

Updated Warning Signs Help with Early Detection

KNOWthe **10 SIGNS**

EARLY DETECTION MATTERS

It may be difficult to know the difference between age-related changes and the first signs of Alzheimer's disease (AD). As part of its public education effort, the Alzheimer's Association worked with a diverse group of experts—health professionals, clinicians, scientists and people with dementia—to update its 10 Warning Signs of Alzheimer's.

These warning signs are the cornerstone of **Know the 10 Signs: Early Detection Matters**, the Alzheimer's Association's national early detection campaign. The signs are a key tool in promoting recognition of common changes that may assist with early detection and diagnosis of AD or another dementia. Early detection, diagnosis, and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

10 Warning Signs of Alzheimer's:

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- New problems with words in speaking or writing
- Trouble understanding visual images and spatial relationships
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

For more information about the warning signs and early detection and diagnosis, contact the Association at 1.877.IS.IT.ALZ (877.474.8259) or visit www.alz.org/10signs.

For more information about enrolling your company in the Alzheimer's Early Detection Alliance, call 207.772.0115, ext. 14 to request an enrollment kit or e-mail cathy.mcguckin@alz.org.

You Are Not Alone – Make a Connection Today!

More than 40 Chapter-trained volunteer leaders offer support group meetings at 30 sites throughout the state of Maine. To find out more about meetings for caregivers and those with early-onset Alzheimer's, or other community resources, call the **Helpline 24 hours a day, seven days a week at 1.800.272.3900** or visit www.alz.org/maine and click on "Support Groups."

If you are interested in starting a support group in your community, contact Kathy Pears, Director of Programs, Public Policy and Public Affairs at kathryn.pears@alz.org or 207.772.0115, ext. 25.

Join Memory Walk® 2009!

Mainers *On the MOVE* to end Alzheimer's



A Step in the Right Direction

Memory Walk calls on people of all ages to take action in the fight to end a disease that is now the 7th leading cause of death in the U.S.. An estimated 5.3 million people in the U.S. are living with Alzheimer's disease (AD) and every 70 seconds another person develops Alzheimer's. With the numbers of baby boomers aging, we know that the number of people diagnosed with AD and associated dementias will soar, as will the direct and indirect costs linked to these diseases. Memory Walk

is the largest event to raise awareness and Maine's walk provides funding to advance the Maine Chapter's mission.

On September 26, 2009, Mainers will be **On the Move to End Alzheimer's**. This year the Maine Memory Walk will take place at 13 sites across the state. Participants can register as individuals or teams to take part in walks that generally cover two to three miles. Here in Maine alone, 37,000 people are affected by AD. With your financial and volunteer help the Alzheimer's Association, Maine Chapter offers:

- Information and referral services
- Educational and support programs
- Care consultation for caregivers, families and friends
- Scholarships for the Medic Alert/Safe Return program
- 40 support groups statewide



In 2008, 1,611 participants and 272 teams raised more than \$325,925 to support the programs and services of the Maine Chapter, and with your help in 2009 we can do even better.

Participants are encouraged to raise money by asking friends, family, colleagues and neighbors for contributions. Sign up to walk on the Chapter's Web site www.alz.org/maine. Click on "Memory Walk" to find

a team you can join, or you can form your own team, and find the nearest Walk site.

Maine Memory Walk Sites: Saturday, September 26, 2009

Registration begins at 8:00 am • Walk begins at 9:00 am
unless otherwise noted



Augusta/Waterville

Glenridge Living Community
40 Glenridge Drive, Augusta

Bangor

Hollywood Slot's Raceway at Bass Park
100 Dutton Street

Bar Harbor

Athletic Field (across from YMCA)
21 Park Street

Calais

Unobskey College, 203 Main Street

Farmington

Kineowatha Park, Wilton

Greater Portland

St. Maximilian Kolbe Church
150 Black Point Rd., Scarborough
Registration begins 7:00 am
Walk begins 8:00 am

Lewiston/Auburn

LePage Conference Center, Lewiston

Midcoast (Rockland area)

Knox Center for Long Term Care
6 White St., Rockland
Registration begins at 9:00 am
Walk begins at 10:00 am

Norway/Oxford Hills

Norway Rehabilitation and Living Center
Norway

Sanford

Goodall Hospital, Medical Office Building
25 June Street

Seacoast (Wells and York area)

Wells Harbor Community Park, Wells

Southern Midcoast (Bath/Brunswick/Topsham area)

Topsham Town Hall
100 Main Street, Topsham, ME

Saturday, October 3, 2009

Fort Kent - Forest Hill
25 Bolduc Avenue, Fort Kent
Registration Begins at 8:30 am
Walk Begins at 9:30 am

Thank you to our statewide sponsors!

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Aging Excellence

First Maine Alzheimer's Champions Honored



Maine Chapter executive director Joy Heptner (l) with Sen. Susan Collins and Champion Breakfast honorary co-chair and Immediate Past Board President Karen Stram

The Alzheimer's Association has started a country-wide movement to dramatically increase awareness and concern about Alzheimer's disease (AD) by calling on 5 million Americans—one for every person living with the disease—to become a Champion and join the Alzheimer cause. On May 27, 2009, the Maine Chapter honored its first state Alzheimer's Champion, U.S. Senator Susan Collins, for her efforts to make AD a national priority.

The breakfast at the Eastland Park Hotel, Portland, was hosted by honorary chairs Horace A. Hildreth, Jr. and Karen Stram, Felicia Knight, former WGME anchor and current president of Knight Vision International, served as master of ceremonies to the 300 people who gathered to recognize Sen. Collins. Helping to celebrate were Presenting Sponsors, Diversified Communications and the Hildreth and Russell Families.

As Senate co-chair of the Congressional Task Force on Alzheimer's Disease, Sen. Collins has worked to increase funding for Alzheimer research and to strengthen supports for families and caregivers. Her family history with the disease fuels a personal commitment to find a cure and develop better treatments. She understands what a serious threat the disease is for the aging population of Maine where more than 37,000 Mainers have AD and an estimated 147,000 family members and friends provide the 24 hour a day, seven day a week, non-paid care they require.

In response to the recognition, Sen. Collins said, "I am honored to be recognized as the first Maine Champion for Alzheimer's. It is my sincere hope that this will create a tradition that raises public awareness and understanding about this terrible disease and serve as a call to action to find a cure. Alzheimer's takes a tremendous personal and economic toll on both the individual and family and we still don't know the cause. Yet, for every dollar the federal government spends on the costs of Alzheimer's care, it invests less than a penny in research to find a cure. This simply does not make sense and we can't afford to put off finding a cure."

The Chapter also saluted three other Maine Champions, Eric and Tracy Weinrich and John Wasileski. To date, more than 1.7 million people nationwide have signed on as Alzheimer's Champions.

Visit www.actionalz.org/champions/asp to add your name to this growing list of advocates.



Champion John Wasileski ▶



Champions Eric and Tracy Weinrich ▶



Conference Focused on Challenges of Advanced Dementia

On May 19, 2009, the Alzheimer's Association, Maine Chapter held its annual conference, Improving Care for People with Advanced Dementia, at the Holiday Inn by the Bay in Portland. Approximately 200 people attended to hear from experts Cherie Rosemond, PhD, PT (left), Laurel Coleman, MD (center) and Joyce Simard, MSW (right).



The morning session was presided over by geriatrician Dr. Coleman who discussed the process for making health care decisions at the end of life. A caring and candid focus included common challenges of caring for individuals with end-stage Alzheimer's disease (AD) and how our medical system could change to better meet the needs of those with dementia. Dr. Rosemond, physical therapist and health behavior and health educational doctorate, followed with a review of Person Centered Care and the positive impact it makes for the individual needing care and the caregiver.

Dr. Rosemond, physical therapist and health behavior and health educational doctorate, followed with a review of Person Centered Care and the positive impact it makes for the individual needing care and the caregiver.

In the afternoon, Ms. Simard presented her program Namaste Care, designed for those at the end-stages of AD or other late-stage illnesses. Namaste Care emphasizes providing daily care in a nurturing atmosphere of warmth and individualized support.

The day concluded with six students from Portland's Nathan Clifford School learning from 'Grandma Joyce' how to maintain relationships with family and friends who have dementia. The students and audience learned how children can be caregivers too.

Thank you to Conference Sponsors for their generous support:

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Hospice of Southern Maine
Maine Health Care Association
Mercy Hospital
Mid-Coast Senior Health Center
Oceanview and The Highlands
Toole, Carlin & Powers, PA

FORE the Cause—Three Golf Events Support the

Forget-Me-Not Golf Tournament

Bankers Life and Casualty hosted the second annual Forget-Me-Not Golf Tournament at Willowdale Golf Club, Scarborough, on May 15, 2009 raising \$6,500 for the Maine Chapter. Last year's event raised \$5,000.



This year's event was a big success thanks to the hard work of Michelle Martus, Gerrie Valliere, Scott Barker and the team at Bankers Life.



Highland Green

On July 20, 2009, Chapter board member and family caregiver Deane Lanphear hosted a tournament at Highland Green in Topsham attended by 70 golfers. Course developer John Wasileski donated green fees, golf carts and raffle and tournament prizes. Dunkin' Donuts, Brunswick, supplied the morning coffee and sweets. The event raised \$2,700.

A Round to Remember

On July 13, 2009, 100 golfers took to the links at the Dunegrass Golf Club, Old Orchard Beach for the Maine Chapter's annual golf tournament. WGME Channel 13 Sports Director Dave Eid served as honorary chair. The event raised more than \$17,000 to support dementia-specific programs and services.



The "Barber Foods Foursome" with honorary chair Dave Eid (center).

If you are interested in hosting a golf tournament to benefit the Maine Chapter, or in receiving notices about statewide golf outings, e-mail Sarah Stepp, Manager, Development/Special Events at sarah.stepp@alz.org or call 207.772.0115, ext. 24.

Maine Chapter

THANK YOU

Thank you to the “Round to Remember” Sponsors for their generous support:

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Investment Services
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Maine Veterans’ Homes
Northeast Delta Dental
Sedgewood Commons
Continuum Health Services
Downeast Energy

The Chapter also thanks the Round to Remember 2009 planning committee:

Carol Calcagni
Laurel Coleman, MD
Gary Currier
Steve Garde
Lynn Peel
Diane Rogers
Debbie Sullivan

Make Your Certificates of Deposit Work for You.

Many people like to invest in Certificates of Deposit – especially during unstable economic times. The current average rate of return on a one-year Certificate of Deposit (CD) is between 1.10% and 2.24%.

If you are age 62 or older, instead of reinvesting in another CD upon maturity, consider using that money to establish a Charitable Gift Annuity (CGA). Rates of return are higher, will not fluctuate and you receive payments for your lifetime.

For example, Mrs. Johnson, age 84, has \$10,000 in a CD and is earning \$224 annually (based on a 2.24% rate of return). She has a high regard for the mission of the Alzheimer’s Association and had benefitted from the programs and services offered when her husband had the disease. When Mrs. Johnson’s CD matures, she decides to establish a \$10,000 CGA with the Alzheimer’s Association.

Charitable gift annuity rates are age based, so at age 84, the current rate of return for Mrs. Johnson is 7.9% – a full 5.66% higher than she had been receiving! She will now receive a payment of \$790 each and every year for her life-time. Mrs. Johnson also reaps the benefits of a charitable deduction equaling approximately \$5,000, and a portion of each payment is tax-free unlike the income from her CD which is fully taxable. Mrs. Johnson is gaining more income and reaping tax benefits, she’s also enjoying the knowledge that she is helping others through her gift to the Alzheimer’s Association.

The next time one or more of your CDs mature, think about making the switch to a CGA through the Alzheimer’s Association. For more information on current CGA rates, and to find out if a CGA might be a good gift option for you, please contact Karen McAllister, Associate Director of Planned Giving at 860.570.0787 or at karen.mcallister@alz.org. As always, we recommend you also check with your financial advisor.

Purple with a Purpose – *Move, Voice, Act and Raise Awareness* on World Alzheimer's Day

Monday, September 21, 2009



Here are a few ways you can learn more and help others:

- Enroll your company in the Alzheimer's Early Detection Alliance and help spread the word about the 10 early warning signs of AD. Call 207.772.0115, ext. 14 to request an enrollment kit.
- Fan us on Facebook, www.facebook.com. Visit www.alz.org/maine to connect to information about events that support programs and services for those with AD and their caregivers, to learn about breaking national and local news about Alzheimer research and legislation, and for updates on our educational programming.
- Make a donation to the Alzheimer's Association, Maine Chapter in honor of a family member or friend affected by the disease.
- Engage in a brain-healthy activity—read, write, work a crossword or other puzzle, attend a lecture or play, enroll in a course at your local adult education center or garden. Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells!

For more information visit http://www.alz.org/news_and_events_world_alzheimers_day.asp

Principles for a Dignified Diagnosis

The Principles for a Dignified Diagnosis is the first statement of its kind written by people with Alzheimer's disease. In recognition of the changing landscape of Alzheimer's, the Alzheimer's Association hosted four regional town hall meetings with more than 800 participants, including 300 people living with the disease. The 2008 report, *Voices of Alzheimer's Disease* (AD), examined the rich dialogue at these town halls and identified diagnostic challenges and dissatisfying interactions with the medical community as two major challenges articulated by people living with the disease. The new, innovative Principles for a Dignified Diagnosis contains insights from people living with the disease on how to improve that experience.

Dr. Steve Hume, a member of the Association's early stage advisory group and a co-author of *Principles for a Dignified Diagnosis*, was diagnosed with younger-onset AD in May 2007 at the age of 61. Prior to his diagnosis, Dr. Hume was a clinician, consultant, and senior manager in the behavioral health field. Despite his professional health background, Dr. Hume struggled to secure a complete diagnosis. In fact, the first neurologist he visited told him he'd be fine if he just lost weight.

"The face of AD has changed in recent years, and *Principles for a Dignified Diagnosis* adds a voice to that face," said Dr. Hume. "It is important that we not only tell clinicians we want a dignified diagnosis, but also teach them what that means. There is a lot we can learn from each other."

Principles for a Dignified Diagnosis:

- **Talk to me directly, the person with dementia.** I am the person with the disease, and though my loved ones will also be affected, I am the person who needs to know first.
 - **Tell the truth.** Even if you don't have all the answers, be honest about what you do know and why you believe it to be so.
 - **Test early.** Helping me get an accurate diagnosis as soon as possible gives me more time to cope and live to my fullest potential and to get information about appropriate clinical trials.
 - **Take my concerns seriously, regardless of my age.** Age may be the biggest risk factor for Alzheimer's, but Alzheimer's is not a normal part of aging. Don't discount my concerns because I am old. At the same time, don't forget that Alzheimer's can also affect people in their 40s, 50s and 60s.
 - **Deliver the news in plain but sensitive language.** This may be one of the most important things I ever hear. Please use language that I can understand and is sensitive to how this may make me feel.
 - **Coordinate with other care providers.** I may be seeing more than one specialist — it is important that you talk to my other providers to ensure you all have the information so that changes can be identified early on and that I don't have to unnecessarily repeat any tests.
 - **Explain the purpose of different tests and what you hope to learn.** Testing can be very physically and emotionally challenging. It would help me to know what the purpose of the test is, how long it will take and what you expect to learn from the process. I would also appreciate the option of breaks during longer tests and an opportunity to ask questions.
 - **Give me tools for living with this disease.** Please don't give me my diagnosis and then leave me alone to confront it. I need to know what will happen to me, and I need to know not only about medical treatment options but also what support is available through the Alzheimer's Association and other resources in my community.
 - **Work with me on a plan for healthy living.** Medication may help modify some of my neurological symptoms, but I am also interested in other recommendations for keeping myself as healthy as possible through diet, exercise, and social engagement.
 - **Recognize that I am an individual and the way I experience this disease is unique.** This disease affects each person in different ways and at a different pace. Please be sure to couch your explanation of how this disease may change my life with this in mind.
 - **Alzheimer's is a journey, not a destination.** Treatment doesn't end with the writing of a prescription. Please continue to be an advocate — not just for my medical care but for my quality of life as I continue to live with Alzheimer's. The American Medical Association has applauded the Association for bringing forward the patients' perspective on compassionate care so that patients, their families, and their physicians can battle the disease together.
- To learn more about talking to your physician about AD, visit www.alz.org/national/documents/brochure_partnering_withyourdoctor.pdf or call 1.800.727.3900 and request of copy of *Partnering with Your Doctor: A Guide for Persons with Memory Loss and Their Care Providers*.

Welcome New Board and Staff Members



Mark Nale, Esq., Board and Development Committee Member

Mr. Nale is a partner with his brother John in the Nale Law Offices. Located in Waterville, Nale Law is an elder law firm which represents older persons, disabled persons, their families and their advocates. He has practiced elder law in Maine for 25 years.

A member of the Maine State Bar Association's Elder Law Section, Trust and Estates Section and of the National Academy of Elder Law Attorneys. Mr. Nale is a frequent, sought-after speaker to professional and community groups on the topic of long-term care planning. He serves on the Board of Hospice Volunteers Waterville Area and the Heritage Board of the Alford Youth Center.

Welcome New Staff Members

The Alzheimer's Association, Maine Chapter welcomes new staff members Drew Wyman, Sarah Stepp, and David Currier.



David Currier, Manager, Education/Training

Mr. Currier was the sole caregiver for both of his parents who were simultaneously diagnosed with dementias in 1989. Following their deaths he chose to dedicate his career to those living with dementia. Mr. Currier was trained by Dr. Paul Raia of the Alzheimer's Association, Massachusetts Chapter. He has extensive work experience in nursing homes and assisted living communities in both Maine and Massachusetts.

Sarah Stepp, Manager, Development/Special Events

Ms. Stepp brings over eight years of experience in non-profit fundraising and event planning to her role. A native of Casco, Maine, she earned her bachelor's degree from Rhodes College, in Memphis, TN.



Drew Wyman, Office Manager

Mr. Wyman holds a bachelor's degree in communications/media studies from the University of Southern Maine. Prior to joining the Alzheimer's Association, he was the office and outreach manager of the Maine Island Trails Association.

Savvy Caregiver Training

Family caregivers are at the center of the health care system for persons with dementia because they often provide care that keeps the person with dementia in the community for as long as possible.

Savvy Caregiver Training is FREE and assists caregivers by providing the knowledge, skills, confidence, and attitudes essential for successful caregiving. The 12-hour training is provided in two-hour sessions over six weeks.

The workshops will be provided by the Alzheimer's Association, Maine Chapter, the Aroostook Agency on Aging, Spectrum Generations and the Southern Maine Agency on Aging during the next two years through a grant from the Administration on Aging and the Office of Elder and Adult Services.

For more information about upcoming training locations, call **1.800.272.3900** or visit **www.alz.org/maine** and click on "Education Programs."

League of Supportive Organizations



The League was developed by the Chapter to recognize those agencies and organizations that share our mission to provide quality care for people who have Alzheimer's disease and related dementias, and to provide support for those who care for them. A \$250 financial contribution funds the Chapter's information, referral, care consultation, community outreach and family education programs throughout the state of Maine. In addition their support funds our legislative advocacy efforts at the state and federal levels where we work diligently to ensure that adequate funds are available for long-term care.

The Alzheimer's Association, Maine Chapter is proud to recognize the first four members of our League of Supportive Organizations.

Atria Kennebunk

Kennebunk

Birch Bay Village

Bar Harbor

St. Andre Health Care Facility Biddeford

St. Mary's D'Youville Pavilion Lewiston

For more information about the League, please contact Joy Heptner at joy.heptner@alz.org, or call 207-772-0115.

HBO Series: The Alzheimer's Project

In May 2009 HBO Documentary Films, in association with the National Institute on Aging, presented The Alzheimer's Project, a 4-part documentary produced by John Hoffman, with executive producers Sheila Nevins and Maria Shriver. This Emmy Award nominated documentary presented "The Memory Loss Tapes" which was a personal look at seven individuals living with Alzheimer's and how they and their families are living with the disease. "Momentum in Science" covered two parts of the film and allowed viewers to take a look inside 25 laboratories and clinics that are leading the way with some of the most cutting edge advances in research. The fourth segment of the series, "Grandpa, Do You Know Who I Am," captured what it means to be a child or grandchild of someone with Alzheimer's. Maria Shriver hosts the 4th part of the documentary, and speaks eloquently of this experience as she discusses what it is like for her to watch her father fall further into dementia. While the films may be difficult to watch, they are a truly memorable experience that provide a sense of hope and admiration as you learn about the advances being made, and watch how families find their way through to coping with the disease.

HBO has made the films available on their website, www.hbo.com, where you can watch the films on your computer. The films are also available at many local libraries across Maine.

Volunteers Recognized at Blaine House Reception and Tea

The Maine Chapter hosted a volunteer recognition tea and reception at the Blaine House, Augusta, on April 22. With volunteers, staff and board members in attendance, Executive Director Joy Heptner noted that in the past year, more than 175 volunteers contributed more than 15,500 hours of their time in support of the Chapter's mission to enhance research, provide programs and services, and encourage a brain-healthy lifestyle. The economic value of this collective contribution is more than \$300,000.



Governor Baldacci presents Antoinette "Toni" Butterfield with the Marilyn Paige Award for Volunteerism

The Marilyn Paige Award for Volunteerism is given annually to the individual who best demonstrates the spirit of selfless dedication to the cause of improving the lives of individuals with Alzheimer's and their families by contributing their time, energy, and talents to the Association. Governor Baldacci presented the Marilyn Paige Award for Volunteerism to Toni Butterfield of Falmouth for her volunteer efforts with the Alzheimer's Association, Maine Chapter.

Harriet Currie and her sister Dot Cleveland began volunteering at the Chapter office in 1998 after a family member was diagnosed with Alzheimer's disease. Since geography prevented them from providing direct care, they decided to help those in their local area. Ms. Currie has been a regular Tuesday morning volunteer for 11 years and has dedicated more than 2,000 hours helping others affected by AD. She is known for her cheerful personality, compassion, willingness to tackle the smallest task, and her quick smile. The award was presented to Ms. Currie by Sherrie Bergman, Maine Chapter, Board President.



Harriet Currie, honored with the President's Award for Outstanding Volunteerism, with husband Bill

You're Invited to a Month-Long Auction

November will be a big month for the Alzheimer's Association, Maine Chapter. Not only will we be joining with Chapters across the country to recognize National Alzheimer's Month, but we will also be entertaining our first month-long auction. The auction will be held online so participants will have a full month in which to bid on a wide range of items including books, boat trips, antiques, and lots of other great choices. And, the auction will be just in time for you to buy what you need for the holidays. Please visit www.alz.org/maine for more information. Make sure to provide the Chapter with your email address so we can send you the link to the auction website!

International Conference on Alzheimer's Disease (ICAD)

The Alzheimer's Association, Maine Chapter, is part of the national organization known as the Alzheimer's Association. What you may not be aware of is that we are both part of an assemblage of worldwide organizations all working to help individuals, families, and communities as they deal with Alzheimer's and other related dementias. These many organizations are also working together to find increasingly effective treatments for these diseases, as well as searching for an eventual cure. In July 2009, ICAD drew nearly 3,800 international experts and interested parties to Vienna, Austria where they shared the latest ideas, thoughts, and theories in dementia science. Some of the latest research revealed at the Conference included:

- **A "Heart Healthy" Diet and Ongoing, Moderate Physical Activity May Protect Against Cognitive Decline As We Age**

While we cannot do anything about aging or family history, lifestyle changes that highlight lowering cholesterol, keeping blood pressure in check, and engaging in routine physical activity are positive ways to keep your heart and brain healthier. Research showed that sedentary elders who began new aerobic exercise programs experienced improvements in their cognitive functioning, particularly in the area of processing complex information quickly. It's never too late to start moving!

- **New Cases of Alzheimer's and Dementia Continue to Rise, Even Past Age 90**

The number of people with Alzheimer's and other dementia type illnesses – both new cases and total numbers with the disease, continues to rise even amongst the oldest segments of the population. The over age 90 cohort is the fastest growing segment of the population in western countries, which is different from past research results. Previous studies suggested the number of people with Alzheimer's and other dementias leveled off and perhaps declined a bit in people age 90 and above. This latest research suggests a continued rise in cases for people over the age of 90.

- **Post Traumatic Stress Disorder (PTSD) May Raise Alzheimer's Risk**

ICAD 2009 looked at how PTSD may affect risk levels. The study looked at research that seemed to indicate that there may be nearly two times higher Alzheimer's risk in veterans with post-traumatic stress disorder (PTSD) than those without it. Further research is needed to fully understand what links these two important disorders. With that knowledge we may be able to find ways to reduce the increased risk of dementia associated with PTSD.

For more information on the 2009 ICAD meeting, and information about the 2010 conference which will be held in Hawaii, go to <http://www.alz.org/icad/overview.asp>

Poetry Chapbook Benefits Maine Chapter

Former Maine Senator John Benoit has self-published a 20-poem chapbook, **The Brown Nosed Camel**. His goal is to raise \$4,000 for the Maine Chapter. "My wife Judy has had Alzheimer's disease for nine years. And the thought of that made me decide to sell the books, 420 of them, for \$10 each and to give the proceeds to the Maine Chapter," said Mr. Benoit. "I've come to appreciate the importance of the Chapter's programs for those with Alzheimer's and for their caregivers. Judy's difficulties with the disease spur me on."

To connect with Mr. Benoit, e-mail grumpyjohn1@myfairpoint.com, phone 207.622.1991 or write him at P.O. Box 414, Manchester, ME, 04351.

'Tis the Season for Giving

95% of our budget comes from your contributions!

Many people make charitable gifts at the end of the calendar year. If the Alzheimer's Association, Maine Chapter is an organization you are considering making a gift to this year, please know that your gift will be used to forward the organization's mission. The Maine Chapter's staff and volunteers work to advance research; provide care, support, and education for those affected by the disease; encourage people to live a brain healthy lifestyle; and advocate on behalf of people with Alzheimer's and those who care for them.

The Maine Chapter relies on private support to carry out our mission. Individual giving is key to ensuring that we have the resources necessary to do our work. If you wish, you can direct your gift to research, general operating support, or a specific Chapter program such as educational programs, the 24/7 HELPLINE and Care Consultation.

The Many Ways of Giving

Checks

Please make your check payable to the Alzheimer's Association, Maine Chapter and mail it to:
170 U.S. Route One, Suite 250 Falmouth, ME 04105.

Credit Card

Call the Chapter Office at 207.772.0115 or complete the form below and return it the Chapter (address noted above and on the form).

Appreciated Securities

Gifts of stocks and bonds may offer a substantial tax advantage. For information about transferring securities to the Chapter, please contact Joy Heptner at 207.772.0115.

Remember a Loved One

Honor the memory of a loved one.

Honor of a Special Event

In place of giving a gift, make a contribution in honor of the holidays, weddings, anniversaries, births, graduations, etc.

Recognition of an Individual

Honor a family member, friend, or colleague.

Bequests

By remembering the Alzheimer's Association, Maine Chapter in your will, you can have a significant impact on improving the quality of care of those affected by Alzheimer's disease. Your bequest may have estate planning benefits as well.

Planned Giving

Estate planners can provide you with numerous ways to make gifts of your assets. Some planned gift instruments allow you to make a gift today that provides tax benefits and from which you may receive income. Others provide funding for the Chapter today with the remaining funds benefiting someone you designate. The variety of planned giving opportunities offer options for almost anyone interested.

Life Insurance and Retirement Plans

Both life insurance and retirement plans may be donated to the Maine Chapter by naming the Alzheimer's Association, Maine Chapter as the beneficiary.

In Kind Gifts of Services and Products

- Volunteer
- Donate equipment or office supplies
- Donate printing

Corporate Giving

- Payroll deductions through an employee giving program (please remember to designate the Alzheimer's Association, Maine Chapter on your campaign form).
- Matching Gifts
- Form a Memory Walk Team
- Sponsor a Memory Walk
- Sell Forget-Me-Nots

Third Party Fund Raisers

Many businesses and individuals conduct fund raising activities and donate the proceeds to the Maine Chapter. Below are a few well-known ideas. Or you can be original and create your own event.

- Casual for a Cause: For a donation to the Chapter, permit employees to pay to 'dress casual' on Fridays
- Hold a bake sale or raffle at your company's holiday party and donate the funds raised to the Maine Chapter
- Sell Forget-Me-Nots
- Hold a company golf tournament

Yes, I want to support the Alzheimer's Association, Maine Chapter.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Optional: In memory of _____

or in honor of _____

Make your tax-deductible check payable to:

Alzheimer's Association, Maine Chapter

170 U.S. Route One, Suite 250

Falmouth, ME 04105

Enclosed, please find my gift of \$ _____

Please charge my Visa or Mastercard in the amount of \$ _____

Account # _____ Exp. Date: _____

_____ I am interested in learning about planned giving opportunities.

_____ I have remembered the Alzheimer's Association, Maine Chapter in my will.

_____ I do not wish to be listed as a donor in your publications.

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