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 50% 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 the 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**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Public Support</td>
<td>$ 579,713</td>
</tr>
<tr>
<td>Indirect Public Support</td>
<td>498,357</td>
</tr>
<tr>
<td>Special Events (net)</td>
<td>420,598</td>
</tr>
<tr>
<td>Government Grants</td>
<td>142,809</td>
</tr>
<tr>
<td>Other</td>
<td>56,133</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,697,615</td>
</tr>
</tbody>
</table>

**Disbursements**

| Program Services         | 887,381 |
| Management and General   | 122,298 |
| Fundraising               | 161,895 |
| **Total**                 | 1,171,574 |

**Change in Net Assets**

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.

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**How Our Funds Are Used**

**Fundraising** 11%

**Program Services** 16%

**Management & General** 12%

**Fundraising** 52%

**Expenses** 14%

**Chapter News** 2

**Research & Public Policy** 3

**Support Groups** 4

**Winter Programs** 5

**Memory Walk** 6

**Caring** 8

**Special Events** 10

**Memorials & Tributes** 11

**How Our Funds Are Used** 12

---

**Winter, 2008**

**Association Introduces New Resources for Care**

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.

Lotus 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 Finder** - 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 individual’s family or caregivers are contacted.

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.
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 Byles of the Arkansas Razorbacks has published *Coach Byles' 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, grief 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 recently recognized 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 Sprout*

**Memorials**

Sydney Ackerman
Dominick Anthony Antocasio
Mary A. Aversano
William Barber
Helen Barlow
Barbara Barrett
Anthony Basili
Mildred F. Bellevue
Julianna Bennett
Ruth Berg
Myron Berman
Dorothea Biscoe
Dorothy Brinkman
Eimon Brown
Lucy Buglione
Grace Cassidy
Helen R. Cassidy
Walter Castell
Claire S. Chiascione
Richard Clift
Paul Connell
Lucy Conte
Mary Coccia
Rita Callen
Helen David
Jennie Davis
Carmella D. Di Orio
Susan Dina
Beverly DeSiccopolo
Ethel Dina
Dr. J. Robert Donovan
Isadora Dubick
Carl W. Dubois
Leona "Midge" Dubois
Carl W. Dubois
Isadore Dubick
Dr. J. Robert Donovan
Joan Duchesson
Walter Duke
Walter Duke
Ann Driscoll
Ann Driscoll
Dr. John Arrigo

**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 need for education, family support, advocacy, and research. Listed below are individuals honored from July 1, 2007 to September 30, 2007. Unfortunately, space limitations do not allow us to list Memory Walk gifts.

Helen Halpern
Dorothy Haupt
Larry Herz
Lilo Hill
Dorothy Intonsco
Barrett Jablon
Genevieve Jazwinski
Kevin Lewis Jeffrey
Louis Kaplan
Dr. Harold Katz
Norma Katzenoff
Steven Keanu
Nora Keller
Catherine King
Leah Klein
Lillian Klein
Charles Kortlang
Sam J. Kowalick
Angela La Rasso
Mary Langer
Irene Lerario
Mel Leser
Kenneth C. Levy
Shirley Levin
Rosaline Loppino
Dr. Norma Luger
John McAulay, Jr.
Jean McAulay
Mary Jane McCune
Edwin McDonald
Sather McDowell
Jean Menenser
Jose Mendez
Rafaela Mondelli
Sophie Mudrick
George Munroe
Ann H. Murphy
Gertrude Nadler
Francis Norbizt
Rose Bernato Oland
Olaf Oken
Venera Panagis
Sadie Palamino
Teresa Pearlman
Michael Peters
Mother of Donna Pope
Allard Petoglio
Arnold E. Puca
Eugenia Pollock
Dr. Michael Fogel
on her 70th birthday
Thomas M. Gambardella
Harriette Goldfarb,
on her 80th birthday
Capucine & David Gooding, on the birth of their daughter, Dasy Victoria
Sam Grossman,
on his 95th birthday
Phyllis Jacobs, on her 42nd wedding anniversary
Judy & Uri Lubliner
Dana Robbins,
on her birthday
Stuart Rosenbaum
Wendy Rudder
William Sherry
Carmela Raimondo Wynn
Barrie Valigia & Craig Unschuld,
on their wedding
Dominic Yannone

**Westernchester Regional Office Plans to Move**

As mentioned in the last issue of *newscape*, our chapter's Westernchester 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 *newscape*.
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-chairied 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.

Racetrack Offers Ski Discounts

It's our 5th Annual Grand Slam 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 received 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 blue!
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).

FAMILY SUPPORT GROUPS

DUTCHESS COUNTY
Beacon
Elm at Fishkill
3rd Wed., 3 p.m.

Hopewell Junction
Hopewell Reformed Church
3rd Tues., 1 p.m.

Poughkeepsie
Alzheimer’s Association
1st Wed., 11 a.m.

Rhinebeck
The Thompson House
2nd Mon., 6 p.m.

ORANGE COUNTY
** Goshen
Valley View Center for Nursing & Rehabilitation
Last Mon., 7 p.m.

** Goshen
Valley View Center for Nursing & Rehabilitation
2nd Tues., 2-3:30 p.m.

** Middletown
Hand-in-Hand Care, 48 E. Main
3rd Wed., 11 a.m.

Newburgh
Elast at Newburgh
Conf. Rm.
2nd Tues., 7 p.m.

PUTNAM COUNTY
Carmel
The Plaza at Clover Lake
2nd/4th Wed., 6-30 p.m.

ROCKLAND COUNTY
### Haverstraw
Action Partnership (CAPROC)
1st Wednesday, 7-9 p.m.

### Mt. Kisco
Pres. Church of Mt. Kisco
2nd/4th Weds., 6-30 p.m.

Mount Vernon
Sunrise Assisted Living
Last Thursday, 6-7:00 p.m.

Mount Vernon
The Meadowview at Wapping
1st & 3rd Weds., 2-3:30 p.m.

Port Chester
Port Chester Nursing Home
1st/3rd Thurs., 10-11:30 a.m.

Sleepy Hollow
Phelps Memorial Hospital
1st/3rd Th, 7:30-9:30 p.m.

New:

** Somers
Astorina Federal Savings Bank,
Somers Towne Center
1st/3rd Wed, 4 p.m -5:30 p.m.

Valhalla
Westchester Meadows
2nd/4th Tues., 4-5:30 p.m.

White Plains
2nd/4th Mon., 10-11:30 a.m.
Call for info, 914-428-1919.

White Plains
2nd/4th Mon., 2:30-4 p.m.
Call for info, 914-428-1919.

## White Plains
1st/3rd Wed., 11 a.m.-12:30 p.m.
Call for info, 914-428-1919.

White Plains
2nd/4th Mon., 6-30 p.m.
Call for info, 914-428-1919.

### White Plains
Call for information,
914-428-1919.

Yonkers
Sunrise Sr Living of Crestwood
1st Saturday, 12-2 p.m.

** New Y ork City
### Spanish-speaking Group

** Nanuet
Meals on Wheels
Wed., weekly, 1 p.m.

New City
Sunrise Senior Living
2nd/4th Mon., 6:30-8 p.m.

Palisades
The Espanola
2nd/3rd Thursdays, 1 p.m.

Pearl River
Pearl River Meth. Church
Last Tues., 7-30 p.m.

SULLIVAN COUNTY
Harris
Cattkill Regional Medical Ctr.
1st Mon., 7 p.m.

### Harris
Cattkill Regional Medical Ctr.
3rd Mon., 7 p.m.

ULSTER COUNTY
Ellenville
Canal Lodge Adult Day Care
4th Wed., 1 p.m.

New:

** Highland
Multi-County Adult Day Care
1st Thurs, 3-4:30 p.m.

** Kingston
Greenkill Ave. ADC
2nd Tues., 3 p.m.

Woodstock
Christ Lutheran Church
3rd Tues., 2 p.m.

WESTCHESTER COUNTY
 Cortlandt Manor
The Seabury at Fieldhouse
1st/3rd Wed, 10-11:30 a.m.

Hawthorne
Morningside House ADC
2nd/4th Thurs., 10-11:15 a.m.

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

EARLY-STAGE GROUPS

Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.

ORANGE COUNTY
Meg Boyce, 800-872-0994

DUTCHESS COUNTY
Meg Boyce, 845-471-2655

ROCKLAND COUNTY
Camille Sharp, 845-639-6776

WESTCHESTER COUNTY
Ellean Imbuso, 914-428-1919

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.

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

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.

Best 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 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 upstairs 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.

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, that the aging process is full of losses, that the aging process is full of losses.

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 partner is the all-knowing, perfect, un-emtorial, 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.

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

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@alzhudsonvalley.org

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 aggravating. 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 set-back for her. You have my sympathy.

Stephanie

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 Rudden at 845-471-2655.

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 partner is the all-knowing, perfect, un-emtorial, 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 Rudden is a Care Consultant in the Alzheimer’s Association’s Poughkeepsie Office.
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 emotion- al 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 someone who agrees 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 trust- worthy, 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 argu- ments with their mother, father, or spouse, arguments that will never be won. Is it just mere habit that steers them onto a 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
Thank you for SURPASSING OUR GOAL, raising over $429,500 this Memory Walk season! Your efforts will go a long way to fund Alzheimer 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**
CRMR: Compensation Risk Managers
Putnam Ridge
WPHL (101.5 FM/106.3 FM/106.1 FM)
WRBY (92.7 FM/96.9 FM)
Mix 97.7 (97.7 FM)
TD Banknorth
Valley View 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

$2,500 - $4,999
Karen Barone
Marian Czapanzano
Alison DaMore

Larry & Denise DeGennaro
Marcia Fruk
Kenneth Furrer
John Gaffney
Jenny Murphy
David Niederhofer
Nancy O'Connor
Martin Ortzi
Janet Scherf
Mark Taylor
Barbara Van Wie
Louis Werbawolky

$1,000 - $2,499
Laurren Altieri
Charles Benedetti
Susan Bunce
Kris Charter
Alex Danziger
Sam DePaolo
Maureen DiMarco
Karen Doyle
Denise Dowar
Kathy & Richard Frates
Karen Gaus
M. Geary
Sidney Gibson
Roberta Gottlieb
Douglas G. Hickey
Claire Hodgson
Maureen Hughes
Terry Kean
Ellen Kearney
Sister Anne-Marie Kirrnse
Nicole Kla;ner
Faith Kozelker
Rachel Kroll
Alan & Christina Lehgh
Jaime McGill
Jim McLachlind
Jason Micaleff
Rosalia Miceri
Bob Muller & Michele Muir
Edward Moore
Rose Nardu
Denise O'Neil
Tim & Tina Osborn
Pamela Perkins-Dwyer
Maryanne Rathmann
Lisa Reuss
Vicki & Mel Savitch

Naomi Saunders
Rose Scala
Caroline Sharp
Andy Sillin
Stephanie Small
William Sorter
Elaine Sprott
Cathy Squillini
Randy Stone
Margaret Traynor
Benedetta Vaccarelli
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 Teams ($1,000+)**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team ($13,000+)</th>
<th>Captain</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Jimminy Cricket</td>
<td>Patti Folster</td>
</tr>
<tr>
<td>2nd</td>
<td>Brent Financial Services</td>
<td>Peter J. Brent, Sr.</td>
</tr>
<tr>
<td>3rd</td>
<td>Bronx/Westchester So. Kiwanis</td>
<td>Christine Tsaldaris</td>
</tr>
<tr>
<td>4th</td>
<td>Eden Park</td>
<td>Karen Barone</td>
</tr>
<tr>
<td>5th</td>
<td>FOR ALL THE PARENTS</td>
<td>Joan Zale</td>
</tr>
<tr>
<td>6th</td>
<td>Sharp Memory</td>
<td>Nancy O'Connor</td>
</tr>
<tr>
<td>7th</td>
<td>Team Betty Folster</td>
<td>Camille Sharp</td>
</tr>
<tr>
<td>8th</td>
<td>Dave's Marchers</td>
<td>Michelle Muir</td>
</tr>
</tbody>
</table>

(Cont'd on Page 10)
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CRM: Compensation Risk Managers
Putnam Ridge
WPHU (101.5 FM/106.1 FM) WRWV (92.7 FM/96.9 FM) Mix 97.7 (97.7 FM)
WFRN (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
Kiwani International
Kiwani - Circle K
Kiwani - 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
Crystal Run Healthcare
Elder Care Consulting, Inc.
Friedwald Center for Rehab & Nursing LLC
Greenwich Woods Health Care Center
Health Quest
Hebrew Hospital Home
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
Schrammacher Center for Rehab & Nursing
Sunrise Assisted Living of New City
Sunrise Senior Living/Westchester
Tarrytown Hall Care Center
Ten Breeze Commons
The Fountain at Rivervue
The Greens at Greenwich
The Kingston Hospital
The Osborn
The Promenade at Blue Hill
The Promenade at Greenwich
The Promenade at Riverpark
Valley View Ctr for Nursing Care & Rehab
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.
Carrie Lucas

$2,500 - $4,999
Karen Banone
Marian Crapanzano
Alison DaMore

Larry & Denise DeGennaro
Marcia Fruk
Kenneth Fish
John Gaffney
Jenny Murphy
David Niederhofer
Nancy O'Connor
Marie O'Connell
Janet Scherf
Mark Taylor
Barbara Van Wie
Louis Werbalowsky

$1,000 - $2,499
Lorraine Alster
Charles Benedetti
Susan Bunce
Kris Charter
Alex Danziger
Sam DelPiano
Maureen DiMarco
Karen Doyle
Denise Dvorak
Kathy & Richard Frates
Karen Gavis
Lesley Geary
Sidney Gibson
Roberta Gottlieb
Douglas G. Hickey
Clare Hodgson
Maureen Hughes
Sandy Ivan
Larry & Denise DeGennaro
Karen Barone

(Credit on Page 10)
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 not okay 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 not better 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. 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 “catatrophic reaction.” This means that he might become extremely distressed, resulting in a complete loss of emotion-al 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 someone with you agree with, 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 makes for the coat closet to dress himself for the trip, 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 Series

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, 8:30 a.m. - 9:30 a.m.

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


When: Wednesday, January 9, 2008, 3 p.m. - 4 p.m.

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


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

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

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

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

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

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


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

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

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

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

Info/Register: 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.


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

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

Social/Activities Programs

Getting Connected

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


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

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

Caregiver Appreciation Day

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

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


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 there 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 rotary 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 face 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.
NEW YORK CITY
** Manhattan**
1st Wed., 7 p.m.
Alzheimer's Association, 2 Jefferson Plaza, Ste. 103, Poughkeepsie, NY 12601 or to info@alzhiudsonvalley.org

** EARLY-STAGE GROUPS**

** Note: pre-registration interviews are required. For an appointment, please call the staff member listed below.**

** EARLY-STAGE GROUPS**

** ORANGE COUNTY**
Meg Boyce, 800-872-0994

** DUTCHESS COUNTY**
Meg Boyce, 845-471-2655

** ROCKLAND COUNTY**
Camille Sharp, 845-639-6776

** WESTCHESTER COUNTY**
Elisen Imbhu, 914-428-1919

** 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.

** 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.

** STEPHANIE COHEN**

Welcome 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@alzhiudsonvalley.org

** If it is at all possible, try to secure a private room for your family. Another unfamiliar person in the same room, with other doctors, nurses and procedures, can be quite aggravating. On the same note, do bring your family’s most familiar possessions, such as his quilt, a family picture, his pillow, and even his pajamas. Perhaps he can wear the top. 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.

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

When I was a child, I heard people say, “It’s just easier to lie.” I could not understand how this could be true. How could you lie about the truth? It seems so dishonest. But when a patient has dementia, it is important to consider the impact of his lies.

Consider the family member who is lying to the patient in order to protect the patient’s safety. This type of lying is not lying in the traditional sense. It is lying in order to protect the patient and to ensure his safety.

When a patient lies, it is important to consider the impact of the lie on the family member. This is not the same as lying to the patient. In this case, the family member is lying to protect the patient’s safety.

** Witnessing these changes in a loved one can be extremely 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, denial, anger, sadness, bargaining, and eventually to some semblance of final acceptance of the loss. One might go back and forth through these phases as long as it takes to complete the process. When spouses or adult children find themselves continually arguing with a 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 never be the same person again.**
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.

Captains: Julie McCormick
$2,000 - $2,999
15th Place - Valley View
Captains: Diane Kotsch
16th Place - Genworth Financial
Captains: Sam DePaolo
17th Place - Betty Hoopers
Captains: Helen Kotsch
18th Place - Pop & Buddy
Captains: Jenny Murphy
20th Place - The Wurzburg
Captains: Margaret Traynor
21st Place - Josh Goldstein
Captains: Diane Bredentie
22nd Place - Special K
Captains: Julie McCormick
$2,000 - $2,999
23rd Place - Hoppys Team
Captains: Lori Noel
24th Place - Catskill Hudson Bank
Captains: Alice Newell
25th Place - Mr. B’s Buddies
Captains: Patrica Vetterman

Race to Remember Offers Ski Discounts


The first 200 guests to pre-register received 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.

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 protein. 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.
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.
How Our Funds Are Used

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 55,133
- Total 982,237

Disbursements

- Program Services 887,381
- Management and General Fundraising 122,298
- Other 161,895
- Total Disbursements 1,171,574

Change in Net Assets

- 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.

Winter, 2008

Association Introduces New Resources for Care

The Alzheimer’s Association recently introduced CareSource™, an easy-to-use resource to help find 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 SNAP! for SeniorSearch®, the Senior Housing Finder is the first online nationwide database for locating dementia care.

CareFinder helps families identify dementia care options to best meet an individual’s needs and preferences.

Alzheimer’s Association CareFinder™ helps families identify dementia care options to best meet an individual’s needs and preferences.

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 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 MedicAlert 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 1-888-577-8566. You may enroll a person or update a member’s medical information online at www.alz.org/SafeReturn or www.medicalert.org.