

LATE ONSET ALZHEIMER'S GENE IDENTIFIED

An international team of researchers have identified a gene called SORL1 as strongly associated with risk for the most common type of Alzheimer's disease in populations in several ethnic groups. This study was published in the January 14 advance online edition of *Nature Genetics*.

According to the researchers, SORL1 provides the genetic blueprint for proteins that act like "traffic cops," moving the amyloid parent protein (APP) to different places in the brain cell. In one place in the cell, APP is broken down into the toxic beta amyloid that forms the plaques found in Alzheimer's. In other places in the cell it is broken down into innocuous pieces. SORL1 proteins favor the "good" pathway (innocuous breakdown). When SORL1 produces too little protein, this deficiency channels more APP into the toxic pathway, which generates more beta amyloid. In the future, researchers will hopefully develop therapies that correct for SORL1 deficiencies.

Families studied for this research are unusual in that there is a high volume of Alzheimer's in the populations. Therefore, this research needs to be conducted in random populations that have a more typical prevalence of Alzheimer's before it can be concluded how many Alzheimer's cases are a result of this gene.

This is the first gene strongly associated with late onset Alzheimer's in many years. It is unlikely, however, that this discovery will generate a genetic test that will be available to physicians or consumers. Identifying the specific impact of one gene is very difficult. Alzheimer's involves multiple genes, not just a single "yes or no" gene trigger. Plus, there are environmental and lifestyle risk factors. There may also be other genes, and environmental elements, that affect the expression of SORL1.

This discovery is the first evidence that genes controlling the movement of APP around the cell can have an impact on Alzheimer's risk and cause people to get the disease. Before now, there were only basic science reports but no evidence of clinical implications. For instance, there were previous reports that the SORL1 levels were lower in people with Alzheimer's, and that the SORL1 controlled the "sorting" of APP. With each new discovery about the steps of the disease pathway, such as this one, comes the hope that more targets for therapies may be developed to help individuals with Alzheimer's disease.

JONES FAMILY TO BE HONORED FOR COMMITMENT TO ALZHEIMER'S CAUSE

The Alzheimer's Association's Memory Ball Gala will be held on Saturday, March 24, 2007 from 7:00 pm to 11:00 pm at the Baltimore Marriott Waterfront Hotel. The Association annually presents the Helen F. Schulze award given by Pizza Hut of Maryland, Inc. to individuals who have donated time and effort in the fight against Alzheimer's.

This year's honorees are The Honorable Verna L. Jones, State Senator in Maryland's 44th legislative district, and her sister, Ernestine Jones Jolivet. They will be recognized for their leadership and fundraising efforts to reach families impacted by this disease. Senator Jones and Mrs. Jolivet created the Annual African American Community Forum on Memory Loss (see page 9). Named in honor of their parents who were impacted by dementia, this day-long educational event reaches 125 family caregivers annually.

Pizza Hut will provide the recipients of this award a \$5,000 gift in their name to the Alzheimer's Association to support research efforts.



Contents

Contacts	2
Research Update	3
Education Calendar	4
Advocacy	5
Support Group List	6-7
Caregivers' Corner	8
Outreach	9
Development	10-11

the compassion to care, the leadership to conquer

"Awarded Maryland Nonprofits' Standards for Excellence Seal"



Greater Maryland Chapter Offices

Central Maryland
1850 York Road, Suite D
Timonium, MD 21093
410-561-9099
1-800-443-CARE

Eastern Shore
209C Milford Street
Salisbury, MD 21804
1-800-443-2273
410-543-1163

Talbot County Resource Center
410-770-9766

Western Maryland
108 Byte Drive, Suite 103
Frederick, MD 21702
1-800-443-2273
301-696-0315

5 Public Square, Suite 307
Hagerstown, MD 21740
301-797-4892

2006-2007 OFFICERS

Renee Wooding, President
Eric Nichols, Vice-President
Robert A. "Mike" Reitz, Treasurer
Robert W. Parks, Secretary

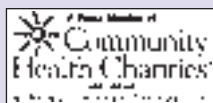
BOARD OF DIRECTORS

Susan O. Bowman	Marsden McGuire, MD
RaeAnn Butler	Cathy Neuman
Craig Cash	Howard L. Pollinger
Melinda Fitting, Ph.D.	E. Allen Robinson
Donna Gaver	John F. Schulze
The Honorable Verna L. Jones	Otho Thompson, Esq.
Karen S. Kauffman, Ph.D., RN	Carl E. Tuerk, Jr., Esq.
M. Chad Malkus	Elaine Weaver
Mark McElwee	

Cass Naugle, Executive Director
Meredith Heinen, Editor

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

Member Agency
United Way of Queen Anne's County
United Way of Frederick County, Inc.
United Way of Washington County, Inc.
United Fund of Talbot County



A participant in the Combined Federal Campaign

THE MARYLAND R.O.S.E. PROJECT

The Maryland ROSE Project is an innovative approach to providing services and support to underserved families, friends and caregivers of individuals with Alzheimer's disease, dementia or other memory disorders. The goal of the project is to facilitate easy access of information, support, education and training early in the course of the disease and to show family caregivers how to develop supportive networks using public and private resources.

Eligible persons include care recipients who reside in the rural counties of Washington, Kent, Caroline or Talbot and Hispanic family caregivers whose care recipients live in Baltimore City. A family caregiver is someone who is not paid to provide care. There are no income, asset or age restrictions. Care recipients must live in a single home or congregate setting. The primary caregiver for the person with Alzheimer's disease or dementia must agree to participate in all components of the project: Respite, Outreach, Support and Education.

Eligible participants receive free dementia education and care training, free support group services, and

assistance in identifying resources to share the care. Qualifying caregivers may also receive reimbursement or payment for respite services provided on a temporary basis in the home, at an adult day care center or other facility.

The Maryland ROSE Project is made possible through grant funding from the Administration on Aging Alzheimer's Disease Demonstration Grant to States (ADDGS) Program in partnerships with the Alzheimer's Association, The Maryland Department of Aging, Baltimore City Commission on Aging and Retirement Education (CARE), the Upper Shore Aging, Inc. and the Washington County Commission on Aging, Inc.

To apply for this program, you may call the Alzheimer's Association at 800-443-2273, Monday - Friday between 9:00 am and 5:00 pm. A bilingual Helpline Coordinator is available for Hispanic applicants.

WELCOMING NEW FACES

The Alzheimer's Association, Greater Maryland Chapter, welcomes three new individuals to our office:

Jessica Suriano
Development Director

Jackie Hahn
Development Associate

Teri Bennett
HelpLine Volunteer

LOST MEMORIES

Mother Dear Mother
What's on your mind
Are you thinking of yesterday
Or some lost moment in time
Are you remembering
The way it used to be
Or are those memories lost
Do you still remember me
Are you pleased and content
With the things of today
Perhaps you're remembering
Some place far away
I wish I could unlock
The door blocking your mind
Releasing the memories
Lost somewhere in time.

Joyce Cleary

MCI, NORMAL AGING AND ALZHEIMER'S DISEASE

research update

In a relatively small population (83 adults), researchers were able to differentiate mild cognitive impairment (MCI) from normal aging and Alzheimer's disease using PET scans with a chemical marker called FDDNP. The researchers claim that FDDNP binds to Alzheimer's plaques and tangles.

The researchers conclude that: "These findings support the potential usefulness of FDDNP-PET in the development of surrogate markers for drug discovery aimed at blocking amyloid buildup and as a diagnostic tool, although the study does not provide definitive evidence of a basis for such uses."

For now, the data in this study may prove useful in research, but it is not a definitive "test" that is ready for public/clinical use. It will need to be tested in larger populations.

This study is a small window into a much bigger story.

SPINAL FLUID MAY DETECT ALZHEIMER'S

In a study published in December's *Annals of Neurology*, scientists used advanced methods to examine cerebrospinal fluid (CSF) from 34 people with Alzheimer's and 34 people without Alzheimer's to see if they could identify levels of certain proteins that would clearly distinguish between those with and without the disease. They found a group of 23 proteins that seemed to differentiate very accurately between the people with Alzheimer's and those who did not have the disease.

This study is quite small and preliminary, though well done and with very interesting results. It needs to be replicated and confirmed with larger groups of participants before any definitive statements about the findings can be made.

There are a number of scientists working on diagnostic methods like this for Alzheimer's; all are early in the process. It will be several years (at least) before something may emerge as a diagnostic test.

Researchers are making significant advances in Alzheimer's disease research, and we need to ensure that federal funding is available for research on detecting, diagnosing, treating and preventing Alzheimer's disease and related dementias. See "Advocacy" on page five for more information.

Advanced imaging technologies - including PET, MRI and others - have great potential to improve early detection of Alzheimer's disease and may prove to be powerful tools in testing new therapies.

Addressing this issue head-on, the Alzheimer's Association has awarded its largest research grant, \$2.1 million, to the Alzheimer's Disease Neuroimaging Initiative (ADNI) to expand the landmark, five-year study to include PET scans using Pittsburgh Compound B (PIB) - a promising imaging technology that may aid in early diagnosis.

Eight hundred adults age 55 to 90 are being sought for ADNI - 200 cognitively normal seniors, 200 with early Alzheimer's and 400 with MCI. Recruitment for ADNI is ongoing. For more information, contact the NIA's Alzheimer's Disease Education And Referral (ADEAR) Center at 800-438-4380 or visit the ADNI section of the ADEAR website at www.nia.nih.gov/Alzheimers.

MAINTAIN YOUR BRAIN TODAY!

Challenge your brain: Take up Sudoku puzzles, pick up a crossword puzzle, or learn a new instrument or language.

Remain socially active: Join a book club, visit your local community center, travel to a new place, or take up a new hobby.

Adopt a brain healthy diet: Eat leafy greens and foods rich in Omega-3 fatty acids, such as flax seed, tuna and salmon, and some nuts (walnuts and pecans).

Take the time to exercise: Take a 30 minute walk, join a yoga class, weed your garden, or skip the elevator and take the stairs!

Get involved in the fight against Alzheimer's: Advocate! Donate! Volunteer!

Learn about advancements: Understand why there is hope and what you can do to reduce your risk of Alzheimer's.

For more information about brain health, visit our website at http://www.alz.org/brain_health_maintain_your_brain.asp



**mark your calendar
education training/events**

- | | |
|---|--|
| <p>March 22 Assisted Living Dementia Training
Salisbury Area Chamber of Commerce
144 East Main Street
9:30 am – 3:30 pm
Cost: \$45
Includes light refreshments, lunch on your own
For more information, call 410-749-4940</p> <p>March 24 13th Annual Update on Alzheimer's Research
"The Treatment of Alzheimer's and Related Disorders"
Presented by Johns Hopkins University
School of Medicine
Thomas B. Turner Auditorium,
Johns Hopkins School of Medicine
8:00 am – 4:15 pm
For more information, call 410-955-2959</p> <p>March 28 Stages of Alzheimer's Disease/Dementia
Hagerstown
10:00 am – 12:00 pm
Cost: \$5 (Scholarships Available)
For more information, call 301-797-4892</p> <p>March 29 Holistic Health Seminar on Memory Loss
Gillis Memorial Christian Community Church
Baltimore
9:00 am - 1:00 pm
Cost: Free
For more information, call 410-561-9099</p> <p>March 30 17th Annual Conference for Alzheimer's & Dementia Caregivers
Salisbury University
Guerrieri Student Center
9:00 am – 3:30 pm
Cost: \$50 Health Care Professionals
\$20 Family Caregivers
For more information, call 410-543-1163</p> <p>March 31 10th Annual Conference for Caregivers: Caring for Those Who Care
McFaul Activity Center
525 West MacPhail Rd, Bel Air
8:30 am – 3:30 pm
Cost: Free
For more information, call 410-638-3025</p> <p>April 3 Dementia Care Training for Professionals
Hagerstown Community College
9:30 am – 3:30 pm
Cost: \$45
For more information, call 301-696-0315</p> | <p>April 3 Structuring the Day's Activities
Washington County Commission on Aging
140 West Franklin Street, Hagerstown
10:00 am – 12:00 pm
Cost: \$5 (Scholarships Available)
For more information call 301-797-4892</p> <p>April 18 MGA Networking Breakfast
Copper Ridge
710 Obrecht Road, Sykesville
8:30 – 10:30 am
Speaker: Ann Morrison, PhD
To register, call 410-706-8951</p> <p>April 25 Heritage United Church of Christ Community Health Forum
Baltimore
Cost: Free
For more information, call 410-561-9099</p> <p>April 27 Mental Health Conference
Hagerstown Community College, Kepler Theater
8:00 am – 4:15 pm
Cost: \$59 Health Care Professionals,
Includes continental breakfast and lunch
To register, call 301-790-2800 ext. 236</p> <p>May 1 Senior Solutions Conference
"The Pending Epidemic of Alzheimer's Disease: From Research to Resources"
Sheppard Pratt Conference Center
8:00 am – 3:30 pm
For more information, call 410-887-2002</p> <p>May 1 4th Annual Talbot County Conference for Alzheimer's & Dementia Caregivers
William Hill Manor, Easton
8:30 am – 3:30 pm
Cost: \$20 Family Caregivers, \$40 Professionals
For more info, email jen@generationshealth.com</p> <p>May 19 15th Annual Conference for Caregivers
Annapolis Senior Center
119 South Villa Ave, Annapolis
8:30 am – 3:00 pm
Cost: \$10, \$20 for CEUs
Includes continental breakfast, lunch, free respite
For more information, call 410-222-4464</p> <p>May 24 Dementia Care Consortium Meeting
"Productivity, Leisure & Self-Care: Creating a Balance in Activity Planning"
Brighton Gardens of Pikesville
8:30 – 10:00 am
Speaker: Stephen Vozzella
Cost: DCC Members Free, Non-members \$15
For more information, call 410-561-9099</p> |
|---|--|

BALTIMORE COUNTY DEPARTMENT OF AGING'S ALZHEIMER'S INITIATIVE

This initiative is a year-long series of seminars that will be presented by experts in the Alzheimer's field to every senior center in Baltimore County. Each month will feature a new topic.

All programs are free and open to the public.

- March 2007: "Could Your Memory Problems Be Medication Related?" By University of MD, School of Pharmacy
- April 2007: "Coping with the Progression of the Disease" By The Alzheimer's Association
- May 2007: "Maintain Your Brain" By The Alzheimer's Association

PRESIDENT'S 2008 BUDGETS CUTS ALZHEIMER'S FUNDING

advocacy

On Feb. 5, President Bush sent his 2008 budget proposal to Congress. The president proposes to cut federal funding for Alzheimer research and care. Under the president's proposal, funding for Alzheimer research continues a negative trend – a steady decline since 2003. The president's budget proposal also eliminates funding for key Alzheimer care programs, including the 24/7 Helpline, Safe Return® and the Alzheimer's State Matching Grants Program.

Next steps

Congress must now accept, reject or amend the president's budget proposal through the annual appropriations process. The House and Senate Appropriations

Committees will begin that process later this spring. This year, we will again urge Congress to increase funding for research and reject the proposed cuts to Alzheimer care programs in the president's budget.

What can I do now?

Meet your members of Congress: Join us in Washington for the 19th Annual Public Policy Forum March 18-20, 2007. Tell your story on Capitol Hill. Register now! Visit <http://www.alz.org/publicpolicyforum/07/overview.asp>.

Can't join us for the Forum? Participate in a Virtual Visit to Congress. Write a personal message to your members of Congress asking them to reject the proposed budget cuts. Visit www.alz.kintera.org/virtualvisit.

JOIN US AT THE 19TH ANNUAL PUBLIC POLICY FORUM

Make your voice heard on Capitol Hill! The 19th Annual Alzheimer's Association Public Policy Forum will bring together advocates from across the country to meet with legislators who are responsible for deciding how much federal funding will be allocated to Alzheimer's disease. Programs and other services provided by the Alzheimer's Association depend on this funding, as does the advance of Alzheimer's research.

At the forum you can: Learn firsthand about our priority advocacy issues; meet face-to-face with your Members of Congress and educate them about Alzheimer's disease and its potentially devastating effect on our country's economy, businesses and citizens; be a part of the annual candlelight vigil to honor those we've lost to Alzheimer's.

The forum will be held at the Renaissance Hotel in Washington D.C. on March 18-20, 2007. For more information, call 202-393-7737 or email forum@alz.org.

To learn about carpooling opportunities from Timonium on March 20, call 410-561-9099.



IN-KIND DONATIONS: ANOTHER WAY TO GIVE

Behind the scenes, endless hours of dedicated work is being done by a variety of businesses and companies. The behind the scenes donations are listed as in-kind donations at the Alzheimer's Association. But the donors may not realize what an impact their support and donations do to help make a difference in the local community. In-kind donations are a major factor in the success of the Alzheimer's Association. We receive hours of work donated by moving companies and mailing services. Local businesses donate material items for door prizes at our Memory Walks and silent auction items for our Memory Balls. Our offices have also received donated furniture and office supplies to help cut costs.

We want to take this opportunity to thank everyone for their generosity and to recognize their endless support. In-kind gifts help make a difference in the life of the caregiver and/or individual affected by Alzheimer's disease. The donations help free up staff time spent seeking in-kind gifts and allow us to concentrate on providing valuable programs and services to the families.

**Alzheimer's Association
Affiliated Support
Groups**

Call to confirm dates and times
(Revised 2/12/07)

Allegany County

Country House
15 Cumberland St.
Cumberland, MD 21502
Sheila Lindner or Ebbie Hall,
(301) 777-8717

1st Tues. 6:30 PM
No meetings Dec. or Jan.
Respite avail. Call in adv.

Allegany Co. Health Dept.
12500 Willow Brook Rd., S.E.
Cumberland, MD 21502
Stacie Miller (301) 759-5665
2nd Tues. 5:00-7:00 PM
Jan-June & Sept.-Nov.
Respite unavailable

Allegany Co. Nursing Home
730 Furnace St.
Cumberland, MD 21502
Deb Savage (301) 777-5941
Sat. 10:00 AM 2/24, 3/24, 4/21,
5/19, 6/30, 7/28, 8/25, 9/22,
10/20, 11/17

Anne Arundel County

Early Memory Loss Support
Group forming
Call (410) 561-9099 for dates,
times and location

Spouses Group
AAMC Medical Park
Sajak Pavilion, Ste. 250 B
Annapolis, MD 21401
Donna Wharton,
(410) 266-3741
4th Tues. 7:00-8:00 PM

Genesis -Severna Park
24 Truckhouse Rd.
Severna Park, MD 21146
Inbal Neun,
(410) 544-4220 X 3009
2nd Mon. 7:00 PM

Morningside House-AL
7548 Old Telegraph Rd.
Hanover, MD 21076
Chantele Radcliffe,
(410) 715-0930
3rd Thurs. 7:00-8:30 PM

St. Paul's Lutheran Church
Church Library
308 Oak Manor Dr.
Glen Burnie, MD 21061
Marilyn Spletzer,
(410) 969-9299
1st Thurs. 7:00-9:00 PM

Somerford Place-Annapolis
2717 Riva Rd.
Annapolis, MD 21401
Gayle Papa (410) 224-7300
2nd Mon. 2:00-3:00 PM

Baltimore City

Bon Secours U.M.I. Building
2600 Liberty Heights Ave.
Baltimore, MD 21215
Gladys Powell (410) 728-0540
Macie Barber (410) 624-3198
Lucy Armstrong,
(410) 922-5848
3rd Sat. 10:00 AM-12:00 PM

Enon Baptist Church
601 N. Schroeder St.
Baltimore, MD 21223
Gloria Muldrow,
(410) 466-4387
Betty Shelton (410) 789-9396
4th Tues. 1:00-2:30 PM

Forest Park Senior Center
4801 Liberty Heights Ave.
Baltimore, MD 21207
Mary Jackson (410) 947-6359
Otelia Spivey (410) 466-3649
Shirley West (410) 764-7142
3rd Mon. 12:30-1:30 PM

Hopkins Elder Plus
4940 Eastern Ave.
Mason F. Lord Building
East Tower
Baltimore, MD 21224
Susan Guido and Deny
Stiassny (410) 550-7044
2nd Thurs. 12:30-1:30 PM

Johns Hopkins Bayview
5505 Hopkins Bayview Cir.
Baltimore, MD 21224
Dr. Mike Ankrom (410) 729-
0424 or Susan Guido (410)
550-7044
2nd Wed. 6:00 PM

Keswick
700 W. 40th Street
Baltimore, MD 21211
Libby Overly (410) 662-4314
Bob Feldman (410) 366-8510
2nd & 4th Tues. 9:30-11:30AM

Levindale Geriatric Center
2434 West Belvedere Ave.
Baltimore, MD 21215
Janet Yellowitz (410) 367-3968
Doris Randall (410) 484-7724
4th Sun. 10:30 AM-12:00 PM

Baltimore County

Children's Frontotemporal
Saturday Support Group
forming in Timonium:
For children between 5 and 18
years old who have a parent
or guardian with FTD.
Call for location, dates and
time: Susan Newhouse,
(410) 502-2981

Young Onset Memory Loss
& Early Stage Memory Loss
Groups starting in Timonium
for Caregivers and
Persons with Memory Loss:
Alzheimer's Association
1850 York Rd., Ste. D
Timonium, MD 21093
Lisa Peterson (410) 561-9099
Call for dates and times
Telephone screening required

Adult Children's Group
Active Day Adult Day
Medical Center
3321 E. Joppa Road
Baltimore, MD 21234
Laura Myers (410) 483-9685
1st Thurs. 7:00-8:00 PM
Respite avail. - Call in adv.

Adult Children's Group
Senior Connections
11299 Owings Mills, Blvd.
Owings Mills, MD 21117
Sue Grott (410) 581-9445
3rd Thurs. 7:00-8:30 PM
Respite avail. - Call in adv:
(410) 581-3030

Brightview of Catonsville
912 S. Rolling Rd.
Catonsville, MD 21228
Mary Smith (410) 788-5001
Judy McFarland,
(410) 258-6357
1st Tues. 5:30 PM

Catonsville Commons
16 Fusting Ave.
Catonsville, MD 21228
Barbara Dunston,
(410) 747-1800 X 141
2nd Sat. - 10:00-11:30 AM

Frontotemporal Dementia
Group - Caregivers & Family
Alzheimer's Association
1850 York Rd., Ste. D
Timonium, MD 21093
Susan Newhouse,
(410) 502-2981
2nd Wed. 11:00 AM-12:30 PM

Charlestown Retirement
715 Maiden Choice Lane
Charlestown Square
Catonsville, MD 21228
Suzanne Dillman,
(410) 247-3400 X 8791
3rd Fri. 10:00-11:00 AM

Milford Manor Nursing Home
4204 Old Milford Mill Rd.
Baltimore, MD 21208
Lisa Kovens-Harris,
(410) 486-1500
3rd Sun. 2:00-3:30 PM

Catonsville Senior Center
501 N. Rolling Rd.
Catonsville, MD 21228
John Agius (410) 876-0192
Shula Levin (410) 653-0896
3rd Thurs. 6:30 PM

Riverview Care Center
1 Eastern Blvd.
Essex, MD 21221
Jo Parker,
(410) 574-1400 X 1676
4th Wed. 1:00 PM

Senior Connections-AMDC
11299 Owings Mills Blvd.
Ste. 204
Owings Mills, MD 21117
Shirley Learman,
(410) 363-2660
2nd Sat. 9:30-11:30 AM
Respite avail. - Call in adv.

Stella Maris
2300 Dulaney Valley Rd.
Timonium, MD 21093
Phyllis Baird,
(410) 252-4500 X 7323
Sister Marlene Biasiello,
(410) 252-4500 X 7492
3rd Wed. 2:00 PM

Spouses' Group
Augsburg Lutheran Village
6825 Campfield Rd., Bldg. 9
Baltimore, MD 21207
Joan Orso (410) 602-3133
3rd Fri. 2:00 PM
Call for access info.

Caroline County

Caroline Adult Day Care
403 South 7th St.
Denton, MD 21629
Diane Turpin (410) 778-6000
3rd Thurs. 3:30-4:30 PM

Carroll County

Carroll Co. Bureau of Aging
125 Stoner Ave.
Westminster, MD 21157
Sharon Baker (410) 848-0769
2nd Wed. 6:30 PM
No meeting in August

Copper Ridge
710 Obrecht Ave.
Sykesville, MD 21784
Pam Goresh,
(410) 795-8808 X 214
2nd Thurs. 6:30 PM

Westminster Ridge
507 High Acre Dr.
Westminster, MD 21157
Nancy Starner (410) 871-2225
Judy McFarland (410) 258-6357
1st Tues. 6:30-8:00 PM
Starting February 2007

Cecil County

Union Hospital Adult Day
152 Railroad Ave.
Elkton, MD 21921
Gay Straughan (410) 392-0539
1st Tues. 3:00 PM

Dorchester County

Chesapeake Woods Ctr.
525 Glenburn Ave.
Cambridge, MD 21613
Jessica Dukes (410) 221-1400
3rd Thurs. 4:00 PM

Pleasant Day Adult MDC
2474 Cambridge Beltway
Cambridge, MD 21613
Linda Elben or Carolyn
Larrimore (410) 228-0190
3rd Thurs. 2:00-3:00 PM

Frederick County

Early Stage Memory Loss
Group forming
1440 Taney Ave.
Frederick, MD 21702
Anna Offutt (301) 696-0315
Call for dates & times
Telephone screening required

Department on Aging
1440 Taney Ave.
Frederick, MD 21702
Anna Offutt (301) 696-0315
(Facilitator: Marie Waldron)
1st Tues. 10:00 AM
Social meeting afterwards

Country Meadows
5955 Quinn Orchard Rd.
Frederick, MD 21704
Debbie Savageau (301) 228-2249 x109 or Katie
Cashman (301) 228-2249
2nd Thurs. 6:30 - 8:00 PM
Respite avail. - Call in adv.
Light refreshments

Heartfields Assisted Living
1820 Latham Dr.
Frederick, MD 21701
Jackie Ross/Sara Thompson
(301) 663-8800
Last Tues. 6:00-7:00 PM
Respite avail. - Call in adv.

Spouses' Support Group
Sommerford House-Frederick
2100 Whittier Dr.
Frederick, MD 21702
Renee Groban (301) 668-3930
3rd Wed. 2:30-3:30 PM
Respite avail. - Call in adv.

St. Catherine's Nursing Ctr.
331 S. Seton Ave.
Emmitsburg, MD 21727
Sue Osterman (301) 447-7000
3rd Sun. 4:00-6:00 PM
Respite avail. - Call in adv.

Garrett County

Garrett Co. Health Dept.
1025 Memorial Dr.
Oakland, MD 21550
Donna McClintock-Fost,
(301) 334-7741
Last Mon. 7:00-9:00 PM;
Sept-Nov; Jan-June
Respite avail. - Call in adv.

Harford County

Adult Children's Group
Family & Children's Services
309 Thomas Run Rd.
Bel Air, MD 21015
Karen Conkel (410) 838-3222
Last Wed. 3:00 PM
Respite avail. - Call in adv.

Family & Children's Services
309 Thomas Run Rd.
Bel Air, MD 21015
Barbara Pumphrey,
(410) 838-3222
2nd Tues. 3:00-4:30 PM
Respite avail. - Call in adv.

Unitarian Universalist Church
1127 Old Fallston Rd.
Fallston, MD 21047
Sandy Millner (443) 299-6039
2nd Mon. 7:00-8:30 PM

Howard County

Brighton Gardens-Columbia
7110 Minstrel Way
Columbia, MD 21045
Viola Smith or Fadel Johnson,
(410) 884-0773
4th Thurs. 6:30-7:30 PM

Florence Bain Senior Ctr.
5470 Beaverkill Rd.
Columbia, MD 21044
Marsha Broadus,
(410) 290-5464
Ed Cabic (410) 992-7197
2nd Thurs. 7:00 PM

Sommerford Place-Columbia
8220 Snowden River Pkwy.
Columbia, MD 21045
Estrellita Sesay (410) 313-9744
x 208 or Mary Watson,
(410) 313-9744 x 202
Two separate groups:
2nd Fri. (Spouses Only):
10:30 AM-12:00 PM
1st Wed. 10:30 AM-12:00 PM

Kent County

Heron Point
501 Campus Ave.
Chestertown, MD 21620
Tom Martin (410) 778-7300
4th Wed. 11:00 AM

Talbot County

The Pines-Genesis
610 Dutchman's Lane
Easton, MD 21601
Pam Hubbard or Susan
Wolfberg (410) 822-4000 X 109
4th Mon. 6:30 PM

William Hill Manor
501 Dutchman's Lane
Easton, MD 21601
Shari Payne Blades or Pat
Stein, (410) 822-8888
1st Tues. 1:00 PM

Washington County

Early Stage Memory Loss
Discussion Group forming:
A time-limited group for per-
sons with early stage memory
loss and their caregivers.
Call for location, dates & time:
Anna Offutt (301) 797-4892

Homewood at Williamsport
16505 Virginia Ave.
Williamsport, MD 21795
Pastor Reg Rice (301) 582-1750
Last Tues. 10:00-11:30 AM
Respite avail. - Call in adv.

Sommerford Place-Hagerstown
10114 Sharpsburg Pike
Hagerstown, MD 21740
Sheri Evans (301) 791-9221
1st Tues. 5:30 - 6:30 PM
Respite avail. - Call in adv.

Loyalton of Hagerstown
20009 Rosebank Way
Hagerstown, MD 21742
April Reynolds (301) 733-3353
3rd Thurs. 2:00-3:00 PM

Wicomico County

Salisbury Rehab & Nursing
200 Civic Ave.
Salisbury, MD 21804
Brenda Price, Brenda
Montgomery or Wanda
Stanford (410) 749-1466
Two separate groups:
3rd Wed. 1:00 PM: Men's Group
3rd Wed. 6:00 PM
(None in Dec.)

Worcester County

The Arbor at Ocean Pines
11202 Race Track Rd., Ste. 201
Berlin, MD 21814
Becky Fox or Toni Aregan
(410) 208-3999
Starting in January 2007
3rd Wed. 3:00 PM

Ocean Pines Library
11107 Cathell Rd.
Ocean Pines, MD 21811
Kathy Schneider (410) 543-1163
1st Wed. 5:00 PM
No drop-ins please
Limited seating; Call ahead

UNDERSTANDING THE PHENOMENON OF SUNDOWNING

caregivers' corner

It is late afternoon and Dad has been pacing and seems even more disoriented and anxious. If he has been diagnosed with dementia, he may be experiencing the syndrome called sundowning.

Sundowning earned its name when it was observed that persons with dementia appeared to become more agitated and restless as the sun was setting in the late afternoon or early evening. Symptoms may also include mood changes, repetitive behaviors, rummaging, anxiety, delusions, paranoia, hallucinations or verbal or physical aggressiveness. Persons with Alzheimer's disease or a related dementia may be more prone to wandering or pacing during that time of day or might confuse morning with nighttime. In rare instances persons with dementia may become more disoriented in the early morning shortly after the sun has risen. In essence, their circadian rhythms are "off."



The causes of sundowning are varied. Fatigue is probably the most common cause of the syndrome. Aren't we all a bit tired later in the day? Other triggers may include changes in their immediate surroundings that may cause them to want "to go home." If Dad observes others putting on their coats, gathering up their keys and announcing that they are going home, it may trigger the same desire for him to "go home." Trying to tell Dad that he is already home may not be helpful. His memories at that moment may be of a home that he had at an earlier stage in his life.

If his obsession with going home persists, don't argue with him. One caregiver recently reported that he was able to manage this behavior by bundling up his wife in a coat and taking her for a walk outdoors and bringing her back into the house. He would announce, "We are home!" She was delighted to get home and he avoided an argument with her.

As dementia progresses, people with dementia may have less tolerance for crowded rooms where there is a lot of movement or talking, even if they are surrounded by family members. Bright lights and even music can be over stimulating. Late afternoon television shows and news may be distressing. They may be unable to differentiate between fantasy and reality.

Sometimes wandering is observed when the person

needs to be toileted and is unable to communicate this to you. This need may be overlooked by a caregiver who is busily trying to prepare dinner or attending to small children in the home.

Most persons with Alzheimer's disease are not physically aggressive. However their anger can be triggered by their picking up on an angry tone of voice or facial expression of those caring for them. Their anger may also be due to frustration over their inability to express pain, hunger, changes in body temperature, infection or soiled or tight-fitting clothing.

Are you having trouble with your loved one resisting taking the medication that you are offering? Imagine how a paranoid person may feel if he or she asks you for the fifth time the name of the drug that you are administering to them and you do not reply. One paranoid, demented person recently complained that her caregiver was trying to poison her for that very reason. It was not surprising that her caregiver had been complaining that this lady had been refusing to take her medications.

Tips for Minimizing Symptoms of Sundowning:

1. Offer a short afternoon nap.
2. Remove triggers such as coat racks, keys and purses from view.
3. Don't argue with them.
4. Ask them to tell you about some fond memories of his or her home if they fixate on going home.
5. Keep track of what happened in their environment prior to the appearance of the symptoms.
6. Play soft music.
7. Offer warm milk in the evening.
8. Provide a back or hand massage.
9. Arrange quiet activities for the afternoon. Call the Alzheimer's Association for a list of 108 suggestions.
10. Anticipate their needs. Toilet frequently and dress in well-fitting, weather appropriate apparel.
11. Don't ignore their requests or questions.
12. Smile and greet them by name.
13. Explain all care before initiating it.
14. Try again later if they resist care.

outreach

UNA NOTA SOBRE LA ENFERMEDAD DE ALZHEIMER

La enfermedad de Alzheimer es un trastorno cerebral progresivo que destruye en forma gradual la memoria de las personas y su capacidad de aprender, razonar, formar juicios, comunicarse y llevar a cabo actividades cotidianas. A medida que el Alzheimer avanza, las personas pueden experimentar cambios de personalidad y conducta tales como, ansiedad, recelo o agitación, así como también delirios o alucinaciones.

En las etapas tardías de la enfermedad, los individuos que sufren de Alzheimer necesitan ayuda con la vestimenta, la higiene personal, la alimentación y otras funciones elementales. Las personas con Alzheimer fallecen en promedio ocho años después de haber experimentado los primeros síntomas de la enfermedad, pero la duración de esta enfermedad puede variar entre los tres y veinte años.

Si bien en la actualidad no existe una cura para el Alzheimer, hay nuevos tratamientos en el horizonte gracias a la investigación acelerada de la biología de la enfermedad. Las investigaciones han demostrado asimismo que

el cuidado y apoyo efectivo pueden mejorar la calidad de vida de las personas con Alzheimer y de aquellos que cuidan de ellas a lo largo de la enfermedad, desde el momento del diagnóstico hasta el fin de la vida.

Los científicos creen que sea cual fuere el factor que desencadena la enfermedad de Alzheimer, dicho factor comienza a dañar el cerebro varios años antes de que aparezcan los síntomas. Al aparecer los síntomas, las células nerviosas que procesan, almacenan y recuperan la información ya han comenzado a degenerarse y morir. Los científicos consideran a dos estructuras microscópicas anormales llamadas “placas” y “ovillos neurofibrilares” (“tangles”) como características distintivas de la enfermedad de Alzheimer. Las placas amiloideas son grupos de fragmentos de proteínas que se acumulan fuera de las células nerviosas del cerebro. Los ovillos neurofibrilares son filamentos trenzados de otra proteína que se forman dentro de las células cerebrales. Los científicos no han podido aún determinar el papel exacto de las placas y los ovillos neurofibrilares.

AFRICAN AMERICAN FORUM UPDATES PUBLIC ABOUT ALZHEIMER'S

The Second Annual Virginia and Pythias Jones African American Forum on Memory Loss, held on Saturday, November 18 at Coppin State University was a great success. Sandi Mallory, Assistant General Manager and Program Director for WEAA Radio at Morgan State University and host of the Morning Journey was the Emcee for the day.

This event is named in honor of the parents of State Senator Verna L. Jones, Ernestine Jones Jolivet, Alvin A. Jones, Dr. Pythias D. Jones and the late Gilda Jones Garrett. Both Virginia and Pythias Jones were affected by dementia. The goals of the event are to inform the community about memory loss, provide support to caregivers, share the promise of research and encourage them to get involved to help conquer this disease. Dr. Stephanie R. Johnson, Director of Applied Research for the American Psychological Association gave an overview of dementia and the latest research findings, while relating it to her experience as a caregiver. Dr. Richard O'Brien, Associate Professor at Johns Hopkins Bayview Medical Center thoroughly explained the link between vascular disease and dementia.

The presentation was followed by a lively question and

answer period moderated by Tanwa Suma, Diversity Outreach Coordinator for the Alzheimer's Association. Participants had an opportunity to voice their concerns, share strategies for caring for loved ones and ask questions that were on their minds.

Sylvia Mackey, wife of former Colts football player John Mackey, shared her perspective as a caregiver to her husband. She stressed the importance of keeping a sense of humor in coping with this difficult task.

Ernestine Jones Jolivet led a strong Call to Action, challenging participants to be advocates in their community to eradicate this devastating disease. She encouraged them to get involved with clinical research trials and to help educate their families and friends about memory loss. Mrs. Jolivet also challenged the audience to bring others to next year's forum.

We would like to express our sincerest thanks to this year's major contributors, Johns Hopkins Medicine/Johns Hopkins Bayview Medical Center, Pfizer Pharmaceutical, Eisai Pharmaceutical, and Coppin State University, Helene Fuld School of Nursing for joining with the Alzheimer's Association in sponsoring this forum.

22ND ANNUAL CHARITY GOLF CLASSIC

development

This is a great way to spend a spring day! The event, chaired by Chris Persico, is truly up to “par,” as our corporate supporters rally for the Alzheimer’s Association on May 7th, at 10:30 am, in the 22nd Annual Alzheimer’s Charity Golf Classic at Caves Valley Golf Club.

Our premier sponsors for the event include Advertising.com and Lockheed Martin. Caves Valley Golf Club is a magnificent Tom Fazio design located in the Baltimore region. It is situated on roughly 1000 acres of pristine valley and forest land set amid Maryland’s estate and hunt country and ranks in the top three courses in Maryland. The golf course features 18 uniquely designed holes fashioned to suit its natural environment. Specifically, it is a par 71 and 6942-yard championship lay-

out. In addition to the numerous awards and accolades, Caves Valley was host to the 2002 U.S. Sr. Open and the 2005 NCAA Men’s Golf Championship.

The standard sponsorship package for the event is priced at \$3,500, which includes your golf foursome with caddies, gift packages for all guests and multiple prize opportunities! Your day will feature a spectacular meal and beverage package, including lunch, open beverage cart, happy hour and dinner. The recognition package includes T-box signs, banners, other promotional materials and special mention in the Alzheimer’s Association newsletter. Further, your corporate logo will be used if received by March 23, 2007. Premier custom sponsorship packages can be designed by a member of the Alzheimer’s Association. For more information, call 410-561-9099.

MEMORY BALL GALA 2007

This year’s theme for Memory Ball 2007 is based on the popular television show “Dancing with the Stars” with our own local twist. Dancing couples have been chosen for their leadership in the community, often in support of their work for the Alzheimer’s Association.

At the Baltimore event, Denise Koch and Jackson Phippin, Suzi Cordish, Allen Robinson, Melanie Sabelhaus, Laura Mackey, Joe and Meadow Lark Washington, and Bob and Lola Jones will be dancing the night away! They will receive several dance lessons prior to our Gala. Colleagues, friends and family will vote for the dancers in the form of donations. One dollar will equal one vote. Whoever raises the most money will

receive the coveted trophy! Don’t miss it! Saturday, March 24, 7 pm to 12 am at the Baltimore Marriott Waterfront Hotel. Please call 410-561-9099.

The Eastern Shore Gala will be a show stopper as their local celebrities trip the light fantastic at the Hyatt Regency Chesapeake Hotel in Cambridge on April 21st, from 7 to 11 pm. Please call 410-543-1163.

Memory Ball provides support for the programs and services in Greater Maryland. Funds raised from Memory Ball will provide information and referrals, care consultation, support groups, the Safe Return program and education for family members and professionals. We hope that you will join us for a wonderful and magical evening!



(Left) Christine Smith from CheckFree Corporation presents a corporate donation check in honor of her mother to Cass Naugle. (Right) The Order of the Eastern Star designated the Alzheimer’s Association to benefit from their fundraising efforts. They presented a check for \$11,750 to establish the Robert Sauerhammer Respite Fund, which assists family caregivers with respite care needs. From left to right, Mrs. Audrey Sauerhammer, Past Grand Matron, O.E.S., Grand Chapter of Maryland; Cass Naugle; Mr. Ronald Mathias, Worthy Patron, Grand Patron O.E.S. 2005-2006; Ms. Mary Adeline Bradford, Worthy Grand Matron, Grand Chapter of Maryland; and Mrs. Joyce Caldwell, Chairman, Alzheimer’s Project.

HIGH SCHOOL PROJECT PROVIDES LESSON

For the past few years the State of Maryland has required students to complete a graduation project as part of their requirements to receive a diploma. The Western Maryland office has worked closely with a group of remarkable young ladies over the past two years. It is rewarding to watch a young person come to the realization that as one person, they can reach out to their community and touch the lives of their neighbors.

Recently Rahma Omar, a 15-year-old junior at Frederick High School, approached the Association to do a bake sale to raise funds and also took on the task of distributing brochures to local sites. She spent a few days in the office as a volunteer to understand how the organization works. She also researched the disease and how our programs and services help families. Rahma's spirit, intelligence and youthful exuberance touched all who came in contact with her. Below is an excerpt of her thank you note to Mary Ellen Mitchell, our Development Coordinator and her mentor in the program. The Alzheimer's Association wishes Rahma much success in her future endeavors and thanks her for her work in the community on our behalf.

Hello Ms. Mitchell,

I conducted my bake sale at Wawa on Nov. 11th. I took your advice and did it in the morning and placed American flags in honor of Veterans Day. Many people were generous and donated quite a lot and liked my baked goods. In total I received 95 dollars and 25 cents from my bake sale! I was surprised at the number of people who came up to me and said "my father has Alzheimer's" or "my aunt has Alzheimer's," etc. All those numbers I got from my research about how many people have Alzheimer's disease were meaningless up until reality hit and there were real people in front of me asking questions about what they can do to help their loved ones. (In those cases I gave them the brochures and cards you gave me which were very helpful!) Many were curious about my tri-fold poster and the information shown there. And you were right! The pictures of the 20 year old brain and 80 year old brain did attract a lot of attention. Overall I'm really glad I got to execute the bake sale, and I hope in some shape or form the money accumulated from the bake sale will help the association.

Thank you,

Rahma Omar

CASUAL FOR A CAUSE: HOW YOUR OFFICE CAN HELP

Who doesn't tire of paying weekly dry cleaning bills for dress shirts, sweaters, and slacks that we wear to work? Who has the time and money to shop for expensive clothes that meet your company's dress code requirements? There is an option for you and your organization that would benefit individuals suffering from Alzheimer's disease and would raise employee morale. This can be a true win-win proposition.

Consider speaking with your company about starting a fun and easy Casual for a Cause fundraiser. Casual for a Cause stickers are prominently labeled with the Alzheimer's Association logo and are available for your company. People who want to dress casually for a day, or who are already dressing casually, can wear a Casual for a Cause sticker for a dollar donation to the cause to end Alzheimer's disease. You can start anytime and continue throughout the year.

When you decide to begin and depending on where you work, you should approach your human resources department to receive their permission to involve the employees in this fundraiser. In the past, employers have been very supportive of the Alzheimer's Association, so this should not be a reason for concern. In addition, to optimize your contribution, have your colleagues, staff, and volunteers sell the Casual for a Cause stickers in your office building or to their friends and family. If you should have any questions or concerns, please call 410-561-9099.

PIZZA HUT, BALTIMORE BLAST TEAM UP TO FIGHT ALZHEIMER'S

Be sure to check out the Baltimore Blast this season as the team pairs up with Pizza Hut to support the Alzheimer's Association!

Every time Blast Forward Giuliano Celenza scores a goal at home, Pizza Hut will make a \$200 donation to the Alzheimer's Association. In addition, if any player scores three goals during a home game, also known as a hat-trick, everyone attending the game receives \$5 off any regularly priced pizza at Pizza Hut on the following Monday. (Just bring your ticket stub!)

Thanks to Pizza Hut and the Baltimore Blast for their support!

HELPLINE VOLUNTEERS NEEDED

**Come share your knowledge
and compassion!**

We are currently seeking volunteers to answer Helpline calls in the Timonium office.

If you have experience as a caregiver or in the Alzheimer's or dementia field, your skills can be of great use.

**Official training is provided to all
Helpline volunteers.**

If you are willing to share your time and talent, please call 410-561-9099 or 800-443-2273.

KNOW YOUR CHARITY...

Please remember that unless you see:

alzheimer's  association

your donation is not going to the
**Alzheimer's Disease
and Related Disorders Association.**

The following organizations are NOT affiliated with the Alzheimer's Association:

- * Alzheimer's Foundation of America
- * Alzheimer's Research Foundation
- * Alzheimer's Disease Research:
American Health Assistance Foundation
- * National Alzheimer's Council

MetLife Foundation

Working towards an Alzheimer's cure

This newsletter is funded by a grant from the Metlife Foundation.