

STAGGERING STATISTICS GET CHAMPIONS ON THE MOVE!

Alzheimer's disease and dementia triple healthcare costs for Americans age 65 and older.

Total healthcare costs are more than three times higher for people with Alzheimer's and other dementias than for other people age 65 and older, according to the Alzheimer's Association's 2009 Alzheimer's Disease Facts and Figures, released in March.

According to the report, there are 5.3 million Americans living with the disease and every 70 seconds someone in America develops Alzheimer's disease. By mid-century someone will develop Alzheimer's every 33 seconds. By 2010, there will be nearly a half million new cases of Alzheimer's each year; and by 2050, there will be nearly a million new cases per year.

Alzheimer's is the seventh-leading cause of death in the country; it is the fifth leading cause of death among individuals 65 and older. From 2000 to 2006, while deaths from other major diseases dropped – heart disease (-11.5 percent), breast cancer (-.6 percent), prostate cancer (-14.3 percent) and stroke (-18.1 percent), deaths from Alzheimer's disease rose 47.1 percent.

Now more than ever, we need your support. ACT now! Become an Alzheimer Champion. JOIN Memory Walk and form your team today. Be the VOICE for those who cannot speak for themselves. Get on the MOVE!

Walk with us toward a world without Alzheimer's!

Thousands of people across America are getting ready for the Alzheimer's Association Memory Walk® events, and now is the time to get in on the action. Register as a team or individual today!

To get started, just call 1.800.272.3900 or visit www.alz.org/maryland and click on Memory Walk. All registered Walkers will receive their own personalized fundraising webpage and support from our Memory Walk staff. Fundraising will continue through the end of November, when top teams and individuals will be announced.

Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research – and it calls on people of all ages to take action in the fight. More than just a Walk, Memory Walk features music, refreshments, family activities, and an opportunity to honor lives impacted by Alzheimer's disease. Please join us to MOVE our cause forward!



Sign up for E-Newsletter

Help us save paper and money!

Sign up for the monthly e-newsletter.

Visit www.alz.org/maryland and click on the Local News page.

To replace your paper newsletter subscription with the e-newsletter, call 410.561.9099.

In this issue:

August-November 2009

Principles for a Dignified	
Diagnosis.....8	
You've Been Diagnosed with	
Alzheimer's: Now What?.....9	
Research Update.....3	Champions on the MOVE!....10
Education Calendar.....4	Know the Ten Warning
Chapter News/Bulletin.....5	Signs.....11
Memory Ball 2009 Results...6-7	Mark Your Calendar.....12

Harford County

Bel Air Equestrian Center.....Saturday, October 3

Salisbury

City Center Building.....Saturday, October 10

Anne Arundel County

Seyern School.....Saturday, October 17

Howard County

Lakefront Plaza.....Saturday, October 24

Frederick

Maryland School for the Deaf....Sunday, October 25

Greater Baltimore

Oregon Ridge Park.....Saturday, October 31

alzheimer's  association

"Awarded Maryland
Nonprofit Standards
for Excellence Seal"



Greater Maryland Chapter Offices

Central Maryland
1850 York Road, Suite D
Timonium, MD 21093
1.800.272.3900
410.561.9099

Eastern Shore
209C Milford Street
Salisbury, MD 21804
410.543.1163

Talbot County Resource Center
410.770.9766

Western Maryland
108 Byte Drive, Suite 103
Frederick, MD 21702
1.800.272.3900
301.696.0315

5 Public Square, Suite 307
Hagerstown, MD 21740
301.797.4892

2009-2010 OFFICERS

Eric Nichols, President
M. Chad Malkus, Esq., Vice-President
Robert A. "Mike" Reitz, Treasurer
John F. Schulze, Jr., Secretary

BOARD OF DIRECTORS

Craig Cash
Melinda Fitting, Ph.D.
Donna Gaver
Karen Kauffman, Ph.D., RN, CRNP, BC
Rebecca Li, CPA
Sylvia Mackey
Mark McElwee
Robert McNutt
Lisa Mertensotto
Veronica Mozzano
Cathy Neuman
Chiadi Onyike, MD, MHS
Howard L. Pollinger
Samuel Ross, MD, MS
Mr. Brian J. Scheinberg
Renee Wooding

Cass Naugle, Executive Director
Meredith Heinen, Editor

National Alzheimer's Association
Web Site: www.alz.org
Local Web Site: www.alz.org/maryland

Member Agency
United Way of Queen Anne's County



A participant in the Combined Federal Campaign

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Fiscal Year (FY) 2009 is drawing to a close, and to quote Charles Dickens, "It was the best of times, it was the worst of times... it was the winter of despair... it was the spring of hope."

As with many individuals, businesses, public and nonprofit agencies, the Alzheimer's Association felt the impact of the economic crisis. Striving to maintain services within the income we received stimulated tremendous creativity in our dedicated staff. As a result, we found new ways to build our movement.

With limited travel and supply budgets, we developed a new program called "Connected Conversations." This was an eight-week educational series that family caregivers could access through their telephones. This proved very popular, reaching people all over the state, including those who were homebound and could not attend community education programs. We will continue this program in FY 2010. See pages four and five of this newsletter for more information on this program.

We also developed an e-newsletter to reach new groups of people and save on printing and postage costs. Through this venue and others we promoted the Second Annual Dementia at Midlife Conference, attended by 80 participants, mostly families impacted by younger-

onset dementia. As a result, we have developed several new support groups for people living with dementia and their family members.

While income was less, the Alzheimer's Association was blessed with an abundance of volunteers who helped expand the work of our mission. A record number of volunteers attended the National Public Policy Forum in March, visiting congressional representatives to advocate for increased research funding and supportive services.

During this year of challenge and hope we were inspired by our committed volunteers, individuals living with Alzheimer's and their care partners, and the support of our good friends like you.

As we approach the "season of giving," we hope that you will remember us in your year-end giving plans. The holidays are a lovely time to make a direct gift to the Alzheimer's Association in honor or memory of a loved one.

We hope that we can rely on your continued support in FY 2010, to help us achieve our goals of advancing research, enhancing care and support, increasing awareness, advancing advocacy and building capacity.

Sincerely,

Cass Naugle
Executive Director

JOIN THE MOVEMENT WITHOUT LEAVING YOUR OFFICE

We deeply appreciate the support that we receive from employees throughout the state of Maryland who contribute to the Alzheimer's Association through payroll deduction. Having only five or ten dollars deducted from each paycheck can make a big difference in supporting our mission.

Please designate the Alzheimer's Association, Greater Maryland Chapter, as

the recipient of your payroll gift. Following are our agency's codes for the 2009-2010 campaigns:

United Way of Central Maryland: #017
Combined Federal Campaign,
Central Maryland: #82697
Combined Charity Campaign,
Baltimore City: #8017
Maryland Charity Campaign: #8017

OPEN

Learn what's happening in the world of research

**BIOMARKERS:
WHAT THEY ARE; WHY THEY'RE IMPORTANT**

You have probably heard of biomarkers and perhaps have wondered what they are and how they are useful in research. A biomarker reflects physiological activity, such as a protein, image or chemical indicator that shows signs of a disease in a live person. They can be molecules in blood or spinal fluid or patterns seen on imaging tests.

To find and see the presence of a biomarker, researchers collect urine, blood, saliva and stool samples and perform imaging tests. Biomarkers are typically used for diagnosing diseases such as cancer, diabetes, and high cholesterol for heart disease and stroke.

Biomarkers have not been used to diagnose Alzheimer's disease (AD) because researchers have not found a specific biomarker that absolutely defines AD. But that is changing because there has never been a greater need for finding an AD biomarker that could assist physicians in accurately diagnosing the disease. Recent advances have occurred in identifying and characterizing biomarkers that can accurately identify the disease and who may be at most risk for developing Alzheimer's.

The compelling reasons for finding an AD biomarker are many: to be able to precisely diagnose AD at any stage, to be able to diagnose and treat AD at its earliest stage, to be able to diagnose AD even before symptoms appear, and to measure the effects of research drugs on the disease's evolution.

To find this standard of biomarkers, Dr. Douglas Galasko of the University of California San Diego embarked on a five-year research study to measure the presence of different biomarkers in the blood and cerebrospinal fluid. The purpose of the study is to find out whether varying levels of these proteins are altered in people with normal cognition, Mild Cognitive Impairment (MCI) or AD.

The research team will be studying the biomarkers in detail to determine which combination of biomarkers is most helpful in indicating whether people with mild memory problems are at high risk of declining over time or progressing to AD. They will also be testing blood to find out which form of a gene called apolipoprotein E (APOE) a person may have. Previous studies suggest that this gene may influence the risk of developing AD.

At the Wien Center for Alzheimer's Disease and Memory Disorders at the University of Miami, Dr. Ranjan Duara thinks an accurate biomarker is already available that

does not require drawing spinal fluid. He developed a method for quantifying atrophy in three areas of the medial temporal lobe of the brain.

The results of one of his studies was published in *Neurology* in 2008 that showed this method can help distinguish between people with AD versus those with MCI or normal cognition. Dr. Duara's study also demonstrated that the assessment can help predict who will progress from MCI to AD. Dr. Duara's method involved examining MRI scans in a new way, unlike the traditional method of reading MRIs.

"MRI scans and CT scans have been used for decades for identifying causes of dementia that may mimic Alzheimer's disease, but not for making a positive diagnosis of Alzheimer's disease or for confirming the clinical diagnosis," says Duara.

"We have shown that certain views of the brain that can be provided by current MRI and CT scanners can give evidence of atrophy (shrinkage) of brain regions that are characteristically affected by Alzheimer's disease. These brain images can be used to make a diagnosis even at a very early stage of the disease, well before the patient has developed a full blown dementia, and sometimes even in cognitively normal people."

In October 2007 Dr. Tony Wyss-Coray at Stanford University had a paper published in *Nature Medicine* showing preliminary evidence of an AD fingerprint in the blood. A panel of 18 proteins distinguished between patients with AD and those without AD. Using the signaling proteins to categorize the patients in a blinded set of 92 samples, the researchers found the protein set mirrored clinical diagnosis in 89% of cases.

Furthermore, in 47 patients with MCI the biomarkers accurately predicted an AD or non-AD diagnosis two to six years after the initial MCI diagnosis. It also accurately identified the absence of Alzheimer's in eight of 47 individuals who advanced to other types of dementia. The researchers concluded that a plasma biomarker can distinguish AD years before a clinical diagnosis can be made.

Researchers are working to accurately identify, diagnose and treat Alzheimer's much in the way other diseases are diagnosed and treated now. Finding a biomarker to unmistakably identify AD will be an important step in that process. Researchers are getting closer every day.

Article courtesy of the Alzheimer's Disease Cooperative Study.



OPEN

Open your mind to learn the facts about Alzheimer's

EDUCATION CALENDAR

FOR FAMILIES, THE PUBLIC & PROFESSIONALS IN DEMENTIA CARE

Education events are free unless otherwise noted. Call to register.

Thursday, August 13

Connected Conversations Phone Seminar Understanding Alzheimer's Disease and Related Dementias

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Monday, August 17

Dementia Training for Assisted Living Providers: Two Hour Refresher

Carroll Community College
Times: 3:30-5:30 p.m.
Cost: TBA
Contact: 410.386.8100

Thursday, August 20

Connected Conversations Phone Seminar Activity-Based Alzheimer's Care

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Tuesday, August 25

Dementia Training for Assisted Living Providers

Alzheimer's Association office
1850 York Road, Suite D, Timonium, MD
Times: 9:30 a.m.-3 p.m.
Cost: \$45
Contact: To register, call 410.561.9099

Wednesday, August 26

Dementia Care Consortium Meeting (Frederick Network)

"AERS and the Evaluation Process"
Homewood at Cruiland Farms
Times: 8:30-10 a.m.
Cost: DCC members free, non-members \$15
Contact: To register call 301.696.0315

Thursday, August 27

Connected Conversations Phone Seminar Communication Techniques for Dementia Caregivers

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Thursday, August 27

Dementia Care Consortium Meeting (Baltimore Network)
"Best Practices in Person-Centered Dementia Care"

Speaker: Dr. Alva Baker
The Copper Ridge Institute, Sykesville
Times: 8:30-10 a.m.

Cost: DCC members free, non-members \$15
Contact: To register and for more info call 410.561.9099

Thursday, September 3

Connected Conversations Phone Seminar Finding and Selecting Support Services for Dementia Care

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Thursday, September 17

Connected Conversations Phone Seminar Understanding Alzheimer's Disease and Related Dementias

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Monday, September 21

WORLD ALZHEIMER'S DAY Understanding Alzheimer's and Dementia

Howard County Central Library
Times: 7-8:30 p.m.
Contact: For more info call 410.561.9099

Thursday, September 24

Dementia Training for Assisted Living Providers

Alzheimer's Association office
1850 York Road, Suite D, Timonium, MD
Times: 9:30 a.m.-3 p.m.
Cost: \$45
Contact: To register, call 410.561.9099

Wednesday, October 10

Caregiving for Individuals with Dementia

Howard County Miller Library
Times: 7-8:30 p.m.
Contact: For more info call 410.561.9099

Tuesday, October 13

Five Hour Dementia Care Training

Hagerstown Community College, Valley Mall
Times: 9:30-3:30
Cost: \$50
Contact: Debbie Staley, 301.790.2800 ext. 236

Thursday, October 15

Connected Conversations Phone Seminar Understanding Alzheimer's Disease and Related Dementias

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Wednesday, October 21

Caregiving for Individuals with Dementia

Arden Courts Assisted Living, Pikesville
Times: 5:30-6:30 p.m.
Contact: To register call 410.561.9099

Wednesday, October 28

Frederick Conference

Mt. St. Mary's Conference Center
Times: 8:30 a.m.-12:30 p.m.
Cost: TBA
Contact: For more info call 301.696.0315

Friday, October 30

Five Hour Dementia Care Training

Frederick Community College
Times: 9 a.m.-3 p.m.
Cost: \$50
Contact: To register call 301.846.2400, ask for continuing education

Tuesday, November 3

Understanding Alzheimer's and Dementia

Howard County Glenwood Library
Times: 7-8:30 p.m.
Contact: For more info call 410.561.9099

Wednesday, November 4

16th Annual Conference for Caregivers

Location: First Assembly of God Church, Elkton
Times: TBA
Cost: TBA
Contact: For more info call 410.561.9099

Monday, November 9

Caregiving During the Holidays

Howard County East Columbia Library
Times: 7-8:30 p.m.
Contact: For more info call 410.561.9099

Thursday, November 19

Connected Conversations Phone Seminar Understanding Alzheimer's Disease and Related Dementias

Times: 1-2 p.m.
Contact: To register, and receive access number, call 1.800.272.3900

Thursday, November 19

Dementia Care Consortium Meeting "The GREEN HOUSE Project: Caring Homes for Meaningful Lives"

Speaker: Ruta Kadonoff
Heartlands at Ellicott City
Times: 8:30-10 a.m.
Cost: DCC members free, non-members \$15
Contact: To register and for more info call 410.561.9099

JOIN

Get involved in your local chapter

PHONE SEMINAR NOW OFFERED MONTHLY

GAIN A SOLID UNDERSTANDING OF ALZHEIMER'S FROM HOME

Did you miss our last seminar? *Understanding Alzheimer's Disease and Related Dementias*

Are there no programs scheduled in your area this month?

Don't miss out on the information you need. We are now offering our "Understanding Alzheimer's Disease and Related Dementias" seminar every month via our Connected Conversations Phone Seminar program.

On the third Thursday of every month, we will be offering this seminar for those who want to learn the basics of Alzheimer's, warning signs, symptoms and more. Additional phone seminars will be scheduled during other series throughout the year. (See calendar)

Third Thursday of each month, 1-2 p.m.

- September 17
- October 15
- November 19
- December 17

To pre-register and receive access number, call 1.800.272.3900.

See calendar on page 4 for the August/September Connected Conversations series.

HBO's THE ALZHEIMER'S PROJECT

HBO's "THE ALZHEIMER'S PROJECT" takes a look at the faces behind the disease - and the forces leading us to find a cure.

This multi-platform series reveals groundbreaking Alzheimer discoveries and the effects this debilitating and fatal disease has on those with Alzheimer's and their families.

As the leading voluntary health organization in Alzheimer's care, support and research, the Alzheimer's Association has been an active partner in "THE ALZHEIMER'S PROJECT," providing expert insight and leading community engagement.

The films include: "The Memory Loss Tapes;" "Grandpa, Do You Know Who I Am? With Maria Shriver;" "Momentum in Science, Parts 1 and 2;" and " Caregivers."

View the films online for free! Visit www.alz.org and click on The Alzheimer's Project.

"THE ALZHEIMER'S PROJECT" will expose the Alzheimer crisis facing our nation and drive concerned citizens to take action. Visit www.actionalz.org for more ways you can help us change the way Americans thinks about Alzheimer's disease.

Share you stories by posting on message boards. Sign up to become an Alzheimer Champion. Make a donation to help support vital research and services.

SUPPORT GROUP FACILITATORS NEEDED

Are you a compassionate person who has had either personal or professional experience with dementia?

Are you interested in making a difference in the lives of caregivers and people with dementia?

If so, please consider volunteering as a facilitator or co-facilitator for a monthly support group. The meetings are held in adult day centers, nursing homes, assisted living facilities, libraries, hospitals and at other sites throughout the community.

As a Support Group Facilitator, you will learn about Alzheimer's disease and related dementias, as well as research in the field and, services that are available to people who live with the disease.

The purpose of the support group is to:

- Educate people about dementia and care options
- Offer helpful advice about issues such as behaviors, safety, legal and financial matters
- Inform participants about the array of services that the Alzheimer's Association offers to caregivers and people with dementia
- Provide mutual support in an accepting and supportive atmosphere

Consistency is vital to the success of any support group.

For that reason, volunteers are asked to commit to a minimum of one year as a facilitator of a monthly support group.

If you are interested, please contact Jose Jimenez, Program Director, at 410.561.9099.

MOVE

Help us MOVE the cause forward

2009 GALAS: WALTZING TOWARDS A CURE FOR ALZHEIMER'S DISEASE

The Alzheimer's Association Galas, held this April in Baltimore and Frederick, were once again a huge success! For the third year, our Galas had the popular theme, "Dancing Stars." The Galas raised incredible awareness and funds for our vital programs, services and research efforts.

The "Dancing Stars" were chosen based on their leadership in the community and support of the Alzheimer's Association. Each "Dancing Star" couple learned and performed complex dances and competed for our guests' "votes." (\$1=1 vote)

Each Gala was a smashing and star-studded success. Our heartfelt thanks to our generous Corporate Sponsors, "Dancing Stars," and Gala attendees for helping to raise over \$220,000 for the Alzheimer's Association!

This year's "You're Our Star" Trophy was awarded to Steve and Paula Biggs for raising over \$8,000 in "votes!" The Judges' Choice Trophies were awarded to Craig Bukowski and Shabri Moore (Professional/Amateur partners) and Timi Mantzouranis and Kevin Clark (Amateur/Amateur partners).

Overall, the 10th Annual Forget-Me-Not Gala raised \$75,000 for the Alzheimer's Association.

FREDERICK FORGET-ME-NOT GALA

On April 4, 2009 the Alzheimer's Association hosted the 10th Annual Forget-Me-Not Gala at the Holiday Inn at Francis Scott Key Mall. Our "Dancing Stars" included Paula & Steve Biggs, Cindy & Shuan Butcher, Liz & Dave Cochran, Joy Fernon & Howard Payne, Georgeann & Gary Jackson, April & Michael Jenson, Timi Mantzouranis & Kevin Clark, Shabri Moore & Craig Bukowski, Patti Sheehan & David Wolff, Christina Weissenborn & Jim Colborn.

The ten couples competed for one of three trophies: "You're Our Star" Trophy awarded to the couple who raised the most funds for the Alzheimer's Association and two Judges' Choice Trophies (Professional/Amateur partners and Amateur/Amateur partners), awarded to the couples whose dance earned the highest scores from our judges.



10th Annual Forget-Me-Not Gala Committee Members



10th Annual Forget-Me-Not Gala "Dancing Stars"



Steve and Paula Biggs, winners of the "You're Our Star" Trophy

MOVE

We are on the MOVE to end Alzheimer's

BALTIMORE "DANCING STARS" MEMORY BALL

On April 18, 2009, the Alzheimer's Association hosted Memory Ball 2009 "Dancing Stars" at the Hilton Baltimore Hotel. At the Gala, Dorothy Hamill received the Helen S. Schulze Award from Pizza Hut of Maryland for her support throughout the years in raising funds and awareness for the Association.

Our "Dancing Stars" included Natalie Beese, Dr. Jason & Mindy Brandt, Lee & Christine Gedansky, Linnyette Richardson-Hall, Jose Jimenez & Maria Rodriguez, Lainy LeBow Sachs, Jaime Park and Terri Taber.

Over 400 guests were entertained by the salsa, tango, cha cha cha, and samplings of many other dances.

Each couple was judged by our guest judges, "Downtown Diane," Brian Lawrence, Jackie Marhefka, and Molly Shattuck. "Dancing Stars" Linnyette Richardson-Hall and Jody Moscaritolo received the "You're Our Star" trophy for receiving the most "votes" (\$1 = 1 vote). Linnyette and Jody raised over \$13,000!

Lee & Christine Gedansky received the Judges' Choice trophy for their Waltz.

The Memory Ball 2009 "Dancing Stars" in total raised over \$145,000 for vital Alzheimer's research, care and support.



Memory Ball 2009 "Dancing Stars"



Linnyette Richardson-Hall and Jody Moscaritolo, winners of the "You're Our Star" trophy, presented by last year's winner, Molly Shattuck



Robert Schulze, Jr., Dorothy Hamill, John F. Schulze, and Cass Naugle

Thank you! Memory Ball 2009 Sponsors

\$15,000

Correct Rx Pharmacy Services, Inc.

Ober|Kaler
St. John Properties
University of Maryland- School of Pharmacy

\$10,000

Merritt Properties

UPS

\$2,500

GTI Federal
Gaver Holdings
Country Meadows
HeartFields at Frederick
Bechtel Foundation

\$7,500

Homewood at Crumland Farms
Keswick Memory Care Assisted Living
The Law Offices of Peter T. Nicholl

\$1,000

Somerford at Frederick
Edenton Retirement Community
BB&T Bank
Merrill Lynch
Cindell Construction Co., Inc.
Woodsboro Bank

\$6,500

Genesis HealthCare

\$5,000

AmeriSource Bergen
Carl Miller Family Foundation
Constellation Energy
LifeBridge Health
Pizza Hut of Maryland
Remedi SeniorCare
Saul Ewing

\$500

Antietam Healthcare Systems Foundation
Basys
DOT Foods
Frederick Healthcare Systems
Frederick Kiwanis
Glade Valley Nursing & Rehabilitation Center
R.W. Warner, Inc.
Rosemont Service Station
Shockley Honda
The Sawyer Group
Warner Commercial

\$3,500

Bon Secours
Baltimore Health System
CareFirst BlueCross BlueShield
DLA Piper
Epic Pharmacies
Greater Baltimore Medical Center
Goodman & Company
Keller Stonebraker
IBM
Johns Hopkins Medicine
KCI Technologies
Legg Mason

For information on becoming a sponsor for the 2010 galas, please call 1.800.272.3900 or email info.maryland@alz.org

VOICE

Be the voice for people with Alzheimer's

PRINCIPLES FOR A DIGNIFIED DIAGNOSIS

Principles for a Dignified Diagnosis is the first statement of its kind written by people with dementia on the subject of the Alzheimer diagnosis experience.

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 repeat any tests unnecessarily.

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.

Find Local Support Groups Online Easily with Google Maps

Our Support Group webpage now features a link to Google Maps, which has all the locations posted for each support group meeting in Greater Maryland.

Visit www.alz.org/maryland and click on Support Groups.

Call our 24/7 Helpline

with questions relating to any form of dementia, caregiving, research opportunities, local resources, or if you just need to talk.

Day or night: 1.800.272.3900.

Enroll in MedicAlert + Safe Return Today

Six out of ten people with dementia wander.

The program offers:

assistance when a person wanders or is lost and access to vital medical information in the time of need

To enroll in the program call 1.888.572.8566

Scholarship available for registration fee.

Call 410.561.9099.

To report a wandering incident:

Call 911 first. Then call 1.800.625.3780.

OPEN

Open yourself to the support you need

YOU HAVE JUST BEEN DIAGNOSED WITH ALZHEIMER'S DISEASE OR A RELATED DEMENTIA: NOW WHAT?

Alzheimer's disease causes gradual, irreversible changes in the brain. These changes usually cause problems with memory, decision making and self-care. The disease also affects the ways we communicate – both in expressing our thoughts and in understanding what others are saying.

You may be worried or anxious about the changes you've noticed so far. While there is no cure for Alzheimer's disease, treatments might help you with some of your symptoms, and having information about the disease can help you cope.

It's important to know that:

- The changes you are experiencing are because of the disease
- You will have good days and bad days
- The disease affects each person differently, and symptoms will vary
- Trying different ideas will help you find comfortable ways to cope
- You are not alone – an estimated 5.3 million Americans have Alzheimer's disease
- People who understand what you are going through can help you and your family

While you may clearly remember things that happened long ago, recent events can be quickly forgotten. You may have trouble keeping track of time, people and places. You may forget appointments or people's names. It might be very frustrating trying to remember where you put things.



Suggestions for coping with memory loss:

- Keep a book of important notes with you at all times that has:
 - Important telephone numbers and addresses, including emergency numbers and your own contact information
 - People's names and their relationships to you
 - A "To do" list of appointments
 - A map showing where your home is
 - Thoughts or ideas you want to hold on to
- Label cupboards and drawers with words or pictures that describe their contents, such as dishes and silverware, or sweaters and socks
- Get an easy-to-read, digital clock that displays the time and date, and keep it in a prominent place
- Use an answering machine to keep track of telephone messages
- Post phone numbers in large print next to the telephone; include emergency numbers along with your address and a description of where you live
- Have a dependable friend call to remind you about meal times, appointments and medication
- Keep a set of photos of people you see regularly; label the photos with names and what each does
- Use pillboxes to help you organize your medication; pillboxes with sections for times of day can help remind you when you should take your pills

SHARING YOUR DIAGNOSIS AND WORKING WITH YOUR CARE PARTNER

Talking about your diagnosis is important for helping people understand Alzheimer's disease and learning about how they can continue to be a part of your life. The following suggestions may help:

Explain that Alzheimer's disease is not a normal part of aging, but a disease of the brain that results in impaired memory, thinking and behavior. Share educational information on Alzheimer's disease or invite family and friends to attend Alzheimer education programs. Be honest about how you feel about your diagnosis and allow other family members to do the same.

Assure friends that although the disease will change your life, you want to continue enjoying their company. Let family and friends know when and how you may need their help and support.

Most people with Alzheimer's disease continue to live at home even as the disease progresses. As a result, your partner may have to manage the household and your care. He or

she may feel a sense of loss because of the changes the disease brings to your relationship. The following suggestions may benefit your relationship:

Continue to participate in as many activities as you can. Modify activities to your changing abilities. Talk with your partner about how he or she can assist you. Work together to gather information about caregiver services and their costs, such as housekeeping and respite care, and start a file you can consult when they are needed.

Seek professional counseling to discuss new factors in your relationship and changes in sexual relations. Continue to find ways in which you and your partner can fulfill the need for intimacy. Encourage your partner to attend a support group for caregivers.

For more information and support, call the Alzheimer's Association 24/7 Helpline at 1.800.272.3900. Visit www.alz.org and click on Living with Alzheimer's.

MOVE

Champions on the MOVE

HOST YOUR OWN FUNDRAISING EVENT FOR THIS YEAR

If Alzheimer's disease has touched someone close to you, consider honoring or remembering that person in a special way. Host your own fundraising event, or celebrate a milestone in your life, and contribute the proceeds to the Alzheimer's Association.

World Alzheimer's Day, September 21st, and National Alzheimer's Disease Awareness Month in November, make the perfect occasions to plan and host your own event to benefit the Alzheimer's Association.

Host a fundraising and awareness party to help fight Alzheimer's disease. Make it a simple affair with wine and cheese, or go all out with a theme dinner party. Ask guests to make a donation instead of bringing a host or hostess gift.

Tailgate for a Cause. Enjoy your favorite sporting event while raising funds for a great cause. Set up a bucket to collect donations at your tailgate. Invite friends over to watch the big game and ask that they make a contribution to the Alzheimer's Association.

Casual for a Cause. Host a "Dress Down" day at your office. In exchange for a small contribution, participants can dress in casual attire and will receive a special Alzheimer's Association sticker to show their support.

Weddings, Bar Mitzvahs, and other milestone events. Honor or remember a loved one as you celebrate a special occasion in your life. Make a contribution to the Alzheimer's Association in honor of your guests. Request donations in lieu of gifts. Your guests will appreciate the opportunity to celebrate with you in this meaningful way.

BAR MITZVAH GIFTS SUPPORT ASSOCIATION

Matthew Skip Boltansky celebrated his Bar Mitzvah on May 24, 2009.

In lieu of gifts, he asked guests to make donations to the Alzheimer's Association in honor of his grandmother, who is suffering from Alzheimer's.

Thank you for your generosity, Matthew!



VOLUNTEERS: CHAMPIONS AT WORK

Last year, **170** Greater Maryland Chapter Alzheimer's Association volunteers served over **6,380 hours**, valued at **\$121,217**, helping us to meet our mission and enhancing our services.

This past year, we were able to introduce new volunteer opportunities, including publication editing, early-stage support group facilitating, support group facilitator advocacy, and Helpline data entry support. We have been greatly blessed with volunteers, who have a rich knowledge and deep interest in our cause and have stepped forward to share their time and talents with us.

If you or anyone you know is interested in volunteer service with the Alzheimer's Association, please contact Sally Drumm, Volunteer Coordinator, for an application and interview at 410.561.9099 or sally.drumm@alz.org.

FAREWELL TO TRANSITIONING BOARD OF DIRECTORS MEMBERS

The Board of Directors of the Alzheimer's Association, Greater Maryland Chapter, recently honored board members who have served their maximum terms for their accomplishments and contributions to the organization's growth.

Board Vice-President M. Chad Malkus, Esq., is pictured (left to right) with out-going board members Honorable Verna L. Jones Rodwell, Carl E. Tuerk, Jr., Esq., and Robert W. Parks. Not pictured is out-going Board Member Otho M. Thompson, Esq.

The Alzheimer's Association thanks each of them for their years of dedication and work to help enhance our mission and their efforts to move the cause forward.



VOICE

Begin the discussion about Alzheimer's

KNOW THE TEN WARNING SIGNS OF ALZHEIMER'S

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's, a fatal brain disease that causes a slow decline in memory, thinking and reasoning skills. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

1. Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides or family members for things they used to handle on their own. *What's typical? Sometimes forgetting names or appointments, but remembering them later.*

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. *What's typical? Making occasional errors when balancing a checkbook.*

3. Difficulty completing familiar tasks at home, at work or at leisure.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. *What's typical? Occasionally needing help to use the settings on a microwave or to record a television show.*

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. *What's typical? Getting confused about the day of the week but figuring it out later.*

5. Trouble understanding visual images and spatial relationships.

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

What's typical? Vision changes related to cataracts.

6. New problems with words in speaking or writing.

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock"). *What's typical? Sometimes having trouble finding the right word.*

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. *What's typical? Misplacing things from time to time, such as a pair of glasses or the remote control.*

8. Decreased or poor judgement

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. *What's typical? Making a bad decision once in a while.*

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. *What's typical? Sometimes feeling weary of work, family and social obligations.*

10. Changes in mood or personality.

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. *What's typical? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.*

For more information on the Ten Warning Signs, call 1.877.IS.IT.ALZ

ANNUAL DEMENTIA CONFERENCE

For professionals working in the field of dementia care.

**“Living With Alzheimer’s Disease:
Optimize Strengths/Maximize Function”**

**December 3, 2009
Sheppard Pratt Conference Center
Towson, Maryland**

This year’s featured speaker will be Robert J. Egge,
Vice President, Public Policy and Advocacy
for the National Alzheimer’s Association.

Mr. Egge will speak about his previous position as
Executive Director of the Alzheimer’s Study Group,
a blue ribbon task force of national leaders created to develop
a national strategic plan to address Alzheimer’s disease,
co-chaired by former House Speaker Newt Gingrich
and former Nebraska Senator Bob Kerrey.

For a brochure, call 410.561.9099 or 1.800.272.3900.

“A TOAST TO REMEMBER”

We are currently planning two
Wine Tasting events for the spring in
Salisbury and **Annapolis** to raise funds for
Alzheimer’s research, care and support.



Both events promise to be fun times for all
guests and will feature a great wine tasting,
hors d'oeuvres, and an auction.

*Do you live and/or work in one of these areas
and want to help plan the event?*

Do you enjoy wine?

Do you want to promote your company?

If so, JOIN us!

For more information about serving on one of the
Wine Tasting Planning Committees,
purchasing tickets to one of the events,
or sponsoring the Wine Tastings,
please call 410.561.9099.
or email info.maryland@alz.org.

2 4 - H o u r H e l p l i n e : 1 . 8 0 0 . 2 7 2 . 3 9 0 0

alzheimer's  association

Greater Maryland Chapter
1850 York Road, Suite D
Timonium, MD 21093-5142

www.alz.org/maryland

Please recycle this newsletter after reading.

NON-PROFIT ORG.
US POSTAGE
PAID
PERMIT #101
TIMONIUM, MD