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Alzheimer's Disease Reported Higher in African-Americans

Alzheimer's disease appears to be more prevalent among African-Americans—with estimates ranging from 14 percent to almost 100 percent higher than the disease's prevalence among caucasians—according to a new report prepared by the Alzheimer's Association, released in a Washington, DC briefing by the Congressional Black Caucus.

The report brings together for the first time an accumulating body of evidence about the scope and nature of Alzheimer's disease in African-Americans.

"Each scientific study is important research on its own, but when put together with other studies the magni-

tude of the crisis becomes clear," said Orient Reid, chair of the Alzheimer's Association Board of Directors.

Research highlighted in the report suggests that the prevalence, incidence, and cumulative risk of Alzheimer's disease appears to be much higher in African-Americans.

- Age-specific prevalence of dementia has been found to be 14 percent to 100 percent higher in African-Americans. (While the rates vary among studies, three out of four report these higher prevalence rates.)

- Among African-Americans, the cumulative risk of dementia among first-degree relatives of persons with

Continued on page 3

Tuning in Through Music Therapy

The man with late-stage Alzheimer's generally spent most of his day pacing repetitively around his care facility, unable or unwilling to interact with those around him. Sensing an opportunity, music therapist Nancy Swanson, MT-BC, picked up her guitar, strummed a tune, and sang in a rhythm that matched his movements.

"He came over and began tapping the song's rhythm on my shoulder," relates Swanson, who practices music therapy at the Alzheimer's Family Care Center in Chicago and the Mather

Gardens in Evanston, Illinois. "He stayed at my side for one more song,

"...For someone with Alzheimer's, music can make the difference between withdrawal and awareness, between isolation and interaction."

then went back to walking. The songs allowed him a few minutes to rest and connect with someone."

Such is the power of music therapy, which, according to the American Music Therapy Association (AMTA), continues to exhibit steady growth as

Continued on page 2

Tuning in Through Music Therapy

Continued from page 1

a viable treatment for people with Alzheimer's and related dementias. The AMTA is a worldwide association whose mission is to promote the therapeutic use of music in rehabilitation, special education, and community settings.

"Music has always had a dramatic effect on people with Alzheimer's, but trained therapists can harness and target the power of music to address specific treatment goals such as decreasing anxiety and maintaining physical functioning," comments Al Bumanis, MT-BC, director of communications and conferences for the AMTA. "Though not a cure, music therapy enhances the quality of life for persons with Alzheimer's and their families."

Specifically, the AMTA believes the benefits of music therapy include:

- memory recall, which contributes to reminiscence and satisfaction with life
- positive changes in mood and emotional states
- sense of control over life through successful experiences
- awareness of self and the environment that accompanies increased attention to music
- anxiety and stress reduction for the older adult and the caregiver

- nonpharmacological management of pain and discomfort
- stimulation that provokes interest even when no other approach is effective
- a structure that promotes rhythmic and continuous movement or vocal fluency as an adjunct to physical rehabilitation
- emotional intimacy when spouses and families share creative music experiences
- opportunities to interact socially with others

"Studies have shown that the progression of dementia can be slowed by involving people in specialized, skilled activities such as music therapy," adds Swanson. "But in general, it isn't the long-term benefit that music therapists look for but rather their clients' enjoyment and satisfaction of being 'in the moment.'"

Degreed and board-certified specialists engage participants in making music, sparking a connection that can't be achieved by merely listening. Sessions are generally convened in small groups and are based on individual assessments and treatment plans, with goals and objectives implemented through different music therapy activities such as bell choirs and percussion ensembles. Prior musical ability isn't required, and any style of music is suitable, depending on the setting.

"Music therapy is not music to the group, it's music with the group," says Melanie Chavin, MT-BC, program director for the Greater Illinois Chapter and a music therapist.

Adds Swanson: "Music is so powerful for someone with Alzheimer's because it communicates emotions and very deep feelings that sometimes can't be expressed in words. It can make the difference between withdrawal and awareness, between isolation and interaction."

"Just think if you were alone and isolated in your house or care facility, and you couldn't turn on the radio or play piano," Chavin concludes. "Your life would be so dull you'd walk around, lost and anxious. When you see people with Alzheimer's engaging in musical activity, you see an amazing difference."



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.*

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

Alzheimer's Disease Reported Higher in African-Americans

Continued from page 1

Alzheimer's disease is 43.7 percent.

- For spouses (who share environmental but not genetic backgrounds), the cumulative risk is 18.4 percent. These findings, reported in January 2002, are based on family histories of the largest number of African-American families ever studied for Alzheimer's disease.

The number of African-Americans entering age of risk (65 and older) is growing rapidly.

- Age is a key risk factor for Alzheimer's disease in all racial and ethnic groups. Over 10 percent of all persons over 65, and nearly half of those over 85 have Alzheimer's disease.

- The number of African-Americans age 65 and over will more than double by 2030, from 2.7 million in 1995 to 6.9 million by 2030.

- The number of African-Americans age 85 and over is growing almost as rapidly, from 277,000 in 1995 to 638,000 in 2030, and will increase more than fivefold between 1995 and 2050 when it will reach 1.6 million.

Vascular disease may be a particularly powerful factor in the prevalence of Alzheimer's among African-Americans.

- Data from a large-scale longitudinal study indicate that persons with a history of either high blood pressure or high cholesterol levels have been found twice as likely to get Alzheimer's disease. Those with both risk factors are four times as likely to become demented.

- Sixty-five percent of African-American Medicare beneficiaries have hypertension, compared to 51 percent of white beneficiaries. They are also at higher risk of stroke.

- African-Americans have a 60 percent higher risk of type 2 diabetes—a condition that contributes directly to vascular disease.

- African-Americans have a higher rate of vascular dementia than white Americans.

Screening and assessment tools and clinical trials are not designed to address the unique presentation of Alzheimer's disease in African-Americans.

- Ethnic and cultural bias in current screening and assessment tools is well documented; as a result, African-

Americans who are evaluated have a much higher rate of false-positive results. At the same time, there is substantial evidence of under-reporting of dementia among African-Americans.

- African-Americans tend to be diagnosed at a later stage of Alzheimer's disease—limiting the effectiveness

of treatments that depend upon early intervention.

- African-Americans are seriously underrepresented in current clinical trials of potential treatments for Alzheimer's disease—particularly in trials conducted by drug companies—even though evidence of genetic differences and response to drugs varies significantly by race and ethnicity.



Chicago's South-Side Office Serves Vital Needs

The Board of Directors of the Alzheimer's Association—Greater Illinois Chapter recognized the needs of the African-American community and opened the Chicago South Office almost two years ago. This expansion was made possible through the generosity of the Chicago Community Trust and the Retirement Research Foundation.

Located at 10 West 35th Street, Ninth Floor, Chicago, (312-881-5050) the office provides programs and services for all people who reside on the south side of the city and surrounding suburbs, with a particular emphasis on serving the African-American community.

“The Chicago South Office has been a dream come true, as it has been an integral part of the Chapter's strategic plan. We are committed to providing more programs and services to those with Alzheimer's disease or a related dementia, their families and caregivers. We are very grateful for the generous support of the Chicago Community Trust and Retirement Research Foundation!” said Kent Barnheiser, President and CEO of the Alzheimer's Association—Greater Illinois Chapter.



2002 Research Grants in Illinois

Growing public awareness and the number and quality of Association grant applications reflect the increasing importance of Alzheimer's disease and the growing stature of Alzheimer research. The sense of urgency arising from the impending public health crisis has attracted some of the best minds in science to the effort to unravel Alzheimer's mysteries.

Alzheimer's research is advancing at an accelerating pace. Recent discoveries support the notion

that we may soon be able to delay the onset of the disease and allow people with Alzheimer's disease to continue functioning independently for longer periods. The Alzheimer's Association has awarded \$136 million in research

For a summary of current developments in Alzheimer's research, written for the non-specialist, visit <http://www.alz.org/Researcher/Current.htm>

grants since 1982, ranking it as the top private funder of research into the

causes, treatments and prevention of Alzheimer's disease.

The Association recently awarded 82 researchers a total of \$16.56 million and has dedicated over \$2.3 million dollars to be spent over the next three years on research in Illinois alone. On the following page are research grants recently awarded in Illinois.

Call the Association's Helpline day or night for support, tips and program information. (800) 272-3900

Celebrate Saving Lives: Celebrate Safe Return

The Alzheimer's Association recently celebrated the ninth anniversary of its life-saving program, Safe Return.

Today, more than four million people in the United States have Alzheimer's disease. Nearly 60 percent of these people will wander off and get lost sometime during the course of the disease.

The Alzheimer's Association Safe Return Program assists in the safe return of individuals with Alzheimer's disease or other dementias who wander and become lost. The Safe Return Program was created in April 1993 and has registered over 94,000 individuals. Safe Return has helped locate and return more than 7,500 individuals to their families and caregivers.

For a one-time fee of \$40, Safe Return registrants receive a stainless steel identification bracelet or necklace and other identification products that are inscribed with the Safe Return 24-hour crisis number to alert others that the individual is memory-impaired and may need assistance.

For more information about Alzheimer's disease or the Safe Return Program, please visit www.alzheimers-illinois.org or call (800) 272-3900.



"Ask the Expert"

Brian Hance, Associate Director, Alzheimer's Association Safe Return Program, National headquarters, Chicago, Illinois

Q: What is the Alzheimer's Association Safe Return Program?

A. Safe Return is the only nationwide identification, support, and registration program working at the community level for people with dementia that may wander and get lost. Safe Return provides assistance whether a person becomes lost locally or far from home. Assistance is available 24-hours, every day, whenever a person is lost or found. Safe Return has registered over 94,000 people and has facilitated over 7,500 safe returns.

Tips for Reducing Wandering Behavior

- Encourage movement and exercise to reduce anxiety, agitation, and restlessness
- Involve the person in productive daily activities, such as folding laundry or preparing dinner
- Remind the person that he or she is in the right place
- Reassure the person if he or she feels lost, abandoned, or disoriented

Grant Recipients

John F. Disterhoft, PhD

Northwestern University Feinberg School of Medicine
Chicago, Illinois

Interactions of APP and BACE on Behavior and Hippocampal Physiology in Aging Mice

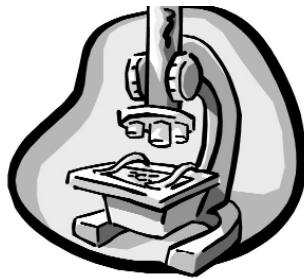
Investigator-Initiated Research Grant—\$239,998 over three years

Douglas Feinstein, PhD

University of Illinois
Chicago, Illinois

Regulation of Neuronal NOS2 Expression

Investigator-Initiated Research Grant—\$179,439 over three years



Adrianna B. Ferreira, MD, DPH

Northwestern University Feinberg School of Medicine
Chicago, Illinois

Diminished Cytoskeletal Dynamics As a Risk Factor for Alzheimer's Disease

Investigator-Initiated Research Grant—\$239,250 over three years

Godfrey S. Getz, MD, PhD

University of Chicago
Chicago, Illinois

Role of ApoE Isoforms on Hippocampal Amyloid Deposition Using AAV

Investigator-Initiated Research Grant—\$239,997 over three years

William N. Green, PhD

University of Chicago
Chicago, Illinois

The Role of Nicotinic Receptors in Alzheimer's Disease

Investigator-Initiated Research Grant—\$240,000 over three years

Angèle Parent, PhD

University of Chicago
Chicago, Illinois

Synaptic Transmission in Presenilin Animal Models

Investigator-Initiated Research Grant—\$240,000 over three years

Robert W. Schrauf, PhD

Northwestern University Feinberg School of Medicine
Chicago, Illinois

Development of a Test of Premorbid Intelligence for Neuropsychological Assessment of Spanish-Speaking Elderly

New Investigator Research Grant—\$92,909 over two years

Ya-Ping Tang, MD, PhD

University of Chicago
Chicago, Illinois

The Role of Loss of Neurogenesis Associated with PS-1 Mutant in the

Pathogenesis of Alzheimer's Disease
New Investigator Research Grant—\$99,748 over two years

Gopal Thinakaran, PhD

University of Chicago
Chicago, Illinois

The Role of Presenilins in Membrane Protein Biogenesis, Assembly, and Trafficking

Zenith Fellows Award—\$250,000 over two years

Robert J. Vassar, PhD

Northwestern University Feinberg School of Medicine
Chicago, Illinois

Cholesterol Modulation of Alpha- and Beta-Secretase Processing of APP

Investigator-Initiated Research Grant—\$239,991 over three years

Jianjun Wang, PhD

Southern Illinois University
Carbondale, Illinois

Structural Changes of ABeta4 Peptides upon Binding to Apolipoprotein E Isoforms

Investigator-Initiated Research Grant—\$240,000 over three years

National Alzheimer's Disease Education Conference

The Alzheimer's Association hosts the National Alzheimer's Disease Education Conference. This biennial conference gives 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 care. The next National Education Conference 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 and providing quality care, and improving 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.

Additionally, we encourage you to attend other Alzheimer's Association conferences or educational events near you. To receive information about upcoming local, national and international conferences, visit our web site at www.alzheimers-illinois.org.



Tips on Year–End Giving

For many of us, the end of the year has traditionally been the season of giving. It is often when many people make gifts to their favorite charitable organizations. As you reflect on your gifts this year, there are a few things you may want to consider. Different methods of giving may provide a variety of benefits for you and your family:

Gifts of cash: If you itemize your deductions on your federal income tax return, you can deduct gifts of cash up to 50% of your adjusted gross income each year.

Gifts of appreciated securities: If you have owned your securities for more than a year, you may donate them to charity and deduct their full fair market value, thereby bypassing the capital gains tax. Such gifts may be deductible for up to 30% of your adjusted gross income for the year.

Charitable gift annuities: A gift annuity is a simple, contractual agreement between a donor and the

Alzheimer’s Association in which you transfer assets to us in exchange for our promise to pay you an annuity. By donating through a gift annuity, you can accomplish two things: (1) contract for a fixed income payment for yourself or yourself and another individual, if you choose, and (2) make a gift to Alzheimer’s Association. If you itemize deductions on your tax return, savings from the charitable deduction reduce the net cost of the gift. Call for an illustration on how a gift annuity might work for you.

Remember that contributions that exceed deductible limits for the year of the gift may be carried forward and deducted in up to five future tax years.

Gifts from other sources: If you are over the age of 59-1/2 and have an IRA or other tax-favored retirement account, you may consider withdrawing an amount sufficient to cover your charitable gifts for the year. You must report the income on your tax return, but you are allowed to take a tax deduction for the amount of the gift.

This generally results in a “wash” for tax purposes. You may also list a charity as the beneficiary on the beneficiary form provided by your plan administrator. Never make a beneficiary change, however, before discussing your desires with your professional advisor. For an IRA or Keogh plan you administer personally, notify the custodian in writing and keep a copy with your valuable papers.

Leave a Legacy: Gifts through your will are an important yet relatively easy way to support your favorite charities, affirm your values, and leave a lasting legacy for the benefit of others. If you already have a will, consult your attorney to add a simple codicil specifying a charitable bequest intention.

We hope that as you reflect on your own giving for the year, you remember the Alzheimer’s Association—Greater Illinois Chapter in your plans.

Your support will allow us to continue to stand by all those who are suffering from the devastating effects of Alzheimer’s disease.



Memory Walk Update



In 13 Memory Walks throughout the Greater Illinois Chapter, 6,718 walkers and sponsors raised over \$1.2 million. Thanks to the thousands of you who laced up your shoes and joined us. Look for exclusive coverage including summary statistics and pictures of the Memory Walks in your area in our next edition.



Alzheimer's Association Holiday Cards Show You Care

This holiday season, consumers and businesses have the opportunity to send more than just a holiday greeting, they can send Alzheimer's Association greeting cards and show they care.

The Alzheimer's Association is working with Cards With A Heart, a card company specializing in charitable causes, to create a novel holiday card program that will help raise money and awareness about Alzheimer's disease.

This year's collection of memorable holiday cards includes thirteen cards featuring unique artwork from individuals with

heartwarming message of support for the work of the Alzheimer's Association. The card packs sell for \$25, and consist of 25 cards with gold-lined envelopes. The Greater Illinois Chapter uses the proceeds to provide programs and services for people with Alzheimer's disease, their families and caregivers.



My Grandfather's Place by Mattie, Marquita, Ruth and Jo

Many consumers and corporations share this philosophy today. Without incurring any additional expense over what supporters generally budget for holiday greeting cards, individuals and businesses get a beautiful and unique card that helps promote their commitment to the Alzheimer's Association and the community.



Holiday Sparkles by Doris

Maureen McCarthy, Associate Director, Individual and Planned Gifts, explains, "The holidays are a time to cherish and remember. These cards enable people to remember individuals afflicted with Alzheimer's disease in a meaningful way. By sending Alzheimer's Association holiday cards, you show the true spirit of the holiday season."



Pastel Trees by Imogene

Alzheimer's disease, as well as three designs with a stronger corporate appeal. Each card also includes a

For more information on the Alzheimer's Association holiday card program, call (847) 933-2413 or visit the Website at www.alzheimers-illinois.org for an order form and pictures of all the holiday cards available.

Studies Show Employee Giving Makes a Difference

Studies have shown that Americans overwhelmingly prefer to specify where their charitable dollars are directed. The process of raising charitable dollars through employee workplace campaigns is estimated to be about 32 times more efficient than raising funds in any other manner.

This is largely because the workplace allows charities the luxury of reaching hundreds, even thousands, of individual simultaneously rather than one at a time. In addition, giving by regular payroll deduction is essentially painless because the gift is spread out over time and is managed by the payroll department.

In Illinois, workplace giving has been dominated by local United Ways. These organizations have dis-

You may be able to make a gift to the Alzheimer's Association through a payroll deduction plan at your workplace. The Alzheimer's Association—Greater Illinois Chapter participates in the Combined Federal Campaign and is a member of the Community Health Charities of Illinois workplace giving program. Contact your human relations department for more information.

tinguished themselves in the human services arena, but generally have not supported most health care causes in the state including the Alzheimer's

Association. Making sure that Illinois employees at least have the opportunity to choose to donate to health care agencies at the workplace if they choose to do so is the mission of Community Health Charities of Illinois. The Alzheimer's Association is a charter member of the Community Health Charities of Illinois federation, which consists of forty leading health agencies.

For more details, call Maureen McCarthy at 847-933-2413.



Visit www.alzheimers-illinois.org for Chapter information and services.

Help us help each other

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

Donation amount: _____

My Name _____

Address _____

City _____

State _____

Zip _____

- Please send me information on the Alois Alzheimer Society
- Please send me the brochure "Charitable Giving After the 2001 Tax Act"
- Please send me information on preparing a Will
- I'm interested in finding out more about volunteer opportunities
- Please sign me up to be an Alzheimer Advocate

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

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