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Champaign, Illinois 61820  
(217) 351-1726  
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Skokie, Illinois 60076  
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PO Box 3506  
Joliet, Illinois 60434  
(815) 744-0804  
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**Kankakee**  
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Kankakee, Illinois 60901  
(815) 936-0464  
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**Rockford**  
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Rockford, Illinois 61108  
(815) 484-1300  
(800) 272-3900 Helpline

**Springfield**  
6 Drawbridge Road, Suite 4  
Springfield, Illinois 62704  
(217) 726-5184  
(800) 272-3900 Helpline

## Donation Dollars at Work

**D**onations sent to the Alzheimer's Association by caring and compassionate people provide an opportunity to fund important research, like the study Mary Jo LaDu, PhD, recently completed at Evanston Northwestern Healthcare Research Institute, located in Evanston, Illinois.

Because of strong financial support from donations made by the general public, the Association remains the leading private funder of Alzheimer's research, allowing scientists like Dr. LaDu to do what they do best—relentlessly investigate the mysteries surrounding the disease.

"You couldn't design a worse disease. We know so little about Alzheimer's and there is so much work to be done," said Dr. LaDu. "This particular grant was a project we wrote

thinking that people were ready for this kind of "out of the box" hypothesis."

Dr. LaDu wanted to test a hypothesis involving the cellular aspects of the regional brain degeneration that causes progressive memory and cognitive dysfunction. The first step she took in applying for her

**"This study gives us hope because it helps us to look at how and why Alzheimer's plaques are formed."  
—Dr. LaDu**

research grant was submitting a letter of intent through Proposal Central, the Association's web-based application system. The letter of intent included the names of the study's principal investigators, the facility where the research would take place, and the focus of the research. With acceptance of the Letter of Intent, a formal grant proposal was submitted detailing the proposed research, thus each application is peer reviewed in

Continued on page 2

## Association and Girl Scouts Team Up to Fight Alzheimer's

**T**he Alzheimer's Association, Greater Illinois Chapter, Carbondale Regional Program Center, and the Girl Scouts of Shagbark Council have joined together to offer the first ever Alzheimer's patch.

"Girl Scouts prides itself on developing considerate and caring girls

into young women," said Jennifer Orban, Chief Executive Officer of Girl Scouts of Shagbark Council. "The *Someone to Stand By You* patch program is a terrific way for young girls to support our seniors."

Available for all ages, the *Someone To Stand By You* patch can be earned by Brownies, Juniors, Cadettes

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# Donations At Work

Continued from page 1

two stages to ensure its merit. Once accepted, Dr. LaDu and her collaborators were given grant money to test their hypothesis. The money allowed her to pay research staff and purchase items critical to her labor-intensive study.

The Alzheimer's Association research grants program is a major component of the Association's mission to eliminate Alzheimer's disease through the advancement of research, and to enhance care and support for individuals, their families, and caregivers. The Association grants program awarded 82 researchers nearly \$17 million and in Illinois, over \$2 million dollars will be spent over the next three years. The work Dr. LaDu accomplished right here in Chicago's backyard has paved the way for other researchers worldwide.

"Now that we have established the methodology, other scientists can recreate our published model and test it in a variety of different biological systems," said Dr. LaDu. "This study gives us hope because it helps us to consider an alternative to how and why Alzheimer's plaques are formed."

Two abnormal structures in the human brain are associated with Alzheimer's disease: amyloid plaques, or clumps of amyloid- $\beta$  peptide ( $A\beta$ ) that accumulate outside of cells, and



Dr. Mary Jo LaDu

neurofibrillary tangles, or clumps of altered tau proteins found inside cells. Research about these two structures has offered clues about why cells die. Dr. LaDu's team reversed the complicated plaque formation process to find clues about how  $A\beta$  aggregation works in the brain and what role the peptide might play in the occurrence of neuronal death and brain inflammation that contribute to the progression of Alzheimer's.  $A\beta$  can form fibrils that collect together to form amyloid plaques, the hallmark of Alzheimer's disease. However, what Dr. LaDu proposed and later proved, was that the peptide can also form small, soluble oligomers and the formation of these oligomers is far more devastating to the brain, causing significantly greater neuronal death and inflammation than fibrils. These results may provide a new target for innovative therapeutic treatments and preventatives for the neural alterations that lead to the cognitive deficits of Alzheimer's.

"The Alzheimer's Association is one of the main organizations that gives grants of a size that really allow you to test a hypothesis," said Dr. LaDu. "Alzheimer's is a big puzzle. I love researching it because you can be so creative and the Alzheimer's Association really encourages these types of studies."

Before she was a Senior Scientist in the Division of Geriatrics within the Department of Medicine and a Research Associate Professor at Northwestern Medical School, Dr. LaDu was a high school teacher who

loved to coach cross-country, swimming and track because of her interest in the cardiovascular implications of exercise.

After she enrolled in a doctorate program in Physiology and Biophysics at the University of Illinois at Chicago, a professor opened her eyes to what career path she should really embark on, basic science. She continued her education with a

National Institutes of Health post-doctoral fellowship at the University of Chicago and began researching the role of apoE in the cardiovascular field studying fat-carrying proteins. The research eventually led her to question how apoE works in the brain as apoE4 is the major risk factor for AD. The overall focus of her work is to understand how  $A\beta$ , the genetic cause of AD in the 5% of familial cases and apoE4, the primary genetic risk factor interact to cause the progression of Alzheimer's disease.

A typical day in the lab entails recreating oligomers and fibrils in a dish, collecting data on how these different forms of  $A\beta$  effect neuronal death and inflammation and, examining the latest data figures and slide results on a computer. The published findings of the studies funded by the Alzheimer's Association include an

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**"You couldn't design a worse disease. We know so little about Alzheimer's and there is so much work to be done." —Dr. LaDu**

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extensive and detailed instruction "guide" of how to make the necessary preparations of oligomers and fibrils for testing, in collaboration with W. Blaine Stine.

"We received a lot of letters even over the holidays asking for our lab protocol for making oligomers and fibrils," said Dr. LaDu. "This final paper was just published in late December."

This is yet another indication that Alzheimer's research is closer to a cure or prevention. Without donation dollars, scientists would be unable to continue the progress Dr. LaDu has made.

To learn more about the latest research advances, news, programs and services or to make a donation specifically funding the Greater Illinois Chapter, visit our website at [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org).



## Girl Scouts Patch

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and Seniors. Developed by Melanie Adams, Program Manager, Carbondale Regional Program Center, the patch program has many choices within it to allow every troop to utilize and improve their strengths and skills.

The first step towards earning the *Someone To Stand By You* patch is attending an education program delivered to the troop by the Alzheimer's Association. They will then use their understanding of dementia to support their community in a variety of ways.

They can make adaptive equipment (like reading books on tape or picture cookbooks) for seniors and then donate them to their community. They can spend time with a senior and help them identify and communicate their wants and needs. They can also learn about the life of a caregiver, and explore career opportunities working with seniors.

"One way our girls can make a difference in their communities is by recognizing the importance of their elders and providing them with support," Orban said. "Through participation in the *Someone To Stand By You* patch project, girls are learning about Alzheimer's disease and how it effects the person and his or her family. By visiting with these individuals and participating in the patch activities, girls are learning to embrace the quality of life and seeing that even in difficult situations kind words and actions make a difference."

For more information on the Alzheimer's Association and Girl Scouts of Shagbark Council patch program, contact Melanie Adams at the Alzheimer's Association, Carbondale Regional Program Center (618) 529-2107.



## Tax Time

As tax time comes around, we get frequent questions about deductible costs involved in caring for someone with Alzheimer's or a related dementia. We can provide you with a copy of the 1998 publication, *Taxes and Alzheimer's Disease: Are the Costs of Caring for a Person with Alzheimer's Disease Deductible?* Call us at 800-272-3900. We also strongly encour-

age families to seek professional tax advisor services in this complex area.



## Alzheimer's Disease Research Fund

Now you can get a healthy return from your taxes by donating as little as \$1 to this special fund on your Illinois state income tax return. All money collected will be spent in Illinois on research that focuses on prevention, early detection, cure and treatment of this devastating disease. None of the money collected through the fund is used for administrative costs.

This is the 17th year this fund has appeared on the state income tax forms (line 28c of the 2002IL-1040 state income tax return). Since 1986, the Alzheimer's Disease Research Fund has received more than \$2.5 million and supported a total of 111 research studies.

## Help Make A Difference

The Alzheimer's Association—Greater Illinois Chapter relies on the generosity of individuals, businesses, organizations and foundations to provide programs and services, including this newsletter, at no cost to community members needing information and support.

Each of our newsletters includes a donation envelope, providing you with an opportunity to contribute.

Your support will make a real difference in the lives of those touched by this disease. *Thank you.*

We encourage the continued distribution of material published in this newsletter. Please feel free to copy articles or information and provide us the courtesy of a citation ("Alzheimer's Association-Greater Illinois Chapter").

We also seek sponsorship of our newsletter. If you or your organization wish to underwrite an edition or volume, please contact Maureen McCarthy, Development Director, at 847-933-2413.

# Memory Walk 2002: Promoting

## Bloomington/Normal

All those involved in the Bloomington/Normal Memory Walk could not have asked for a more beautiful day. The sun was shining on all of the 250 walkers while striding down the Constitution Trail. There was a wide variety of supporters including Eastland Surgi-Center employees, Verizon, Sigma Kappa sorority and of course all of the wonderful individual and family team walkers. With everyone's hard work and tremendous effort, approximately \$40,000 was raised for local programs and services.



and entertainment for all ages. The Carbondale Doggie Walk was once again a big success. Cassie took the Top Dog award for the second year. Both walks enjoyed music, great food, awards and prizes for all. As the morning festivities closed Effingham area walkers celebrated their success with an extraordinary performance by the musical group Collage.

## Champaign

A beautiful day on September 14 greeted the more than 200 walkers who showed up at Westside Park to offer their support. The top fundraising team was Busey Bank. All who helped raise over \$63,000 reported a wonderful time.



## Joliet

This year's Memory Walk was held in early October at The Herald News Building in Joliet. Without a cloud in the sky, over 300 walkers showed up with their walking shoes on to help make a difference. We exceeded our goal and raised more than \$62,000 for local programs and services for the Joliet Region. With the help of many caring and dedicated friends we had the best Memory Walk yet.



## Carbondale

September brought a huge success to Southern Illinois. For the first time, the Carbondale Regional Program Center held two Memory Walks.



## Chicago

What started out as a very rainy morning ended up with sunshine and bright blue skies, with the rain stopping just in time for the 5K Fun Run, as well as the Walk itself.

More than 3,000 walkers and runners, along with corporate sponsors, individual donors and matching gift programs helped raise more than \$450,000, a new record!



While Carbondale celebrated its 9th Annual Memory Walk, Effingham enjoyed its first.

Together, 700 area residents took steps to end Alzheimer's disease raising more than \$87,000. The walkers enjoyed a beautiful sunny morning with family and friends and at the same time made a critical difference in the lives of those who have lost life's most cherished gift—their memories. Memory Walk provided lots of fun

The Chicago Office also received a national award for the Highest Pledge Average per walker (in our revenue category) at \$113.





For more great Memory Walk 2002 pictures head to [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org).

# Healing and Hope Across Illinois

## Kankakee

With the team challenge of Kankakee Federal and Peoples Bank, this year's Memory Walk, held in mid-September at the Perry Farm in Kankakee, was very exciting.

Peoples Bank won! Over 300 walkers showed up at the beautiful Perry Farm to walk its 3-mile trail. With sunny skies and the determination of many caring friends, we exceeded expectations and had the best Memory Walk



services. With a great second year like this an even more successful 2003 Memory Walk is inevitable.

The Rockford Memory Walk has become more than just a "walk" during the past five years. The Walk has become a healing event for more than 1,000 people who have lost a loved one to this awful disease. This past year they raised \$119,000.

and new initiatives were overwhelming. Nearly \$45,000 was raised

(the largest amount of money ever raised through Memory Walk in Springfield). This year's Springfield Memory Walk had a 210% increase in participation from 2001 and a 98% increase in funds.



## Springfield

On October 5, over 450 individuals gathered on the Lost Bridge Trail in Springfield, Illinois to raise money for Alzheimer's disease.

The new walk location fostered a festive atmosphere where a 5K run was introduced. 58 participants ran the 3.1-mile course.

Margo Schreiber, former Director of the Illinois Department on Aging and this year's Honorary Chair of Memory Walk greeted the walkers and officially started the walk. She brought with her 54 IDOA employees, the largest participating



yet. More than \$35,000 was raised for local programs and services for the Kankakee Region. Everyone had a wonderful time!

## Rockford

The second annual McHenry Memory Walk was a great success! More than



150 walkers and volunteers came out in support of the Association. One organization in particular had a strong showing. The Creative Memories team had

approximately 30 people in attendance and was by far the most excited team at Walk. The event raised over \$18,000 in support of programs and

hard work



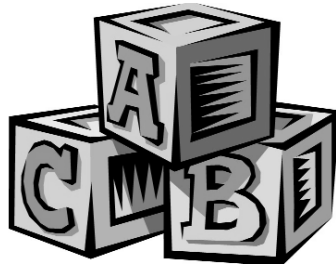
Someone to Stand by You

# ABC Program

**A**lzheimer's: Beginning to Cope (ABC) is a free community education program offered throughout the Greater Illinois Chapter service area. It provides an overview of Alzheimer's and related disorders and addresses many of the challenges that confront caregivers and family members. Perhaps most importantly, it provides an opportunity to ask questions and meet others in similar situations.

"The ABC Program is a chance to be informed and to ask questions in a safe and informal setting," says Melanie Chavin, Program Director for the Alzheimer's Association--Greater Illinois Chapter.

This is the fourth year the ABC program has been available for Illinois families. It is presented several times a month throughout the Greater Illinois Chapter's 68 county service area. The program has evolved as new information on research and treatments has become available and also as the needs of families change. Often family members attend the same ABC program. "At one program we had 5 siblings, their spouses and the father, who was the primary caregiver for the mother who had dementia," says Ms. Chavin. "After the program, a couple of them said they wanted to all hear the same informa-



tion so they could be a united front as they helped their father make the best caregiving decisions for their mother."

Topics covered in the ABC Program include normal aging vs. dementia, warning signs, the diagnostic process, preparing for the future, research and treatment and understanding challenging behaviors. In addition, information is given regarding Greater Illinois Chapter programs and services and other community resources.

The ABC program schedule can be found at [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org) under family education or by calling the Greater Illinois Chapter's Helpline at 800-272-3900.



## Helpline Highlights...

**O**n January 22, 2003 Helpline will celebrate the one-year anniversary of 24/7 expanded assistance and support.

Since expanding services, Helpline has been able to assist **1,613** additional callers. Under our prior Helpline service, we may not have reached these callers.



## Helpline Answers

*Q: I have been my father's sole caregiver since he was diagnosed with AD. I don't know how much longer I can do this alone! Is there any help available?*

**A:** Caring for a person with AD can be both very rewarding and very stressful. No matter what caregiving hat you wear, you deserve a break from time to time. As caregivers, we often feel that if we take time away, our loved ones may not receive the care they need. We may choose not to take time for ourselves because we feel "no one can care for our loved ones as well as we can!" However, taking time to care for yourself is important for your own health as well as the well-being of the person you are caring for.

Respite care allows an opportunity for you to take a break from your caregiving responsibilities, while still ensuring that your loved one receives the care he or she needs. Respite care can be provided informally by friends, neighbors and volunteers. Respite care can also be offered through more formal ways such as: adult day care, in-home care and short-term residential care. Costs associated with respite care vary based on the amount of assistance needed and geographic location. In Illinois, there are programs to assist with the cost of respite care, although most programs require that you meet certain financial criteria.

For more information on the different types of respite care in Illinois, please contact the 24/7 Helpline at **800-272-3900**. Helpline can assist you in determining what options may be available to you, as well as provide appropriate referrals and literature to assist you. The 24/7 Helpline also offers translation services in 140 languages.

**Call the Chapter's  
Helpline 24 hours a day,  
7 days a week for:**

A listening ear  
Chapter support  
services  
Placement  
information  
Respite options



Community support  
services  
Information and  
referral  
Caregiving tips  
Educational programs

**(800) 272-3900**

# National Alzheimer's Disease Education Conference

The Alzheimer's Association will host the National Alzheimer's Disease Education Conference, a biennial conference giving affected individuals and their caregivers the opportunity to learn from Alzheimer experts about advances in research and care while networking with more than 1,500 health care professionals and leaders in Alzheimer's disease care. It will take place July 20-23, 2003, in Chicago.

The 2003 conference will focus on the changing face of Alzheimer's disease, providing person-centered care as Alzheimer's progresses, developing quality staff who can provide quality care and improve systems of care. Features of the conference include:

- Plenaries, symposia, and 60 breakout education sessions with invited speakers
- Poster sessions highlighting nationwide Alzheimer research initiatives and programs
- Peer-facilitated roundtable discussions
- Film viewings and discussion
- Site visits, corporate satellite symposia and social events
- Exhibitor product and service displays highlighting the latest in Alzheimer treatments and research and their effects on patient care.

Registration books will be available mid-March. To receive additional information about upcoming national and international conferences, call the conference information line at 312-335-5790 or send an e-mail to [info@alz.org](mailto:info@alz.org).



## Greater Illinois Chapter Services

### Support Groups

Emotional support and practical information for family members, caregivers and individuals with dementia are provided throughout Illinois.

### Helpline 800-272-3900

Trained volunteers and staff offer emotional support and information on Alzheimer's disease and related disorders throughout the continuum of care. Information on dementia, caregiving and local community resources can be shared by phone or mailed upon request. Assistance is available 24 hours a day, seven days a week, with translation services available in 140 languages.

### In Person Assistance

Chapter staff is available to meet with you to discuss caregiving issues or to assist you in finding information and resources. Please call your Regional Program Center in advance.

### Chapter Newsletter

Current events, educational articles, research updates, and practical caregiving information are provided in a quarterly newsletter distributed to Chapter supporters.



*Someone to Stand by You*

### Educational Training Programs

Education and training on various aspects of Alzheimer's disease, including increased knowledge of disease, research, care of those with dementia and coping strategies are offered year-round.

### Educational Materials

For a more informed public, a range of educational materials is available upon request.

### Safe Return

A nationwide community-based program helps identify, locate and return individuals who are memory impaired and may wander.

### Public Policy

The Chapter supports and advocates for regulations and legislative initiatives to improve care for those with dementia at the local, state and national levels.

*To make a donation or for more information, please call the Alzheimer's Association-Greater Illinois Chapter Regional Program Center nearest you.*

## Help us help each other

The Alzheimer's Association Greater Illinois Chapter depends on your financial support for programs such as: Support Group Networks, Helpline, Educational Workshops, Public Policy, and the *Newsletter*. More importantly, your tax-deductible contribution enhances programs in your community.

Donation amount: \_\_\_\_\_

My Name \_\_\_\_\_

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City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

- Please send me information on the Alois Alzheimer Society
- Please send me information on making a gift through my will
- I'm interested in finding out more about volunteer opportunities
- Please sign me up to be an Alzheimer's Advocate

Mail your donation to: Alzheimer's Association  
Greater Illinois Chapter  
4709 Golf Road, Suite 1015  
Skokie, IL 60076

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