



Summer, 2010

Alzheimer's Disease to Cost U.S. \$20 Trillion over Next 40 Years

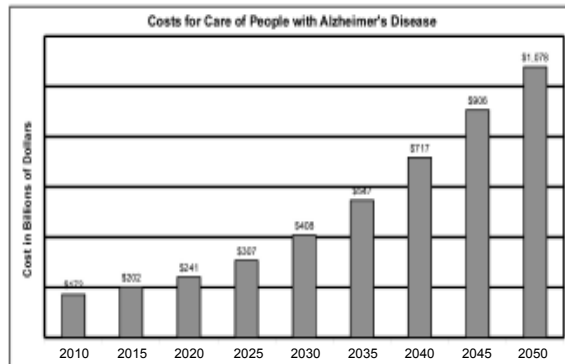
Inside this issue:

- Chapter News 2
- Summer Programs 4
- Advocacy & Services 5
- Research & Public Policy 6
- Caregiving 7
- Support Groups 8
- Special Programs & Events 9
- Special Events 10
- Memorials & Tributes 11
- Memory Walk 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.

A new report from the Alzheimer's Association, "Changing the Trajectory of Alzheimer's Disease: A National Imperative," shows that in the absence of disease-modifying treatments, the cumulative costs of care for people with Alzheimer's from 2010 to 2050 will exceed \$20 trillion, in today's dollars. The report also shows that the number of Americans age 65 and older who have this condition will increase from the 5.1 million today to 13.5 million by mid-century.



Alzheimer's not only poses a significant threat to millions of families, but also drives tremendous costs for government programs like Medicare and Medicaid. Total costs of care for individuals with Alzheimer's disease by all payers will soar from \$172 billion in 2010 to more than \$1 trillion in 2050, with Medicare costs increasing more than 600 percent, from \$88 billion today to \$627 billion in 2050. During the same time period, Medicaid costs will soar 400 percent, from \$34 billion to \$178 billion. One factor driving the exploding costs by 2050 is that nearly half (48 percent) of the projected 13.5 million people with Alzheimer's will be in the severe stage of the disease – when more expensive, intensive around-the-clock care is often necessary.

Changing the Current Trajectory

The new report is not all bad news, however, as

it shows that Medicare and Medicaid can achieve dramatic savings – and lives could be significantly improved – with even incremental treatment improvements. While the ultimate goal is a treatment that can completely prevent or cure Alzheimer's, we can now see that even modest improvements can have a huge impact.

A treatment breakthrough that delays the onset of Alzheimer's by five years – similar, perhaps, to the effect of anti-cholesterol drugs on preventing heart disease – would result in an immediate and long-lasting reduction in the number of Americans with this condition and the cost of their care. A treatment breakthrough that slows disease progression – much as we have managed to do with HIV/AIDS and several cancers – would result in far fewer people with Alzheimer's disease in 2050 in the severe stage when care demands and costs are greatest.

Ultimately solving the Alzheimer crisis will require developing a plan and addressing the chronic underinvestment in research. The Association is working to enact critical legislation to address these issues. The **National Alzheimer's Project Act** creates a National Alzheimer's Project Office and an inter-agency Advisory Council responsible for developing a national plan to overcome the Alzheimer crisis. Drawing on the expertise residing in various government agencies as well as individuals living with the disease, caregivers, providers and other stakeholders, this office would provide strategic planning and coordination for the fight against Alzheimer's across the federal government as a whole, touching on a broad array of issues from research to care to support.

The full text of the Alzheimer's Association's "Changing the Trajectory of Alzheimer's Disease: A National Imperative" can be viewed at www.alz.org/trajectory.

Chapter News

Board of Directors

Karen Folster Lesperance, Chair
 William M. "Andy" Cahn, III, First Vice Chair
 Debra Kagan-Birkeland, Second Vice Chair
 Andrew B. Sillin, Secretary
 James B. McEvoy, Treasurer
 David A. "D.A." Abrams
 Donna Maria Blancero, Ph.D.
 Karen Burns
 Alan E. Dillon
 Lawrence T. Force, Ph.D.
 Christina Horsford
 Alan R. Jacobs, M.D.
 Neil Klar
 Faith Kotzker
 Frances M. Pantaleo
 Mindy Quinn
 Alana Sweeny

Staff

Elaine Sproat, President/CEO
 Meg Boyce, Director, Programs & Services
 Alison Buchalter, Director of Development
 Michele Muir, Director, Communications & Public Policy
 Jennifer Scheuermann, Director, Finance & Operations

Poughkeepsie

Amy Kotash, Administrative Assistant
 Richard McClurg, Staff Accountant
 Wendy Rudder, Care Consultant
 Karen Skelton, Administrator
 Mary Varano, Bookkeeper

Middletown

Donna Davies, Care Consultant
 Janet Troia, Administrator

New City

Inez Carling, Care Consultant
 Maria Paliotta, Administrator

Brewster

Stuart Greif, Program Development Specialist

Purchase

Alice Feintuch, Care Consultant
 Ellen Imbiano, Care Consultant
 Terry Kean, Administrator
 Erva Randolph, Administrative Assistant

National Colleagues

Laura Ewing-Mahoney, Major & Principal Gifts
 Karen McAllister, Planned Giving

©2010 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

As many of you know, the Hudson Valley/Rockland/ Westchester, NY Chapter of the Alzheimer's Association is governed by a Board comprised of individuals who are passionate about our cause and who give very generously of their time, talent, and treasure. It is a congenial group of dedicated volunteers who take their responsibilities seriously and who are the driving force behind the Chapter's activities.

This year six of these key volunteers will be leaving the Board, having served three two-year terms, the maximum allowed by our Chapter's by-laws. They are **Karen Ganis** (First Vice Chair, and former Chair of our Development Committee), **Bret Jacobowitz** (Chair), **John Levin** (former Treasurer and member of our Finance Committee), **Janet Newberg** (Chair of our Public Policy Committee), **Charlotte Östman** (former Chair of our Program Committee), and **Steven Schurkman** (former Chair of our Board Development Committee). Additionally, **Allan D.R. Stern** has resigned for personal reasons after a year on the Board. I would like to thank all of them for their exceptional service. Though I know we can count on them to remain involved as volunteers, I will miss the special relationship I have enjoyed with them as Board members.



Elaine Sproat



Bret Jacobowitz

I would especially like to express my appreciation to **Bret Jacobowitz**, who has served as Board Chair over the past three years. In addition to inspiring other volunteers--and staff--and providing assistance whenever requested, Bret has been involved in everything from orienting new Board members and finding new office space to weighing in on proposed changes in National/ Chapter relations. He has participated in Memory Walk in *all seven* of our counties, attended most other chapter events, met with major donors, advocated on behalf of people with Alzheimer's in Albany and Washington, D.C., traveled to Chicago for meetings of Chapter Board Presidents, and served on the Steering Committee of our national organization's Delegate Assembly. All this in addition to a demanding full-time job!

We're looking to have 4,000 walkers and 800 teams--and to raise \$600,000 to advance our mission--at this year's Memory Walk, the nation's Walk to End Alzheimer's Disease. Our board members--old and new--will surely be among those working together to achieve these goals. Please look for them at your local Walk (see back page) and thank them for all that they do!

Elaine

Save the Date!

- ◆The Alzheimer's Association's Fall Educational Conference will be held on **Friday, November 12**, at Locust Grove in Poughkeepsie, NY.
 - ◆The Alzheimer's Association's Annual Research Seminar at Burke Rehabilitation Center in White Plains, NY, will be held on **Friday, November 5**.
- More information will follow in the fall newsletter.

Chapter News

At their Annual Meeting, the Hudson Valley/Rockland/Westchester, NY Chapter's Board of Directors elected six new members to two-year terms beginning in July:

Karen Burns has a longstanding interest in issues affecting the elderly. As an undergraduate, she majored in gerontology, and she worked as a recreation assistant and a nurse's aide before going on to a career in law. She practiced for 14 years as an attorney with Stroock & Stroock & Lavan and White & Case in NYC, specializing in corporate bankruptcy and corporate reorganization. Nine years ago she left her practice to become Owner and Director of Visiting Angels, a home care agency in Goshen, NY, where she has daily interactions with Alzheimer patients, families, and caregivers.



Karen Burns



Dr. Larry Force

Lawrence T. Force, Ph.D., LCSW-R, is a gerontologist and Professor of Psychology at Mount Saint Mary College in Newburgh, NY, where he serves as Director of the Center on Aging and Policy. He is also the founder of AgePlan, an advocacy and training consortium, and a widely-published author on developmental models of aging, life-long disabilities, adult day services, Alzheimer's disease, family caregiving, and end-of-life care. As a policy maker, program developer and practitioner, he has been especially interested in the application of research to the provision of services. He served as a board member of the former Mid-Hudson Chapter of the Alzheimer's Association from 1987 to 1991, and he

has served as leader of an Alzheimer's Association early-stage support group.

Neil Klar is the President & CEO of SQAD, Inc., a company in Tarrytown, NY, that sells computer-related services and research data to advertising agencies, media buying companies, and major national and local marketers. He and his wife Eileen have been supporters of the Alzheimer's Association for many years, and this past year they served as members of the Planning Committee for the Chapter's *Cruise for the Cure*. Previously Neil served on the Board of Temple Shaaray Tefila in Bedford Corners, NY, and was President during the Temple's first major capital campaign.



Neil Klar



Fran Pantaleo

Frances M. Pantaleo is an elder law attorney with Walsh, Amicucci & Pantaleo, LLP, in Purchase, NY. Both her father and grandmother suffered from Alzheimer's disease, and she has had considerable professional experience providing assistance and advice to family caregivers. She has served as a speaker on elder law issues for the Westchester County Department of Senior Programs and Services, the Public Private Partnership for Aging Services, and the Pace Women's Justice Center, as well as the Alzheimer's Association, and she has volunteered on the Westchester County Memory Walk Committee since 1997. Her husband, Bob Freedman, served on the board of the former Westchester/Putnam Chapter of the Alzheimer's Association.

Mindy Quinn holds an M.S. in

Counseling and is a certified senior advisor who has had both family and professional experience with Alzheimer's disease. She has spent most of her career in the non-profit sector, working for over six years for an employment service for the disabled and for three years as Director of Marketing at Glen Arden. She recently became Director of Community Relations at The Promenade at Tuxedo Place in Tuxedo, NY.



Mindy Quinn



Alana Sweeny

Alana Sweeny has a strong background in education, human services, and government. Among her professional positions, she served for ten years as Executive Director of the New York State Council on Children and Families, where she coordinated policies, regulations, and over \$2B in budget priorities administered by 13 New York State agencies. She served as a national organizer of the United Nations International Year of the Aging and contributed to the NYS State Plan for the Aging. She was statewide management chair of the State Employees Federated Appeal (SEFA) and has held community leadership positions with numerous organizations, including the United Way, the Junior League of Northern Westchester, and Mahopac Library, to name a few. She was also a founding member and President of the Putnam County Child Care Council. She is currently caregiver for her mother, who suffers from dementia.

New officers for 2010-2011 are **Karen Folster Lesperance**, Chair; **William M. "Andy" Cahn, III**, 1st Vice Chair; **Debra Kagan-Birkeland**, 2nd Vice Chair; **Andrew B. Sillin**, Secretary; and **James B. McEvoy**, CPA, Treasurer.

Alzheimer's Association Summer Programs

Our Chapter offices have planned the following educational programs and activities for the summer. *Unless otherwise indicated, all programs are open to the public and free of charge, but registration is required.*

Dutchess/Ulster

"Keeping Fit from the Neck Up" will be presented this summer at three locations in Dutchess and Ulster Counties:

- ♦ at Adriance Library, 93 Market Street, Poughkeepsie, NY, from 1:30 p.m. to 3 p.m. on **Thursday, July 22** (call the Alzheimer's Association at 845-471-2655 to register);
- ♦ at Family Lodge, 108 Main Street, Saugerties, NY, from 2 p.m. to 3:30 p.m. on **Thursday, August 19** (call 845-246-4646 or 845-340-8474 to register);
- ♦ and as part of the Ulster County OFA *Live, Laugh & Learn* program at the Business Resource Center, 1 Development Court, Kingston, NY, from 2 p.m. to 3:15 p.m. on **Friday, August 20** (to register, call the UC OFA, 845-340-2456).

Orange/Sullivan

"Keeping Fit from the Neck Up" will also be offered at three locations in Sullivan and in Orange Counties:

- ♦ in the Catskill Regional Medical Center Library (1st floor, main building), 68 Harris Bushville Road, Harris, NY, from 1 p.m. to 2 p.m. on **Wednesday, July 21** (register by calling the Alzheimer's Association at 845-794-3774);
- ♦ at The Promenade at Tuxedo Place, 40 Hospital Rd., Tuxedo, NY, from 6 p.m. to 7:30 p.m. on **Tuesday, July 27** (register by calling the Alzheimer's Assoc. at 845-695-2247);
- ♦ and as part of the Mount St. Mary L.I.F.E. Program at the Desmond Campus, 6 Albany Post Road, Newburgh, NY from 2 p.m. to 3:30 p.m. on **Thursday, August 5**. L.I.F.E. programs are open to adults age 55+ only, and there is a \$5 fee. Register by calling Mount Saint Mary at 845-565-2076.

"Aging Safely in the Home"

Our homes should be safe havens from the dangers of the world outside, but even the coziest nest can hold hidden perils. As we age, we are at greater risk of having accidents in the home that lead to injury. Participants will use a safety checklist to evaluate their own homes and lifestyles, and learn tips for preventing accidents. A special segment on keeping a person with Alzheimer's disease safe at home will be included.

Donna Davies, LCSW, Alzheimer's Association Care Consultant, will present this workshop as part of the Mount Saint Mary L.I.F.E. program from 2 p.m. to 3:30 p.m. on **Thursday, August 12**, at the College's Desmond Campus, 6 Albany Post Rd., Newburgh, NY. (See registration information about L.I.F.E. programs above.)

"Know the 10 Warning Signs: Early Detection Matters"

Donna Davies, LCSW, will present this workshop on **Thursday, Sept. 16**, 6 p.m.-7:30 p.m., at The Promenade at Tuxedo Place, 40 Hospital Road, Tuxedo, NY. To register, call the Alzheimer's Association at 845-695-2247.

Rockland

"Community Resources for Caregivers" will be held on **Monday, July 12**, 2:30 p.m.-4 p.m., at the Alzheimer's Association's Rockland Regional Office, 20 Squadron Blvd., Ste. 345, in New City, NY.

"Strategies for Safety in the Home" will be offered on **Wednesday, July 21**, 5:30 p.m.-6:30 p.m. at Jewish Family Service, 450 W. Nyack Rd., West Nyack, NY.

"Succeeding with Personal Care and Hygiene" will be held on **Monday, August 16**, 2:30 p.m.-4 p.m., at the Alzheimer's Association's Rockland Regional Office, 20 Squadron Blvd., Ste. 345, in New City, NY.

"Understanding Memory Loss" will be offered at Sunrise of New City, 233 N. Main Street, New City, NY on **Monday, Sept. 13**, 6:30 p.m.-7:30 p.m.

To register for educational programs in Rockland County, please call the Alzheimer's Association's Rockland Regional Office at 845-639-6776.

Westchester/Putnam

Social Programs

Individuals with early dementia and their primary caregivers are invited to attend Sunday Social Programs that offer music, food and an opportunity to maintain social contacts in a comfortable atmosphere. The programs will be held at Burke Rehabilitation Center (Bldg. 7, Room G-41), 785 Mamaroneck Ave., in White Plains, NY, from 12:30 p.m. to 3 p.m. on **July 11** and **August 15**. The Sunday Socials are free of charge, but space is limited and reservations are required. For reservations, please call 914-253-6860 by the Monday preceding the Social.

"Making Sense of Challenging Behavior" will be offered on **Tuesday, July 13**, 10 a.m.-11 a.m. at the Alzheimer's Association's Westchester/Putnam Regional Office, 2900 Westchester Ave., Ste. 306, Purchase, NY.

"Understanding Alzheimer's Disease and Related Disorders" will be offered on **Tuesday, August 10**, 10 a.m.-11 a.m., at the same location.

To register for either of these programs, please call the Alzheimer's Assoc.'s Westchester/Putnam Regional Office at 914-253-6860 by the Wednesday preceding the program.

Chapter Advocacy & Services

'Silver Alert' Offers New Safeguards for Rockland Residents

Just one and a half weeks after Rockland County instituted its Silver Alert legislation, the Alzheimer's Association received a call from a Nanuet caregiver that her husband had left his home at 6:30 a.m. without her knowledge.

Thankfully, the family had registered him with the Alzheimer's Association MedicAlert® + SafeReturn® program (MASR), and Rockland police were notified. The combination of MASR and Rockland's new Silver Alert program provided a structured way to help identify and locate the lost individual.

About 60% of persons with Alzheimer's disease wander during the course of the disease. Alzheimer's clearly leaves its population vulnerable, and a caregiver who discovers a loved one is missing can feel distraught, panicked and helpless.

We are pleased that TRIAD, an organization that works to promote senior safety, helped determine a need for Silver Alert, and that TRIAD, along with the Rockland Sheriff's Department Police Division and local police departments, supported the County legislation.

As yet, comparable legislation has not passed on a state level, but the need to help this at-risk population, and educate first responders, is critical. Our Chapter, along with our partners in the NYS Coalition of Alzheimer's Chapters, has been working diligently to get a statewide system in place over the past three years. The current version of the bill has passed both the NYS Assembly and Senate. We are now advocating for Governor Paterson to sign the bill into law.

Alzheimer's Association Trains VA Staff to Assist Persons with Alzheimer's and Caregivers

Our Chapter has begun a collaboration with the United States Department of Veteran Affairs to help local veterans and their families who are dealing with Alzheimer's or a related dementia. The "Train the Trainer in Dementia Care" program is being conducted by Meg Boyce, Director of Programs and Services, with the goal of educating staff in local VA hospitals and community-based outpatient clinics in Dutchess, Orange, Putnam, Rockland, Sullivan and Westchester Counties.

The VA interest in the Train the Trainer program evolved from the work and coordination efforts of Maureen Marchessault, LCSW-R, Social Worker at the VA Outpatient Clinics in Poughkeepsie and Pine Plains. As a member of the Dementia Committee at the VA, Ms. Marchessault recognized what a partnership and training program with the Alzheimer's Association might mean to the veterans. The program will be followed by further staff training, as well as educational workshops and support groups for caregivers.

"The Alzheimer's Association has the expertise to help the VA in its long term plan to educate its healthcare staff about chronic dementia-related diseases, including how to best identify and treat our veterans with related symptoms," said Ms. Marchessault. "We also plan to provide our staff with the tools needed to alleviate caregiver stress. By collaborating with the Alzheimer's Association, the VA will be able to provide improved care and support services for our veterans and their families."



Alzheimer's Association advocate Gwen Cahill uses a personal story to illustrate how useful grant funding from NYS Senator Jeffrey Klein will be in the lower Westchester area, as Sen. Klein looks on.

Chapter Receives Grant to Expand MedicAlert® + Safe Return®

At an April 15 press conference held at Sunrise Senior Living of Fleetwood, NYS Senator Jeffrey Klein announced that the Hudson Valley/Rockland/Westchester, NY Chapter of the Alzheimer's Association would be the recipient of a \$25,000 grant to expand its MedicAlert® + SafeReturn® program. The program helps individuals with Alzheimer's or related dementia who are found wandering.

Funds will support an expansive effort of community outreach and awareness, as well as the distribution of MedicAlert® and Alzheimer's Association Safe Return® materials to our many community partners in Lower Westchester. Information will be distributed through police departments, social model adult day care programs, home care agencies, assisted living facilities, nursing facilities, and senior community centers.

Research & Public Policy

Local Researchers Seek Participants for Clinical Studies

Researchers at the Nathan S. Kline Institute for Psychiatric Research in Orangeburg, NY (Rockland County) are seeking participants for two clinical studies, including one that will test a novel vaccine to clear brain amyloid:

Solanezumab study (sponsor: Eli Lilly): This is a Phase 3, multicenter, randomized, double-blind, placebo-controlled study comparing 400 mg solanezumab with placebo given as intravenous (IV) infusions once every four weeks over 18 months in approximately 1000 outpatients with mild to moderate Alzheimer's disease (AD). The length of the study is approximately 39 months. Individuals who are 55 years or older, with a Mini Mental State Exam (MMSE) score of 16 – 26, and have a caregiver who is willing to accompany them during all visits may be eligible. Concomitant treatment with acetylcholinesterase inhibitors (e.g., Aricept, Exelon, Razadyne) and/or memantine at a stable dose will be allowed.

Patients who complete this study may be eligible to participate in an open-label extension study.

Rivastigmine (Exelon) Transdermal Patch (ACTION Study/Novartis): This is a Phase IV, 24-week, multicenter study which will compare the effects of a higher dose of Exelon transdermal patch 15 cm² over the lower dose Exelon patch 5 cm² in patients 50 years and older with severe Alzheimer's disease. Eligible patients will be randomized to one of these two blinded treatment arms. Study medication will be applied transdermally daily. Patients who have a Mini Mental State Exam (MMSE) score of 3-12 and have a caregiver who is willing to supervise the treatment and assess the condition of the patient throughout the study may be eligible to participate.

A lower dose of this medication is already marketed as a transdermal patch.

Note: Study medications for these clinical trials will be provided at no cost. Patients will also be provided with results of clinical laboratory tests and ECGs performed as part of the research study, and compensation for transportation costs will be provided.

For further information, contact Dr. Nunzio Pomara or Dr. Corazon de la Pena at 845-398-6533/845-398-5582.

The Alzheimer's Association 2010 International Conference on Alzheimer's Disease (ICAD) will be held in Honolulu, Hawaii, from July 10 to July 15. Watch for breaking news about the latest in dementia science and about a new service launched by the Alzheimer's Association! Also, watch in July for a new web site at alz.org that will provide consumer-friendly research information and give you a way to keep up-to-date on the latest research news.

Alzheimer's Association Spells Out Federal Priorities

With the number of those affected by Alzheimer's disease continuing to escalate, the need for action is more critical now than ever. In 2010 the Alzheimer's Association's federal legislative priorities include:

◆ **Increasing funding for Alzheimer research**

The Alzheimer's Breakthrough Act would authorize \$2 billion per year in research funding for Alzheimer's disease at the National Institutes of Health and would establish the disease as a research priority of the National Institute on Aging.

◆ **Improving detection, diagnosis, and care planning**

The Alzheimer's Detection, Diagnosis, Care, and Planning Act (ADD-CAP) would provide Medicare reimbursement for a bundled package of services to increase the detection and diagnosis of Alzheimer's disease and other dementias – and provide access to information and support for newly-diagnosed patients and their families.

◆ **Developing a coordinated federal strategic plan to address Alzheimer's disease**

The National Alzheimer's Project Act would launch a campaign within the federal government to overcome Alzheimer's disease. An inter-agency Advisory Council would be established to create a coordinated National Alzheimer's Disease Plan to comprehensively address the federal government's efforts on Alzheimer's research, care, institutional services, and home- and community-based programs.

For more information, or to find out how you can help by sending e-mails or visiting district offices, contact Michele Muir at michele.muir@alz.org or 1-800-872-0994.



Twenty-two advocates from our Chapter stormed Capitol Hill during the Alzheimer's Association's 2010 Advocacy Forum.

Caregiving

Care Consultants Corner:

Making the Most of Your Family Vacation

By Wendy Rudder, LCSW

Vacations are meant as a time to “vacate” the stresses of work or daily responsibilities, substituting relaxation, renewal, recreation, or any combination of these. You don’t need to leave home to enjoy a vacation, but simply to “let go” of those things that cause mental, emotional, or physical stress and fatigue.

For those who are caring for a loved one with Alzheimer’s disease or another form of dementia, a vacation can be more stressful than their normal routine, particularly if the person being cared for becomes anxious or agitated in unfamiliar places, demands to go home, requires a great deal of hands-on care (such as help dressing, toileting, etc.), tends to wander, or is prone to emotional outbursts. In such situations, the caregiver, as the quip goes, “may need a vacation from her vacation.”

How can you avoid disastrous results? In some cases taking a vacation with your loved one may not be a viable option. If it turns out that there is no one else to help with the responsibilities, or the tasks of caring for your loved one will become much more difficult or complicated once you’re away from home, it may not be worth the trip—at least, not from the standpoint of it being a vacation. You would be better off planning a vacation without your loved one, as emotionally wrenching as that may be. Remember, it is you, the caregiver, who needs the R & R, and getting away might be the perfect opportunity to replenish your own energy, and regain some equanimity.

If you and your loved one do take a vacation together, consider these tips:

- ◆ Find out as much as possible in advance about care options, such as Adult Day Care and Homecare, at your destination.



- ◆ Bring activities that your loved one enjoys and that will keep him occupied, such as a deck of cards, books, or photo albums. Also include as many familiar items as possible to aid in providing comfort to your loved one. These can be stored in a “goody bag” for a fun touch.

- ◆ Give an advance briefing to family members or paid attendants who may be less familiar with your loved one. Include what to expect and what they can do to be helpful.

- ◆ Plan the itinerary—if there is one—in advance, with an eye toward appropriate activities and accommodations for your loved one. For instance, if you plan an all day sailing trip, can your loved one stay out for that long? Will she be able to eat, use the bathroom, have someone to talk to? Or is there someone she trusts that will stay with her, back at the cottage?

- ◆ Be mindful of established routines and what time of day is best (or worst) for your loved one, and plan accordingly.

- ◆ Make sure you have at least an adequate supply of medications—if possible, bring extras—just in case. And as wandering behavior may increase in

unfamiliar surroundings, make sure your loved one is enrolled in MedicAlert® + Safe Return.®

- ◆ Try to be as flexible as you can, and ready to accept the unexpected, change plans, or improvise if necessary.

- ◆ Find out where the nearest Alzheimer’s Association office is and don’t hesitate to call them if you need help with local resources.

New Program To Be Offered in Westchester for Spouse Caregivers

Ina’s Story—Education for Spouse Caregivers is a six-session program under development that uses the real story of one caregiver to help other caregivers access the support they need and learn what they need to know.

The curriculum of this program is being built around “Ina’s Story,” a narrative written by Ina Feidelman that begins with the earliest signs and indications of her husband’s illness and proceeds in chapters presented at each session through to the end of the caregiving role. Each chapter will bring to life the emotional, psychological and practical challenges of a particular moment in the journey of a spouse caregiver. This program is a unique collaboration between a psychologist and a caregiver who worked together from the beginning to the end of Ina’s time caring for her husband.

This new program will be offered at the Chapter’s Westchester Regional Office and will be free of charge. Screening for the group will begin in September. If you would like to participate, please call the Alzheimer’s Association, 914-253-6860.

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

Elant 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., 2-3:30pm

**** Middletown**

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

Newburgh

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

PUTNAM COUNTY

Carmel

The Plaza at Clover Lake
2nd /4th Thurs., 6:30-8 p.m.

ROCKLAND COUNTY

Haverstraw

Action Partnership
(CAPROC)
1st Wednesday, 7-9 p.m.

**** Nanuet**

Meals on Wheels
Weds., weekly, 12:30 p.m.

New City

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

New City

Alzheimer's Association
Mons., weekly, 2:30-4 p.m.

West Nyack

Jewish Family Service
1st /3rd Weds., 5:30-6:30 p.m.

SULLIVAN COUNTY

Liberty

Cornell Cooperative Extension
4th Wed., 5 p.m.

ULSTER COUNTY

****Ellenville**

Always There Adult Day
Program at Ellenville
2nd Wed., 1:30-3 p.m.

**** Kingston**

Always There Adult Day
Program
2nd Mon., 2-3:30 p.m.

Woodstock

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

WESTCHESTER COUNTY

Ardsley

Atria at Woodlands
1st Wednesday, 1-2 p.m.

Cortlandt Manor

The Seabury at Fieldhome
1st/3rd Wed., 10-11:30 a.m.

Hawthorne

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

Mt. Kisco

Pres. Church of Mt. Kisco
2nd/4th Weds., 6:30-8 p.m.

Mount Vernon

Sunrise Sr. Living @ Fleetwood
Last Thursday, 6-7:00 p.m.

Purchase

Alzheimer's Association
2nd/4th Mon., 10-11:30 a.m.

Purchase

Alzheimer's Association
1st/3rd Mon., 1-2:30 p.m.

*** Purchase**

Alzheimer's Association
1st/3rd Wed., 10a.m.-11:30 p.m

Scarsdale

Call 914-253-6860 for info.
2nd/4th Tues., 6-7:30 p.m.

Somers

1st & 3rd Mon., 1-2:30 p.m.
Somers Manor Nursing & Rehab Ctr

Yonkers

Sunrise Sr. Living at Crestwood
1st Saturday, 2-3 p.m.

EARLY-STAGE GROUPS

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

ORANGE COUNTY

Donna Davies, 845-695-2247

DUTCHESS COUNTY

Meg Boyce, 845-471-2655

ROCKLAND COUNTY

Camille Sharp, 845-639-6776

WESTCHESTER COUNTY

Ellen Imbiano, 914-253-6860

Facilitators Sought for Caregiver Support Groups

The Alzheimer's Association is seeking to identify support group leaders to co-facilitate a number of groups throughout our Chapter territory.

We are especially interested in recruiting former family caregivers and retired health and social service professionals to serve in this rewarding role.

A new full-day training that has been developed by our national organization will be offered to new support group leaders at each of our Regional Offices in September and October. Current support group leaders will also be encouraged to attend.

To schedule an interview or obtain further details, please contact Meg Boyce, Director of Programs & Services, at 1-800-872-0994.

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 1-800-872-0994.

* Early Stage Caregivers ** Free respite is offered during the group (pre-registration is required).

Adult Children Caregivers ##### Spanish-speaking Group

Special Programs & Events

Chapter Pilots New Therapeutic Activities Program

“Dancing with Delight,” the first session of *Art & Yoga with Heart*, a program using art and movement as communication tools and relaxation methods, took place on Saturday, June 5, at Burke Rehabilitation Center in White Plains.



Art & Yoga with Heart leads off with Megha-Nancy Bутtenheim and a conga line of happy participants.

This pilot program, sponsored by the Sturmer Family Trust, is designed to meet the needs of persons with early-stage Alzheimer’s disease, or a related disorder, some of whom may be losing their ability to communicate with speech. Each one-hour session is focused on failure-free and creative activity.

From the Kripalu Center in Lenox, MA, we are pleased to welcome Megha-Nancy Bутtenheim, MA, E-RYT, creator and founder of Let Your Yoga Dance/Let Your Yoga Dance for Parkinson’s, who will conduct yoga dance therapy sessions. Bутtenheim is a 26 year Master Teacher-Trainer at Kripalu. “YogaDance, through a unique combination of yoga, breath, dance and music, brings inspiration and celebration to heart and mind,” explained Ms. Bутtenheim. YogaDance for Alzheimer’s will be offered again at 11 a.m. on Sunday, July 25.

We also welcome back Debbie Marks Kahn, MS, ATR-BC, LCAT, a board-certified, licensed art therapist with 25+ years experience working with clients with Alzheimer’s, who will conduct painting sessions. Therapeutic painting lifts one’s spirits, creates a sense of accomplishment, and stimulates neurological pathways from the brain and hand. Sessions will be held on Sunday, June 27, and Saturday, July 17, at 11:00 a.m.

Neither YogaDance nor Painting for Alzheimer’s requires any previous experience, and both programs are free of charge. A limited number of spaces are available. To learn more about the program or to be added to the list, please contact the Alzheimer’s Association at 1-800-872-0994.

An Unforgettable Night

The Alzheimer’s Association’s 14th annual gala, “*A Night of Wine & Roses*,” was flawless, fun and unforgettable, thanks to the countless hours members of the planning committee spent preparing for the event and to terrific service on the night of the event from staff at The Poughkeepsie Grand. The evening honored Frankie Castella, Jr. with the first Linda & Steve Saland Award for Community Leadership.



Honoree Frankie Castella is surrounded by proud parents Karen and Frank, Sr.

Especially moving was a presentation of the Faces of Alzheimer’s, a video made more poignant by the fact that the families featured were present at the event.

Many thanks to *Honorary Chairs Sen. Steve Saland & Linda Saland; Event Co-Chairs Rita McPeck & John R. Fracasse; and Planning Committee Members Frank M Castella, Jr., Michael DellVecchio, Kelly Fracasse, Maureen Kangas, Stacey Langenthal, Karen Folster Lesperance, Dawn Stewart, Tim Tarpey, Stefani Timpano, Cathy Varunok, Nancy Schneider-Viglotti, Nancy Smith, Sheila Williams, and Tracy Williams.*

We are also grateful to our corporate sponsors and underwriters for their generosity and support: *Cabernet Sponsor KeyBank; Chardonnay Sponsors Health Quest, IBM, and Security by Hammond; Chablis Sponsors Central Hudson Gas & Electric and Orange County Trust; Cocktail Reception Underwriter Rhinebeck Savings Bank; Invitations and Souvenir Journal Underwriters AM Direct Mail, Inc. and Harmon & Castella Printing, Inc.; and Presentation Underwriters Majestic Insurance and Elant, Inc.*

Finally, thank you to those who donated the auction items and the beautiful centerpieces, and to all who attended the event.

Special Events

Music, Friends, Food and Wine: Summer Magic!

The Alzheimer's Association's 4th Annual Wine & Mini Music Fest will return to Warwick Valley Winery on **Friday, August 13**, from 7 p.m to 10 p.m. Those of you who have attended this event in the past know that it is truly magical!

This year's music line-up includes **Joe D'Urso & Stone Caravan** and **Loretta Hagan!** There will also be a Silent Auction.

The cost of the event, which includes an open wine bar, is \$25, \$12.50 of which is tax-deductible. Gourmet pizzas, salads, and other fare will also be available for purchase.

The Winery is located at 114 Little York Road in Warwick. For tickets or information, contact Janet at the Alzheimer's Association's Middletown office, 845-695-2247.



Help raise our cause to new heights!

Friday, July 23 is the deadline to pre-register and support the Alzheimer's Association through this national fund and awareness raising event, hosted and organized by local Alzheimer champion Enzo Simone!

Visit our Chapter's The Army of Change Headquarters to register and learn more about this unique event: <http://thearmyofchange.kintera.org/NY-hudsonvalley>.

Cruise for the Cure Enjoyed by All

Guests at the Alzheimer's Association *Cruise for the Cure* enjoyed balmy weather and beautiful Hudson River views while dancing to the sounds of Gerard Carelli & His Orchestra and bidding on a wide variety of fabulous auction items. The event honored a true Alzheimer Champion, Vincent "Enzo" Simone, and benefited a very important cause.

Special thanks to the members of the *Planning Committee* whose hard work made the event a success: **D.A. Abrams, Carlita Belgrove, Andy & Jane Cahn, Gerard Carelli, Alan Dillon, Karen Ganis, Loren Gilberg, Eileen & Neil Klar, Barbara Mannix, Merle Nathanson, & Steven Schurkman.**



Committee members Eileen & Neil Klar



Pictured on the Cruise for the Cure are 2010 Renee Pollack Memorial Award recipient Enzo Simone and his mother, Josephine.

Thanks also to our event sponsors and partners for their generous support: *First Mate Sponsor SQAD; Purser Sponsors Andy & Jane Cahn, Keane & Beane, P.C.; Underwriters Lifewave, The Nielsen Company; and Media & Community Partners Cumulus Media, Hispanic Business & Professional Association of Westchester County, News 12-Westchester.*

12th Annual Golf Tournament Moves to Elmwood Country Club

Elmwood Country Club in White Plains is the site of our 12th Annual Golf Tournament, being held on **Monday, September 13**. Please join us!

Co-chaired by the event founders, **Ron Sylvestri**, Senior Vice President of Hudson Valley Bank, and **Donna Sylvestri**, President of Madison Home Management, the day will include a delicious brunch, followed by a shot-gun start, a day of golf with refreshments on the course, cocktails & hors d'oeuvres, a BBQ style dinner, prizes, and an awards presentation.

Opportunities are available for event sponsors, tee and green sponsors, underwriters, and of course individual golfers/foursomes. All proceeds support the fight against Alzheimer's disease.

For more information or to register, please contact Terry Kean at 914-253-6860 or terry.kean@alz.org.

Hope to see you on the course!

Memorials & 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 1/1/10 to 3/31/10.

Memorials

Sadie Abbatiello
 Sidney Albers
 Ann Alfonso
 Gertrude S. Allison
 Anthony Aurrichio
 Elizabeth Benton
 Alexandra Bilello
 Antonino Bruno
 Nancy Cangialosi
 Clare Capobianco
 Vivian (Dolly) Carella
 Thelma Carter
 Gabriel Carucci
 John Casciaro
 Frank Chadurjian
 Helen Cignarella
 Dennis Cinq Mars
 Valmore Clifford
 Rosanna Coe
 Frances Cohen
 Sidney Cohen
 Thisby Comins
 Evelyn Cook
 Josephine Cosmo
 Elizabeth Costello
 Genevieve Craft
 Georgiana Creen
 Robert Dalzell
 Franco De Franco
 Richard Devine
 Rita De Vito
 Guglielmo Di Preta
 Antoinette Ditizio
 Doris Divney
 Raymond Dolan
 Ann Drummond
 Mary Egan
 Walter "Charlie" Elmore, Sr.
 Julia Faiella
 Joan Falzano
 Robert Gerard Farrell
 Michael Finn
 Margaret Fitzpatrick
 June Flynn
 Rita Flynn
 Shirley Friedman
 Virginia Fusillo
 Mary C. Gaffney
 Elizabeth Gates
 Anibal Gutierrez
 Helen Halpern

Carl & Sheila Heck
 Loretta Helde
 Theresa Henschel
 Ruth Heyman
 Bill Hogan
 Caroline Holden
 Kathryn Johansmeyer
 Peggy Ann Justus
 Abraham Kaplan
 Agnes Kellner
 Ed Kelly
 Earl Kipp
 Marvin Kirsten
 Joan Knowles
 John K. Lang, Sr.
 Leannah Lattimore
 Ida Lauro
 Anne Marie Lavranchuk
 Vivian Legac
 Mildred Leone
 Vincent (Jim) Leone
 Craig Linderman
 Theodore (Teddy) Loblanco
 Albert Lotito
 Helen Lowell
 Lillian Luciana
 Katherine Lukes
 Elizabeth Lyvers
 James Maduro
 Loretta Maisano
 Elvira Mariani
 Connie Martucci
 Eva Mayer
 Toni McCaslin
 Eliza K. "Betty" McLauchlan
 Emma McLeod Dawson
 Ben Mendel
 Kathleen Moran
 Raymond Natell
 Theresa Osso
 Mary Palladino
 Carmela Pellino
 Nino Pennacchio
 Mary Penta
 Anthony Petagine
 Mildred Porcelli
 Joseph E. Quirk
 Dorothy Ramundo
 Ivo Regini
 Gladys Reiger
 Myrtle Renner
 Gloria Robertaccio

Robert Rogers
 Anthony Romeo
 Chester Ross
 Jan Rowell
 Anna Ruggiero
 Beatrice Sackin
 Norma Sanglyn
 Evelyn Saracino
 Elli Schaaf
 Robert R. Schaefer
 Rita R. Schroeder
 Susan Schweitzer
 George Schwendemann
 Lorraine Shimberg
 Nicolosa Silva
 Ray Silverman
 Muriel Simon
 Florence Simone
 Sylvia Sklar
 Robyn Slater
 Jane B. Smith
 Mary Stanford
 Kathleen Stephen
 Shirley Stucklen
 Hendrina "Drena" Swartz
 Elder Louis Garrison Sydnor
 Helen Taddonio
 Marian Terwilliger
 Eleanor Thomas
 George Thompson, Sr.
 Raymond Paul Tresvik
 Angela (Dolly) Troccoli
 Ernest P. Tsaldaris
 Dorothy Van Voorhis
 John Vertetis
 Lillian Wasserman
 Dorothy Weisberg
 Donald Wesley Bott
 Robert Wilson
 Nicholas W. Xikes
 Gladys Zuzulo

Tributes

Wayne & Michele Benach
 Joan Goodman, *on her birthday*
 Sandy Hoffman
 Neil & Eileen Klar
 Mr. & Mrs. Kenneth Lapatine
 Helen McGoldrick,
on her birthday
 Barbara Ross
 Camille Sharp, *on her birthday*

Emmy Lou Sleeper
 Christine Tsaldaris
 Lori Tsaldaris
 Sonja Tsaldaris
 Mr. & Mrs. Richard Turk
 Mr. & Mrs. Richard Wolff

Farewell, Arnie

Arnie Pachman, a beloved long-time volunteer, will be moving this July to Atlanta, where he and his wife will be closer to family. Arnie has volunteered three days a week—two at our Rockland Regional Office, and one at the Bobbie Lewis Adult Day Program assisting persons with Alzheimer's whose caregivers are attending an Alzheimer's Association support group. He has also served on the Rockland Memory Walk Committee and staffed outreach events and health fairs on a regular basis. Thank you, Arnie, for all you have done! You will be sorely missed!

Extra, Extra!

Mark your calendar now and plan to attend the Sullivan **Silent Auction** on Sunday, August 1, at the Firemen's Pavilion on Firehouse Road (off County Road 123) in Callicoon Center, NY.

This Memory Walk wrap-around event promises fun for all! Baked goods and refreshments will be available.

For more information, call Janet at 845-794-3774.

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

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

Orange/Sullivan Regional Office
O: 845-695-2247 S: 845-794-3774

Rockland Regional Office
845-639-6776

Westchester/Putnam Regional Office
914-253-6860

Putnam Point of Service
845-278-0343

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 Contact Center)

If you are moving this summer or you would prefer to receive an electronic copy of newscope, please let us know! Your call will help us keep our mailing list up to date.

2010 Memory Walk

alzheimer's  association
memory walk '10

Register Today!

Registration is now open for the 2010 Memory Walk season. With your help, our chapter aims to recruit a record number of walkers and teams to fund Alzheimer research and the Association's many free care and support services.

Visit the Memory Walk page on www.alz.org/hudsonvalley and register for the walk, become a corporate sponsor, and learn how you can join the fight against Alzheimer's disease. Or call 1-800-872-0994 for a brochure.

9/26/2010	Rock Hill, NY
10/2/2010	Montgomery, NY
10/3/2010	White Plains, NY
10/10/2010	Sparkill, NY
10/16/2010	Poughkeepsie, NY
10/17/2010	Carmel, NY
10/23/2010	Stone Ridge, NY

Walk to End Alzheimer's!

The Alzheimer's Association's **Memory Walk™** is the nation's **Walk to End Alzheimer's Disease**. In 2009, our Chapter's Memory Walks raised more than \$480,000 to fund Alzheimer research and expert Alzheimer Association care and support.

This year, we need your help more than ever to assist the growing number of people--your neighbors, your friends, perhaps even you or your family members--who need our services.

Every 70 seconds, someone is the U.S. is diagnosed with Alzheimer's. To mount an effective attack on the disease, we need to raise more awareness and funds. We need **you** and **your friends** to participate in Memory Walk in record numbers.

It's **easy** to raise hundreds of dollars by simply asking for donations. People want to help. Have **fun** while raising awareness for the cause! Host an event, like Rondout

Valley High School's Ryan Ebert, who organized a skateboarding event benefiting his walk team. And "**go purple**," as Fieldhome in Cortlandt Manor did during Big Purple Week (see www.PurpleForAPurpose.org).

Our Chapter's 2010 Memory Walk goals are ambitious--**\$600,000, 4,000 walkers, 800 teams**—but these goals will be attained one person and one team at a time.

You can form a team or sign up to be a walker **any time** during the Memory Walk season. Visit the Memory Walk page on www.alz.org/hudsonvalley or contact our office for a team packet or assistance creating your own Memory Walk web page.

"I don't think my family could have survived this ordeal without the help and support of the Alzheimer's Association," says Sharon O'Connell, an Orange County Memory Walk Planning Committee volunteer. "I'll do whatever I can to raise awareness and funds for this organization."