-5:30 p.m.</p>	<p>Don't See a Support Group in Your Area? We are interested in hearing from individuals who would like to attend a support group, but who don't see a group that meets their needs. To express interest in a new group, please call Meg Boyce at 845-471-2655.</p>
<p>ORANGE COUNTY ** Goshen Valley View Center for Nursing & Rehabilitation Last Mon., 7 p.m.</p>	<p>ULSTER COUNTY Ellenville Canal Lodge Adult Day Care 4th Wed., 1 p.m.</p>	<p>Valhalla Westchester Meadows 2nd/4th Tues., 4-5:30 p.m.</p>	<p>New Support Groups Support groups are now offered in Somers and Highland. Locations and times are listed to the left. Free respite care is available during the Highland group. For more information about the group in Somers, please contact Ruth Ahearn, 914-428-1919. For information about the Highland group, contact Wendy Rudder at 845-471-2655.</p>
<p>** Goshen Valley View Center for Nursing & Rehabilitation 2nd Tues., 2-3:30pm</p>	<p>New: ** Highland Multi-County Adult Day Care 1st Thurs, 3-4:30 p.m.</p>	<p>White Plains 2nd/4th Mon., 10-11:30 a.m. Call for info, 914-428-1919</p>	
<p>** Middletown Hand-in Hand Care, 48 E. Main 3rd Wed., 11 a.m.</p>	<p>** Kingston Greenkill Ave. ADC 2nd Tues., 3 p.m.</p>	<p>White Plains 2nd/4th Mon., 2:30-4 p.m. Call for info, 914-428-1919</p>	
<p>Newburgh Elant at Newburgh Conf. R.m. 2nd Tues., 7 p.m.</p>	<p>Woodstock Christ Lutheran Church 3rd Tues., 2 p.m.</p>	<p>* White Plains 1st/3rd Wed., 11a.m.-12:30 p.m. Call for info, 914-428-1919</p>	
<p>PUTNAM COUNTY Carmel The Plaza at Clover Lake 2nd/4th Wed., 6:30-8 p.m.</p>	<p>WESTCHESTER COUNTY Cortlandt Manor The Seabury at Fieldhome 1st/3rd Wed., 10-11:30 a.m.</p>	<p>White Plains 2nd/4th Tues., 6:30-8 p.m. Call for info, 914-428-1919</p>	
<p>ROCKLAND COUNTY #### Haverstraw Action Partnership (CAPROC) 1st Wednesday, 7-9 p.m.</p>	<p>Hawthorne Morningside House ADC 2nd/4th Thurs., 10-11:15 a.m.</p>	<p>#### White Plains Call for information, 914-428-1919</p>	
		<p>Yonkers Sunrise Sr. Living of Crestwood 1st Saturday, 2-3 p.m.</p>	

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

Alzheimer's Association Winter Programs

Understanding Memory Loss

What: This program will cover general information about normal and abnormal memory loss, including the ten warning signs of Alzheimer's disease, how to get a proper diagnosis, stages of the disease, related disorders, and medications currently available.

Where: Alzheimer's Association, 20 Squadron Blvd., Ste. 345, New City, NY

When: Wednesday, January 9, 2008, 2:30 p.m. - 4 p.m.

Info/Registration: Alzheimer's Assoc., 845-639-6776

Where: Willow Towers, 355 Pelham Rd., New Rochelle, NY

When: Wednesday, January 9, 2008, 5:30 p.m. - 6:30 p.m.

Info/Registration: Alzheimer's Assoc., 914-428-1919

Where: Ellenville Public Library & Museum, 40 Center St., Ellenville

When: Wednesday, January 30, 2008, 10 a.m. - 11 a.m.

Info/Registration: Alzheimer's Association, 845-340-8474 or 1-800-872-0994.

Where: Neighborhood Center, 467 Broadway, Kingston, NY

When: Friday, March 14, 2008, 1:30 p.m. - 2:15 p.m.

Info/Registration: Alzheimer's Assoc., 845-340-8474

Caregiving Series

The eight modules in our Caregiving Series, covering a full range of caregiver issues, will be offered at different times and places throughout the year. Each program is 1-2 hours long. Caregivers may select whichever programs are of interest.

What: The Art of Communication

How to communicate effectively with confused individuals in the early stages of Alzheimer's and as the disease progresses.

Where: Multi-County Adult Day Care Center, 7578 N. Broadway, Red Hook, NY. (Free respite care will be available during the talk.)

When: Tues., Feb. 5, 2008, 2:30 p.m. - 3:30 p.m.

Info/Registration: Alzheimer's Assoc., 845-471-2655

Getting Connected

What: A special invitation for family caregivers and professionals to learn about chapter programs and services.

Where: Alzheimer's Assoc., Rockland Regional Office, 20 Squadron Blvd., Ste. 345, New City, NY

When: Wed. Feb. 6 and Wed. Mar. 5, 12 p.m. - 1 p.m.

Info (Reg. not req'd): Alzheimer's Assoc., 845-639-6776

Alzheimer's Disease: Across the Stages

What: A series of three informational programs for family and professional caregivers that will be offered at varied times throughout our chapter territory. The second program, "Living with Change: As Alzheimer's Disease Progresses," includes tips on coping with memory loss in the family.

Where: Willow Towers, 355 Pelham Rd., New Rochelle, NY

When: Tuesday, January 15, 2008, 5:30 p.m. - 6:30 p.m.

Info/Registration: Alzheimer's Assoc., 914-428-1919

Where: Alzheimer's Association, 20 Squadron Blvd., Ste. 345, New City, NY.

When: Wed., January 23, 2008, 3 p.m. - 4:30 p.m.

Info/Registration: Alzheimer's Assoc., 845-639-6776

Where: Jewish Community Center, 30 North Chestnut St. (Rt. 32 N.), New Paltz, NY

When: Monday, March 3, 2008, 2 p.m. - 3 p.m.

Info/Registration: Alzheimer's Assoc., 845-471-2655

Maintain Your Brain

What: The Alzheimer's Association is reaching out to the public to change the way the nation thinks about brain health, memory, healthy aging, and Alzheimer's disease. Maintain Your Brain™ is a public awareness program directed to Baby Boomers and well seniors. There is a \$5 fee for this program for material costs.

Where: The Esplanade, 168 Red School House Rd., Chestnut Ridge, NY

When: Mon., February 25, 2008, 3 p.m. - 4:30 p.m.

Info/Registration: Alzheimer's Assoc., 845-639-6776

Social/Activities Programs

What: Caregiver Appreciation Day. Caregivers and their family members are invited to have hot beverages and homemade pastries, while enjoying each other's company. Join us for a post-holiday treat!



Where: Goshen Gourmet Bakery, 14 W. Main St., Goshen, NY

When: Friday, January 11, 3 p.m. - 5 p.m.

Info/RSVP: Alzheimer's Assoc., 845-342-2247, by Jan. 4.

Memory Walk 2007 - Record Breaking Year!

Thank you for SURPASSING OUR GOAL, raising over \$429,500 this Memory Walk season! Your efforts will go a long way to fund Alzheimer's research and expert Alzheimer's Association services provided to local families living with this devastating disease.

Donations are still coming in! Does your employer (or do your donors' employers) match charitable contributions? If so, please send your completed matching gift forms to the Alzheimer's Association today!

Thanks to our national and local sponsors and major partners!

National Presenting Sponsor

Genworth Financial

National Teams

Creative Memories
Home Instead Senior Care
Kindred Healthcare
BAE Systems
Parrot Heads in Paradise, Inc.
Sigma Kappa Foundation

Silver Sponsors & Media Partners

CRM: Compensation Risk Managers
Putnam Ridge
WPDH (101.5 FM/106.3 FM/106.1 FM)
WRRV (92.7 FM/96.9 FM)
Mix 97.7 (97.7 FM)
The Wolf (94.3 FM/97.3 FM)
WRNY (1490 AM)
Radio Disney (1390 AM/1340 AM)

Bronze Sponsors & Community Partners

Ancient Order of Hibernians
Burke Rehabilitation Hospital
Classic Residence by Hyatt
Edna Lillian Roker Social ADC Program
Hebrew Hospital Home
Kiwanis International
Kiwanis - Circle K
Kiwanis - Key Club
Morningside House ADHCP
Northeast Radiology
Ridgefield Crossings
The Seabury at Fieldhome
The Wartburg Adult Care Community

Copper Sponsors

Allianz Life Insurance Company of New York
Atria Senior Living
Careseekers
Crystal Run Healthcare
Elder Care Consulting, Inc.
Friedwald Center for Rehab. & Nursing, LLC
Greenwich Woods Health Care Center
Health Quest
Hearthstone Alzheimer Care
Hudson Valley Federal Credit Union
Makovic Designer Homes
Northern Services
Orange County Regional Medical Center
Pfizer/Eisai
Pier Sixty, LLC
Saint Joseph's Nursing Home
Schnurmacher Center for Rehab. & Nursing
Sunrise Assisted Living of New City
Sunrise Senior Living/Westchester
Tarrytown Hall Care Center
Ten Broeck Commons
The Fountains at Rivervue
The Greens at Greenwich
The Kingston Hospital
The Osborn
The Promenade at Blue Hill
TD Banknorth
ValleyView Ctr. for Nursing Care & Rehab.

Thanks also to our outstanding teams and individual fundraising volunteers! More than 300 walkers met or surpassed the national goal of \$200+ per walker, and 74 walkers raised \$1,000 or more (a 75% increase in \$1,000+ walkers since last year!)

\$10,000+

Shelly Danziger,
in memory of Yetta Heitner

\$7,000 - \$9,999

Joan Zale

\$5,000 - \$6,999

Peter J. Brent, Sr.
Catie Lucas
Christine Tsaldaris

\$2,500 - \$4,999

Karen Barone
Marian Crapanzano
Alison DaMore



Thank You for Raising More Than \$429,500 (and Counting!)



Larry & Denise DeGennaro
 Marcia Fink
 Kenneth Folster
 John Gaffney
 Jenny Murphy
 David Niederhoffer
 Nancy O'Connor
 Martin Oliveri
 Janet Scherf
 Mark Taylor
 Barbara Van Wie
 Louis Werbalowsky

\$1,000 - \$2,499

Lorraine Altieri
 Charles Benedetti
 Susan Bunce
 Kris Charter
 Alex Danziger
 Sam DePaolo
 Maureen DiMarco
 Karen Doyle
 Denise Dvorak
 Kathy & Richard Fraites
 Karen Ganis
 Lesley Geary
 Sidney Gibson

Roberta Gottlieb
 Douglas G. Hickey
 Claire Hodgdon
 Maureen Hughes
 Terry Kean
 Ellen Kearney
 Sister Anne-Marie Kirmse
 Nicole Klammer
 Faith Kotzker
 Rachel Kroll
 Alan & Christina Lehigh

Jaime McGill
 Jim McLaughlin
 Jason Micallef
 Rosalia Micei
 Bob Miller & Michele Muir
 Edward Moore
 Rose Nardis
 Denise O'Neil
 Tim & Tina Osborn
 Pamela Perkins-Dwyer
 Maryanne Rathmann
 Lisa Reuss
 Vicki & Mel Savitch

Naomi Saunders
 Rose Scala
 Camille Sharp
 Andy Sillin
 Stephanie Small
 William Sorter
 Elaine Sproat
 Cathy Squillini
 Randy Stone
 Margaret Traynor
 Benedetta Vaccarella
 Ralph Vaccarella
 Patricia Vetterman
 Christopher White
 Benjamin Wolf
 M.J. Wolff
 Marie Zugibe

Congratulations to our 2007 Memory Walk Top Fundraising Teams! These are the current standings for our TOP 25 (out of 235) Registered Fundraising Teams, as of 11/30/07:

Top Team (\$13,000+)

In Memory of Yetta Heitner
 Captain, *Shelley Danziger*

\$9,000 - \$12,999

2nd Place - False Echoes
 Captains, *Larry & Denise DeGennaro*
 3rd Place - Bronx/Westchester So. Kiwanis
 Captain: *Sister Anne-Marie Kirmse*

\$6,000 - \$8,999

4th Place - Eden Park
 Captain: *Karen Barone*
 5th Place - FOR ALL THE PARENTS
 Captain: *Nancy O'Connor*
 6th Place - Sharp Memory
 Captain: *Camille Sharp*
 7th Place - Team Betty Folster
 Captain: *Patti Folster*
 8th Place - Ernie's Ts
 Captain: *Christine Tsaldaris*

\$3,000 - \$5,999

9th Place - Brent Financial Services
 Captain: *Peter J. Brent, Sr.*
 10th Place - Jimminy Cricket
 Captain: *Martin Olivieri*
 11th Place - Mary's Marchers
 Captain: *John Gaffney*

(Cont'd on Page 10)

Caregiving

Care Consultant's Corner: When Lying Is O.K.

By Wendy Rudder, LCSW

Note: The following is an article geared for caregivers of a loved one with dementia. It was inspired by some of the discussions I've had and observations I've made in my work with families. Whether it's okay not to tell the truth is a common dilemma that caregivers face, particularly adult children who are caring for their parents.

Most of us would call ourselves honest, I'm sure. But the term is a relative one. Anyone who has children or who is obedient to the social norms of our culture understands that there are times that it is better not to tell the complete truth. For instance, you generally don't tell your colleague that she looks fat in that outfit, or that his haircut is a disaster; nor do you tell a six-year-old that a loved one has just been diagnosed with a terminal illness. Instead you might tell a "white lie," because you have taken into consideration the listener's ability to understand and cope with the bad news. There is only so much truth that one can handle, depending on age, maturity, emotional state, and a host of other factors.

An important bottom line is: *Never argue with a person that suffers from dementia.*

White lies are often prudent when dealing with someone who has dementia. It does not help a person who is nervous about an imagined event or deadline, to remind him that these are no longer relevant to his life. Doing so often provokes more anxiety, and rarely, if ever, does it revive the accurate memory. The better response is to use that white lie, which can also be called a "therapeutic fib."

A typical scenario might go like this:

Your 88-year-old mother with Alzheimer's disease stands at the front door, in anticipation of her father's arrival home from his work-day. Your initial response might be, "Mom, your father died 30 years ago. Come away from there." But you soon discover that you have to repeat yourself until you're ready to tear your hair out. It doesn't matter how many times you tell her, she will not remember. And, it is unlikely that she will decide on her own to give up her sentry position in favor of a more stimulating activity. She no longer has the cognitive ability to accomplish either of those tasks.

You and she will fare much better if you redirect her, in a firm, but gentle and reassuring way, and one that probably encompasses a falsehood such as, "Mom, let's have a snack first in the kitchen, and we can wait together in there for him." Once there, it is easier to distract or occupy her in some other way.

An important bottom line is: **Never argue** with a person that suffers from dementia. If you do, you will have, at best, an anxious and agitated person on your hands, who is difficult to comfort. At worst, your attempts to convince him that he is wrong and you are right could cause what is called a "catastrophic reaction." This means that he might become extremely distressed, resulting in a complete loss of emotional control, and possibly violent behavior.

Instead, think creatively and have that therapeutic fib handy. Say something to distract Dad from his persistence about putting on his sweater. If (and when) he comes back to it, don't be afraid to agree with him. It is very reassuring to have someone agree with you, no matter who you are. "Yes, it might snow later (despite the fact that it's July). We'll make sure to get out your sweater as soon as the snow starts." Or, "I know you just took a bath this morning (she hasn't bathed in a week), but we want you to be extra clean for our special dinner tonight."

Sometimes, as most of us learn in early parenthood, you must choose your battles. Will it really hurt Dad if he puts on that sweater? If Mom absolutely refuses to step into the shower or bath, can you give her a sponge bath instead? Or why not try washing just her hair in the sink?

You may have to take a few deep breaths and avoid saying anything until your patience returns. As Naomi Feil, who originated the "validation method" of dealing with people with dementia, says, "Listen to their reality." And, "Walk beside them, not in front of them." Those are keys to maintaining a calmer, more loving relationship.

Ms. Feil stresses the importance of trying to interpret what a person with dementia is feeling or thinking behind his words. For instance, when Grandpa tells you, "I want to go home," even though he's at home while he says this, and then makes for the coat closet to dress himself for the trip, what he might be trying to express is his desire to go back to a time when he was comfortable, felt in control of his life, and was surrounded by loved ones that he trusted and recognized. That isn't to say you are not loving or trustworthy, but in his state of confusion, he may not remember that.

Some adults can't seem to bring themselves to fib to their parents or partners, even those parents or partners with dementia. Instead, they continually find themselves in arguments with their mother, father, or spouse, arguments that will never be won. Is it just mere habit that steers them onto this familiar path to unhappiness and frustration?

Habit may be part of the reason. But I believe that there is another motivation, one that is profound; yet rarely is the

Caregiving

Dear Stephanie:

My father is quite confused, in mid-stage Alzheimer's disease. In addition, he has a number of other health problems. If he is ever hospitalized, what can I do to make hospitalization easier for him? My father is incontinent and does not speak.

Bert in Pleasantville

Dear Bert:

If your father requires hospitalization, it would be very helpful if your family has a schedule of visitations, so that he is almost never alone. If it is possible, someone should be there when he awakens, and whenever a procedure is done. When a family member or familiar person is present, much agitation can be avoided. Make very sure the hospital staff knows that your father is demented and incontinent, and does not speak. It might be a good idea to speak with the social worker, who may be able to help you find help you can afford, who will then fill in when a member of the

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. 103, Poughkeepsie, NY 12601 or to info@alzhusdsonvalley.org



family cannot be there.

Another helpful thing would be to type up a list of your father's needs and wants, and personal habits. For instance, if the television is upsetting to your father, leave a big note on the TV saying not to turn it on because it is upsetting to him. You might want to leave a note taped to the wall behind him, stating that he has dementia, and he does not speak, and is incontinent, etc., in case an attendant or a nurse who comes into the room is unfamiliar with the case.

If it is at all possible, try to secure a private room for your father. Another unfamiliar person in the same room, with other doctors, nurses and procedures, can be quite agitating. On the same note, do bring your father's most familiar possessions, such as his quilt, a family picture, his pillow, and even his pajamas. Perhaps he can wear the tops. If you use a special brand of incontinence briefs, you might want to bring them along.

I know how you and your family must feel. When my mother fell and broke her hip and collar bone, we had no choices. She was admitted to the hospital on an emergency basis, and needed surgery for her hip. The hospitalization was a time of terrible confusion, and she kept trying to get out of bed because she had no memory of the fall, or pre-surgery. We did take turns visiting, but that hospitalization was a terrible setback for her. You have my sympathy.

Stephanie

When Lying Is O.K. (from page 8)

person aware of it. In short, it comes down to the grieving process and what stage of grief the adult child or spouse is experiencing.



Most of us associate bereavement with the death of a loved one. However, **it is important to recognize that it is completely normal to feel grief over any kind of loss.** In fact, I often remind people that the aging process is full of losses, hence there is much grief. These include lifestyle changes, such as retirement; moving to a new residence or community; declining health and physical limitations; loss of independence, including driving ability; and much, much more.

Witnessing these changes in a loved one can be equally devastating, particularly when there is such an overwhelming loss of personality and ability to function, as with Alzheimer's disease.

Generally, when people are faced with a loss, they move through a series of stages, as Elizabeth Kubler-Ross described many years ago in her pioneering research with the terminally ill. These stages are not necessarily in linear order. They range from the earliest acknowledgement of the loss, usually characterized by shock, devastation, and denial, to anger, sadness, bargaining, and eventually to some semblance of final acceptance of the loss. One might go back and forth through these phases for as long as it takes to complete the process.

When spouses or adult children find themselves continually arguing with the person with dementia, it may be because they have not fully come to

terms with the reality of the situation. Somewhere deep in their unconscious, they hold fast to the belief that their parent will always be that same invincible, all-knowing parent of their pre-adolescent childhood or their spouse, the same independent, quick-witted partner they married.

Before the tension in such a relationship can dissipate, the caregivers need to reach a level of acceptance of their loved one's condition. That is, an acceptance that follows a deep mourning, if you will, over the changes that have caused their loved one to gradually become a very different person. It is important to recognize that this acceptance does not come easily to many caregivers; it is hard earned, but with it may come an understanding that makes it easier to be a more patient and loving caregiver.

Wendy Rudder is a Care Consultant in the Alzheimer's Association's Poughkeepsie Office.

Special Events



Cont'd from Page 7

12th Place - Chicki Taylor Team

Captain: Mark Taylor

13th Place - Luigi's Girls

Captain: Rosalia Miceli

14th Place - The Elephant Project

Captain: David Niederhoffer

15th Place - Valley View

Captain: Diane Reilly

16th Place - Memory Lane

Captain: Stephanie Small

17th Place - Betty Boopers

Captain: Helene Kotzker

18th Place - Genworth Financial

Captain: Sam DePaolo

19th Place - Murphy Family

Captain: Jenny Murphy

20th Place - The Wartburg

Captain: Margaret Traynor

21st Place

Pop & Buddy

Captain: Charles Benedetti

22nd Place - Special K

Captain: Julie McCormick

\$2,000 - \$2,999

23rd Place - Hoppy's Team

Captain: Lori Noel

24th Place - Catskill Hudson Bank

Captain: Alice Newell

25th Place - Mr. B's Buddies

Captain: Patricia Vetterman

Special Thanks to our dedicated committee chairs, site hosts, media friends, entertainers, and donors of refreshments and prizes. And thank you to all the creative and hard-working Memory Walk Committees and Day-of-Event Volunteers!

Committees are forming now for Memory Walk 2008. With your help we can MOVE our cause forward and become a national priority! To learn more, please contact the Alzheimer's Association office nearest you.

Golf Tournament A Huge Success

Despite the fact that it rained all around the surrounding area, not a drop fell on the Hampshire Country Club--the site of the Alzheimer's Association's 9th Annual Golf Tournament--on Monday, September 10.

Co-chaired by event founders **Ron Sylvestri**, SVP Hudson Valley Bank, and **Donna Sylvestri**, President Madison Home Management, and hosted by New York City District Council of Carpenters Relief & Charity Fund, the golf tournament was a huge success, raising over \$66,300!

Congratulations to Ron and Donna, the committee, sponsors, underwriters, participants, and day of event volunteers for making this an event not to miss.

Congratulations also go to 17-year-old **Josh Goldstein**, who organized the chapter's first wrap-around golf event in Sullivan County and raised an additional \$1,746 to support our mission.

Mark your calendars for our Chapter's 10th Annual Golf Tournament, Monday, September 8, 2008, at Hampshire Country Club.



Donna and Ron Sylvestri



Corey and Nancy Rabin (left) and Barbara and Bob Rohrllich (right) enjoy the day.

Race to Remember Offers Ski Discounts

It's our 5th Annual Grand Slalom Challenge, "**A Race to Remember**," at Belleayre Mountain on Sunday, January 13, 2008. Put it on your calendar now! The first 200 guests to pre-register receive discounted all-day lift tickets for just \$25.00 per person.

Arrive at 8 a.m., the start of registration, and enjoy a special Alzheimer's Day breakfast in the Longhouse Lodge for \$15.00 per person. Registration is from 8 a.m. to 10 a.m. and the Race begins at 10:30 a.m.

You can also purchase tickets on the day of the race for the standard lift ticket



price of \$48.00 plus the \$25 Race Entry Fee.

To receive a pre-registration application and find out more, call 1-800-872-0994. Get ready to help out the Alzheimer's Association this winter and ski Belleayre. It's a blast!

Memorials and Tributes

We are grateful for all the memorials and tributes given to the Alzheimer's Association. 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 7/1/07 to 9/30/07. Unfortunately, space limitations do not allow us to list Memory Walk gifts here.

Memorials

Sydney Ackerman
 Dominick Anthony Antrocaio
 Mary A. Aversano
 William Barbieri
 Helen Barlow
 Ruth Barrett
 Anthony Basill
 Mildred F. Belfont
 Juliette Bennett
 Ruth Berg
 Myron Berman
 Dorothy Boice
 Dorothy Brinkman
 Eynon Brown
 Lucy Buglione
 Grace Cassidy
 Helen R. Cassidy
 Walter Casteel
 Claire S. Chiascione
 Richard Cliff
 Paul Connell
 Lucy Conte
 Mary Cuccia
 Rita Cullen
 Helen David
 Jennie Davis
 Carmella Di Orio
 Susan Dima
 Beverly DiScepolo
 Ethel Donis
 Dr. J. Robert Donovan
 Isadore Dubick
 Carl W. Dubois
 Leona "Midge" Dubois
 Mary Durante
 Edward Dvorak
 Frank Edelman
 Edward Edelstein
 Mary Elliott
 Raymond Fallon
 Anthony J. Famighetti
 Ruth Fein
 George Ferris
 Robert Friery
 Nancy Ghiuro
 Rosanne Goldgell
 Mark Graser
 Ceil Green
 Beatrice P. Greenbaum
 Harold Greenbaum

Helen Halpern
 Dorothy Haupt
 Larry Herz
 Lilo Hill
 Dominick Introcaso
 Barnett Jablon
 Genevieve Jazwinski
 Kevin Lewis Jeffrey
 Louis Kaplan
 Dr. Harold Katz
 Norma Katzenoff
 Steven Kearins
 Nora Keller
 Catherine King
 Leah Klein
 Lillian Klein
 Charles Kortlang
 Sam J. Kowalick
 Angela La Russo
 Mary Langer
 Irene Lerario
 Mel Lesser
 Kenneth C. Levey
 Shirley Levin
 Rosemarie Loprimo
 Dr. Norton Luger
 John McAulay, Jr.
 Jean McAulay
 Mary Jane McCune
 Edwin McDowell
 Sathie McDowell
 Jean Meissner
 Jose Mendoza
 Raefela Mondelli
 Sophie Mudrick
 George Munroe
 Ann H. Murphy
 Gertrude Nadel
 Frances Norbitz
 Rose Berman Oland
 Olaf Olsen
 Venero Pagano
 Sadie Palmiotto
 Ruth Pearlman
 Michael Peters
 Mother of Donna Pope
 Alfred Postiglione
 Arnold E. Puca
 Martin Rabinowitz
 Dr. Manuel Riklan
 Esther Rimsky
 Francisca Rivera

Richard Robinson
 Marjorie E. Romanelli
 Veronica Rorsch
 Sally Rosenberg
 Laura Russo
 Mother of Adriane Salmen
 Benjamin Santini
 Jeannine Sargeant
 Pearl Sasarfaty
 Albert Scheer
 Charlotte Schoen
 Pearl Schwartz
 Dr. Nick Seguljic
 Hortense Spitz Shair
 Anna Silano
 Sandy Silverman
 Geroge Simball
 Ted Simone
 Ethel Sneider
 Doris Solomon
 Filomen Spinelli
 Grace Stein
 Mary Steiner
 Frances Sugarman
 Felicita Tamburin
 Bessie I. Tator
 Viola Tempel
 Joan Tepperman
 William Tieder
 Dorothy Torchia
 Ruth Trieb
 Edward Truhlar
 Catherine Vaccarino
 Cathy Vaglio
 James Vain
 Pearl Waschler
 Joan Washburn
 Jean Winick
 Beatrice Wolf
 Alfred A. Zottola

Tributes

Dr. John Arrigo,
 on his retirement
 Charlie Benedetti
 Cheryl & Bill Bradley, on their
 60th wedding anniversary
 Charles & Stephanie Cohen
 Stephanie Cohen
 Jo Ann Dagele
 Mr. & Mrs. Charles D'Amico

Dr. Michael Fogel,
 on his 70th birthday
 Thomas M. Gambardella
 Harriette Goldfarb,
 on her 80th birthday
 Capucine & David Gooding, on
 the birth of their daughter,
 Daisy Victoria
 Sam Grossman,
 on his 95th birthday
 Phyllis Jacobs,
 on her 80th birthday
 Sherman & Mimi Jaffe
 Kathleen E. Kohan, on her
 42nd wedding anniversary
 Judy & Uri Lubliner
 Diana Robbins,
 on her birthday
 Stuart Rosenbaum
 Wendy Rudder
 William Sherry
 Carmela Raimondo Wynn
 Barrie Yaloff & Craig Umscheid,
 on their wedding
 Dominic Yannocone

Putnam Point of Service Has Moved

Our Putnam Point of Service, graciously housed by Hudson Valley Community Services, has moved to a beautiful new office. The new address is 15 Mount Ebo Rd. S., Brewster, NY 10509-4004. Our phone number remains 845-878-9890.

Thank you for your support of the Alzheimer's Association!

Your donations help keep our organization strong!

Hilton Garden Inn-
 Fishkill

Guardian Self Storage –
 Wappingers Falls

Panera Bread- Fishkill

Hudson Valley/Rockland/Westchester, NY Chapter
Administrative Office
2 Jefferson Plaza, Ste. 103
Poughkeepsie, NY 12601-4060

Return 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.alz.org/hudsonvalley (chapter web site)
info@alz-hudsonvalley.org
1-800-872-0994
1-800-272-3900 (24-hour Helpline)

How Our Funds Are Used

You can give with confidence when making a donation to the Alzheimer's Association. The Association meets the Wise Giving Standards of the Better Business Bureau and strives to invest more than 75% of funds raised back into our mission, nationwide!

Here at the Hudson Valley/Rockland/Westchester, NY Chapter, donations impact the lives of almost 10,000 families annually through our 24-hour Helpline, care consultations, support groups, and educational programs, among other services--resources that serve as a lifeline for persons with dementia and their caregivers. Because of your generosity, we are able to provide most services free of charge.

For information about Alzheimer's Association giving opportunities, please contact Alison DaMore, Director of Development, 914-428-1919, ext. 106, 800-872-0994, or Alison.DaMore@alz.org.

Condensed Statement of Receipts and Disbursements for the Year Ended June 30, 2007

Public Support and Revenues*

Direct Public Support	\$ 579,713
Indirect Public Support	498,357
Special Events (net)	420,598
Government Grants	142,809
Other	<u>56,133</u>
	1,697,610

Disbursements

Program Services	887,381
Management and General	122,298
Fundraising	<u>161,895</u>
	1,171,574

Change in Net Assets

526,036

Net Assets, beginning

456,201

Net Assets, ending

982,237

* Donations restricted to research are not reflected here as they are passed directly to the National office of the Alzheimer's Association.

