

## GREATER MARYLAND CHAPTER TO HOLD FIRST CONFERENCE FOR YOUNG-ONSET DEMENTIA



Young-onset dementia, also known as early-onset, is dementia that first occurs in someone younger than age 65, even as young as the 40s and 50s. The Alzheimer's Association calculates that there are between 220,000 and 640,000 people with young-onset Alzheimer's or a related dementia in the U.S. today.

unique situations and obstacles that individuals face on a daily basis.

Speakers will address topics specific to young-onset, including legal and financial issues, changes in communication and relationships, and resources available to families living with young-onset.

This conference is intended for individuals with young-onset and their care partners, family members and those interested in learning more about young-onset dementia.

The Holiday Inn Select in Timonium will host the conference on May 17. See the calendar listing on page four for more details.

Individuals with young-onset dementia and their families face a unique set of issues that older Americans with dementia do not typically encounter. Some of these include:

- difficulty getting an accurate diagnosis
- lack of health insurance
- difficulty obtaining disability payments
- lack of appropriate medical and residential care and community services
- high out-of-pocket expenditures for long-term care
- loss of employment and job-related income

**Dementia at Midlife: A Conference on Young-Onset Alzheimer's and Dementia**, sponsored by the Alzheimer's Association and the Johns Hopkins Frontotemporal Dementia Clinic, will address the

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### MEMORY BALL 2008

Vote for your favorite "Dancing Star!" The Memory Ball 2008 "Dancing Stars," will be held on Saturday, April 5, 2008 at the Baltimore Marriott Waterfront Hotel. This year's Gala is presented by Correct Rx Pharmacy Services, Inc.

The winner of "Dancing Stars," will be announced at the Gala, but you can help decide the winner. Each dollar donated towards a dancer counts as one "vote." The dancer that receives the most "votes" will be announced as the winner on April 5th.

**The 2008 "Dancing Stars" are:**  
**Dr. Majid Fotuhi & Bitu Fotuhi**  
**Dorothy Hamill & Tim Murphy**  
**Diane Lyn**  
**Dr. Peter Rabins & Karen Rabins**  
**Molly Shattuck**  
**Brandy Washington**

Voting has already started. Visit [www.alz.org/maryland](http://www.alz.org/maryland) to vote for your favorite "Dancing Star."

"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

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National Alzheimer's Association  
Web Site: [www.alz.org](http://www.alz.org)  
Local Web Site: [www.alz.org/maryland](http://www.alz.org/maryland)

Member Agency  
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A participant in the  
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## THE ALZHEIMER'S ASSOCIATION AGAIN EARNS SEAL OF EXCELLENCE



For the third time since 1999, the Alzheimer's Association, Greater Maryland Chapter, has been awarded the Maryland Association of Nonprofit Organization's Seal of Excellence for successfully completing the Standards for Excellence recertification program. Once again, the Alzheimer's Association voluntarily opened itself to scrutiny by a "jury of its peers." The peer review team examined the Alzheimer's Association for compliance with the Maryland Nonprofits Standards for Excellence: An Ethics and Accountability Code for the Nonprofit Sector.

The Standards for Excellence are based on fundamental values such as honesty, integrity, fairness, respect, trust, responsibility, compassion, and accountability. The Alzheimer's Association's programs and services, management, fundraising and financial practices were re-examined in depth before the certification was again awarded.

Cass Naugle, Executive Director of the Alzheimer's Association comments, "Once again submitting to the scrutiny required for certification under the Standards for Excellence wasn't easy, but it was a worthwhile process. This seal shows we have continued to take every step to ensure we're serving the community and operating in an ethical and upright way and we're proud to wear it. We will continue to strive for excellence - to ensure better care, to develop better programs, to advance knowledge and understanding about this disease and to achieve our vision of a world without Alzheimer's disease."

The Alzheimer's Association, Greater Maryland Chapter, is dedicated to eliminating Alzheimer's disease through support of research and to enhancing care and support for all affected. The Association carries out its mission through offices in Frederick, Hagerstown, Timonium and Salisbury. For information on services or how to become involved, call 1-800-272-3900.



Pictured left to right: Steve Morgan, Chair of MD Nonprofits Standards Ethics Committee; Dee Myers, Development Coordinator, Alzheimer's Association; Cass Naugle, Executive Director, Alzheimer's Association; and Peter Berns, Executive Director of MD NonProfits.

## ALZHEIMER'S MAY HAVE MATERNAL LINK

### research update

People whose mothers have Alzheimer's disease may be at higher risk for getting the disease than those whose fathers have it, report NYU School of Medicine researchers.

The NYU study is the first to compare brain metabolism among cognitively normal people who have a parent or no relatives with Alzheimer's disease and to show that only those with an affected mother have reduced brain metabolism in the same brain regions as people with Alzheimer's.

The scientists studied 49 cognitively normal individuals, 50 to 80 years old, who had neuropsychological and clinical tests, and PET (positron emission tomography) brain scans adapted to label glucose – the brain's fuel – with a special chemical tracer. People with a maternal history of the disease had a 25-percent reduction in glucose metab-

olism in several areas of the brain, including two brain regions involved with memory storage and retrieval. Brain energy metabolism was not reduced in those without a family history and in those whose father had the disease.

The researchers evaluated people with a family history of Alzheimer's because this is one of the disease's main risk factors. People with an affected parent have 4 to 10 times higher risk than those with no family history. It isn't known why people with a family history are more susceptible to the disease.

Likewise, it isn't known why individuals with a maternal history of the disease are at higher risk for Alzheimer's. Study results must be replicated with larger groups before it could be used to identify people who may be more vulnerable to Alzheimer's.

### DRUG STUDY CLAIMS FAST IMPROVEMENT

A case study of treatment of one person with Alzheimer's disease with the drug etanercept (Enbrel), currently approved for the treatment of rheumatoid arthritis, was published in the Journal of Neuroinflammation.

The researchers say they saw improvement in the person within minutes of taking the medication. In a statement, the Alzheimer's Association urges caution in interpreting the results:

“This possible treatment strategy is very preliminary. This newly published case study is of one subject.

“In addition, one of the lead investigators has stock in the company that produces the drug and has a number of patent positions in the area. All of this strengthens the need for independent confirmation to establish this finding.”

### BLOOD PRESSURE DRUG MAY BE HELPFUL WITH ALZHEIMER'S

Valsartan (Diovan), a commonly prescribed drug used to treat hypertension, was shown to prevent Alzheimer's disease in mice, reports a new study. The mice were genetically altered to develop Alzheimer symptoms, including build-up of beta-amyloid plaque, a prime suspect in Alzheimer's.

During a two-year study led by Dr. Giulio Maria Pasinetti, M.D., Ph.D., of New York's Mount Sinai School of Medicine, investigators screened more than 1,500 drugs already commercially available for treatment of other disorders, to determine their potential value in treating Alzheimer's disease and cognitive impairment. The researchers identified 7 of 55 candidate drugs commonly prescribed for the treatment of hypertension.

Beta-amyloid production in the brains of the laboratory mice was prevented, even when valsartan was given in doses three to four times lower than the minimal equivalent dose prescribed in humans. Other anti-hypertension drugs with beneficial results included Propranolol HCl, Carvedilol, Losartan, Nicardipine HCl, Amiloride HCl and Hydralazine HCl.

The use of these drugs for their potential anti-Alzheimer effects is still highly experimental.

**markyourcalendar**  
educationtraining/events

- Mar. 17**  
**Are Pills the Answer?**  
Sommerford Assisted Living  
10110 Sharpsburg Pike, Hagerstown  
Times: 4:30 - 6:00 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- Mar. 19**  
**Are Pills the Answer?**  
Sommerford Assisted Living  
2100A Whitter Drive, Frederick  
Times: 4:30 - 6:00 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- Mar. 19**  
**Assisted Living Dementia Training**  
Alzheimer's Association Eastern Shore  
Office: 209-C Milford Street, Salisbury  
Times: 9:30 am - 3:30 pm  
Cost: \$45/person (Light refreshments included, lunch on your own)  
Contact: Amy Schine, 410-749-4940
- Mar. 20**  
**Elder Care Planning Seminar & Luncheon**  
The Cator House  
411 Muse St., Cambridge  
Times: 12:00 - 2:00 pm  
Contact: Dee Myers, 410-543-1163
- Mar. 26**  
**Family Orientation Program**  
Morningside House Assisted Living  
8800 Old Harford Rd. Parkville  
Times: 7:00 - 8:00 pm  
Cost: Free  
Contact: 410-882-0700 to register
- Mar. 28**  
**18th Annual Conference for Alzheimer's & Dementia Caregivers**  
Salisbury University  
Times: 9:00 am - 3:30 pm  
Cost: \$50 Health Care Professionals, \$20 Family Caregivers  
Includes coffee, light refreshments, lunch, and CEU certificate if applicable
- Mar. 29**  
**11th Annual Conference for Caregivers: Caring for Those Who Care**  
McFaul Activity Center  
525 West MacPhail Rd. Bel Air  
Times: 8:30 am - 3:30 pm  
Cost: Free, but registration is requested  
Contact: For more info call 410-638-3025
- Apr. 1**  
**Memory Loss: It Is Time to Worry?**  
Frederick Co. Homemakers  
330 Montevue Ln., Frederick  
Time: 12:30 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- Apr. 8**  
**Maintain Your Brain**  
Learning Center, Carroll Hospital Center  
200 Memorial Ave. Westminster  
Times: 7:00 - 8:00 pm  
Cost: Free  
Contact: For more info, call 410-561-9099
- Apr. 15**  
**Five Hour Dementia Care Training**  
Hagerstown Community College  
Valley Mall, Halfway Blvd, Hagerstown  
Times: 9:30 am - 3:30 pm  
Cost: \$50  
Contact: For more info, call 301-696-0315
- Apr. 16**  
**Train the Trainer for 5-Hour Dementia Course**  
Alzheimer's Association, Timonium office  
Times: 9:00 am - 2:30 pm  
Pre-screening required  
Contact: Call 410-561-9099
- Apr. 17**  
**Ambassador Program Training**  
Alzheimer's Association  
1850 York Rd. Ste. D Timonium  
Times: 10:00 am - 2:00 pm  
Cost: Free, lunch is provided  
Contact: To register call 410-561-9099
- Apr. 21**  
**Structuring the Day with Activities**  
Sommerford Assisted Living  
10110 Sharpsburg Pike, Hagerstown  
Times: 4:30 - 6:00 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- Apr. 23**  
**Structuring the Day with Activities**  
Sommerford Assisted Living  
2100A Whitter Drive, Frederick  
Times: 4:30 - 6:00 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- Apr. 24**  
**Dementia Care Consortium Meeting: Bridging the Gap Between the Family and Care Provider**  
Speaker: Mary Faith Ferretto, LCSW-C  
Sommerford Place, Columbia  
Times: 8:30 - 10:00 am  
Cost: DCC members free, non-members \$15  
Contact: Call 410-561-9099 to register
- Apr. 26**  
**16th Annual Conference for Caregivers**  
Annapolis Senior Activity Center  
119 South Villa Avenue Annapolis  
Times: 9:00 am - 2:30 pm  
Cost: \$10, Social Work/Nursing CEUs additional \$10  
For more info, call 410-561-9099
- April 30**  
**PET Imaging in the Evaluation of Mild Cognitive Impairment, Alzheimer's Disease, and Related Disorders**  
Lecture by Dr. Daniel H. Silverman, UCLA Medical Center  
Sponsored by American Radiology Services Dinner and Lecture Program  
Sheraton North  
903 Dulaney Valley Road, Towson  
Times: 6:30 - 9:30 pm Dinner and Lecture  
Cost: Free, but registration is required by calling 410-484-1900 X 303
- May 2**  
**Five Hour Dementia Care Training**  
Location: Frederick Community College  
7932 Opossumtown Pike, Frederick  
Times: 9:30 am - 3:30 pm  
Cost: \$50  
Contact: For more info, call 301-696-0315
- May 17**  
**Dementia at Midlife: A Conference on Young-Onset Alzheimer's and Related Dementias**  
Location: Holiday Inn Select, Timonium  
Times: 8:30 - 2:30  
Cost: \$15 families, \$35 professionals  
Contact: For more info, call 410-561-9099
- May 19**  
**Placement: Is it time and what to look for**  
Sommerford Assisted Living  
10110 Sharpsburg Pike, Hagerstown  
Times: 4:30 - 6:00 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- May 21**  
**Placement: Is it time and what to look for**  
Sommerford Assisted Living  
2100A Whitter Drive, Frederick  
Times: 4:30 - 6:00 pm  
Cost: Free  
Contact: For more info, call 301-696-0315
- May 30**  
**5th Annual Talbot County Caregiver Conference for Alzheimer's and Dementia Caregivers**  
Krystal Q, Easton  
Contact: Call 443-768-3925 for details
- June 13**  
**Providing a Positive Environment for a Person with Dementia**  
Kepler Theater, Hagerstown Community College  
11400 Robinwood Dr. Hagerstown  
Times: 8:00 am - 4:30 pm  
Cost: Family caregivers \$25, Health care professionals \$59  
Contact: For more info, call 301-696-0315
- All education events are also listed on [www.alz.org/maryland](http://www.alz.org/maryland), click on Education Programs.**

## SURVEY SHOWS ALZHEIMER'S A KEY ISSUE IN 2008 PRESIDENTIAL ELECTION

### advocacy

A poll released in December by the Alzheimer's Association indicates how the Presidential candidates plan to address the escalating Alzheimer epidemic could determine who Americans vote for in November.

Finding a way to halt or delay the progression of Alzheimer's disease is paramount on the minds of Americans. In a new national survey conducted by Hart Research, more than two out of three Americans polled (68 percent) think it is important to increase the amount of Alzheimer disease research funding and two out of three voters (67 percent) would be more likely to select a Presidential candidate who supports increased government funding for Alzheimer research.



"Every Presidential candidate needs to understand that Alzheimer's is an important issue for American voters," said Harry Johns, President and CEO of the Alzheimer's Association. "This disease steals millions of lives and threatens to overwhelm our healthcare and long term care systems. The American people understand that more must be done to stop this escalating epidemic and they want a President who will act to address the concerns of the millions affected by Alzheimer's today and those who will face it tomorrow."

### Alzheimer's Disease Feared More Than Natural Disasters

The survey revealed that Americans are more afraid of developing Alzheimer's disease (69 percent) than becoming a victim of a natural disaster, such as a wild-fire or hurricane (42 percent).

Somewhat surprisingly, age does not play a factor here as 18-34 year olds (65 percent) are just as likely as seniors (64 percent) to be concerned about themselves or a family member developing Alzheimer's.

### Alzheimer's is a Bipartisan Issue

Today there are as many 5 million Americans living with

Alzheimer's disease and that number is expected to grow to as many as 16 million by 2050. Among voters polled the concern about developing Alzheimer's cuts across party lines with Republicans (64 percent), Democrats (68 percent), and Independents (66 percent).

### Women are more likely to vote for candidate who addresses Alzheimer issues

Women are more likely to vote for a candidate who supports increasing government funding for Alzheimer's research (72 percent vs. 63 percent of men); women are more likely to choose a candidate who supports Medicare and Medicaid reforms to help those living with Alzheimer's receive better care (77 percent vs. 66 percent of men); and they are more likely to vote for candidates who support increased financial assistance for persons with Alzheimer's to

receive long term care (69 percent vs. 59 percent of men).

## JOIN US AT THE 20TH ANNUAL PUBLIC POLICY FORUM

There are 5.1 million reasons to come to Washington and tell your story.

5.1 is the number of people with Alzheimer's disease in the United States today, at a cost of \$148 billion each year. 2008 is an important election year. We have to let all the candidates know we must invest now to make a difference.

Join us at the Forum on May 12-14, 2008 in Washington, D.C. and receive the latest information on issues critical to advancing our advocacy efforts. Keynote speaker Mike McCurry, former White House press secretary and a key figure in multiple national elections, will share strategies on how to make our goals a high priority for legislators in an election year.

For more information, call 202-393-7737 or visit [www.alz.org/ppf](http://www.alz.org/ppf).

**Alzheimer's Association  
Affiliated Support  
Groups**

Call to confirm dates and times  
(Revised 1/16/08)

**Allegany County**

Country House  
15 Cumberland St.  
Cumberland, MD. 21502  
Care giving avail. Call in adv.  
Sheila Lindner or Ebbie Hall  
(301) 777-8717  
Last Wed. 2:00 PM  
No meetings: Dec. or Jan.

Allegany Co. Health Depart.  
12501 Willow Brook Rd., S.E.  
Cumberland, MD 21501  
Stacie Miller (301) 759-5210  
2nd Tues. 5:00-7:00 PM, Jan-  
June & Sept.-Nov.  
No meetings in Dec., July or  
Aug.

Allegany Co. Nursing & Rehab  
730 Furnace St.  
Cumberland, MD 21502  
Deb Savage (301) 777-5941  
Monthly on Sat. at 10:00 as  
Follows: 1/26, 2/23, 3/22, 4/19,  
5/17, 6/28, 7/26, 8/23, 9/20,  
10/18, 11/15, Dec?, 1/24/09

**Anne Arundel County**

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

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

Genesis -Severna Park  
24 Truckhouse Road  
Severna Park, MD. 21146  
Jodi McCann (410) 544-  
4220 or Lynn Hubner Brown  
(410) 431-8947  
2nd Mon. 7:00 PM

St. Paul's Lutheran Church  
Church Library  
308 Oak Manor Drive  
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**

Early Onset Memory Loss  
Support Group forming for peo-  
ple with memory loss and their  
family members. Screening  
required. Call for dates, times  
and location: (410) 561-9099

Bilingual Latino Caregiver  
Support Group:  
Assisi House  
St. Patrick's Church  
318-329 S. Regester St.  
Baltimore, MD 21231  
Fanny Ulloa-(410) 764-9499  
Call or check website for  
meeting dates for 2008.  
Respite available. Call 1st.

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. 10AM-12:00 PM

Emerald Estates  
3855 Greenspring Ave.  
Baltimore, MD 21211  
Elaine Rice (410) 225-9337  
2nd & 4th Sat. 11:00-12:30 PM

Enon Baptist Church  
601 N. Schroeder Street  
Baltimore, MD. 21223  
Gloria Muldrow (410)922-2825  
Betty Shelton (410)789-9396  
4th Tues. 1:00-2:30 PM

Forest Park Senior Center  
4801 Liberty Heights Avenue  
Baltimore, MD. 21207  
Shirley West (410) 383-2133  
Otelia Spivey (410) 466-3649  
3rd Mon. 12:30-1:30 PM

Hopkins Elder Plus  
4940 Eastern Avenue  
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 Circle  
1st Floor Conference Room  
Baltimore, MD. 21224  
Dr. Mike Ankrom (410) 729-  
0424 or Susan Guido or Deny  
Stiassny (410) 550-7044  
2nd Wed. - 6:00 PM

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

Levindale Geriatric Center  
2434 West Belvedere Ave.  
Baltimore, MD. 21215  
Janet Yellowitz (410) 706-7254  
Doris Randall (410) 484-7724  
4th Sun. 10:30AM-12:00 PM

**Baltimore County**

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

Early Onset/Early Stage  
Memory Loss Group  
forming in Timonium  
for Family Members and  
Persons with Memory  
Loss:  
Alzheimer's Association  
1850 York Rd., Ste. D  
Timonium, MD. 21093  
(410) 561-9099  
Call for dates and times.  
Telephone screening is required.

Gay, Lesbian, Bisexual  
Caregiver Support Group  
forming  
Call (410) 561-9099 for dates,  
times, location.

Adult Children's Group  
Active Day Adult Day Med. Ctr.  
3321 E. Joppa Road  
Baltimore, MD. 21234  
Laura Myers (410) 483-9685  
1st Thurs. 7:00-8:00 PM  
Care giving avail. - Call 1st

Arden Courts-Pikesville  
8908 Reisterstown Rd.  
Baltimore, MD 21208  
Call for dates and times:  
Diane Gibson or Michele Dorn  
@ (410) 415-5600

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  
Care giving avail.-Call  
1st to (410) 581-3030

Brightview of Catonsville  
912 S. Rolling Road  
Catonsville, MD. 21228  
Mary Smith (410) 788-5001  
Judy McFarland 410 258-6357  
1st Tues. 11:00-12:30 PM

Catonsville Commons  
16 Fusting Avenue  
Catonsville, MD. 21228  
Barbara Dunston  
(410) 837-5533 x1211  
Terry DaLuz (410) 747-1800  
2nd Sat. 10:00-11:30 AM

Frontotemporal Dementia  
Group-Caregiver's & 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 X8791  
3rd Fri. 10:00-11:00 AM

Coldwell Banker-Padonia Plaza  
22 W. Padonia Rd.  
Timonium, MD 21093  
Chris Sparks (410) 252-2111  
Group starting in March 2008  
3rd Thursday 7:00-8:30 PM  
Call 1st.

Milford Manor Nursing Home  
4204 Old Milford Mill Road  
Baltimore, MD. 21208  
Lisa Kovens-Harris  
(410) 486-1500  
3rd Sun. 2:00-3:30 PM  
No August meetings.

Mays Chapel Ridge A.L.  
12261 Roundwood Road  
Timonium, MD 21093  
Dorothea Turner  
(410) 628-2100  
Last Thursday 11:00-12:30 PM

Catonsville Senior Center Grp.  
Temporarily relocated to:  
Clark Appler Optical  
516 N. Rolling Rd., Suite 101  
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 X1676  
4th Wed. 1:00 PM

Senior Connections-AMDC  
11299 Owings Mills Blvd.  
Suite 204  
Owings Mills, MD. 21117  
Shirley Learman (410) 363-2660  
2nd and 4th Sat. 9:30-11:30 AM  
Care giving avail. Call 1st.

Stella Maris  
2300 Dulaney Valley Road  
Timonium, MD. 21093  
Phyllis Baird (410) 252-4500,  
X7323  
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 Co. Health Dept.  
Caroline Med. Adult Day Care  
403 S. 7th St.  
Denton, MD 21629  
Dianne Turpin (410) 778-6000  
3rd Thurs. 3:30-4:30 PM

#### Carroll County

Carroll Co. Bureau of Aging  
125 Stoner Avenue  
Westminster, MD. 21157  
Sharon Baker (410) 848-0769  
or Dianne Gibson-(410)  
876-4949  
2nd Wed. 6:30 PM  
No meetings in August

Copper Ridge  
710 Obrecht Avenue  
Sykesville, MD. 21784  
Cindy Martin (410) 795-8808  
x104 or Heather Zeiss (410)  
795-8808 x149  
2nd Thurs. 6:30 PM

Westminster Ridge  
507 High Acre Drive  
Westminster, MD. 21157  
Nancy Starnier (410) 871-2225  
Or Judy McFarland (410)  
258-6357  
1st Tues. 6:30-8:00 PM

#### Dorchester County

Chesapeake Woods Ctr.  
525 Glenburn Avenue  
Cambridge, MD. 21613  
Jessica Dukes  
(410) 221-1400 x117  
3rd Thurs. 4:00 PM

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

#### Frederick County

Early Stage Memory Loss  
Group is forming In Frederick:  
Call for dates, times &  
Location: (410) 561-9099  
Pre-screening is required.

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

Country Meadows  
5955 Quinn Orchard Road  
Frederick, MD. 21704  
Debbie Savageau (301) 228-  
2249 x109 or Juliane  
Schoenherr (301) 228-2249  
x128 (Refreshments incl.)  
2nd Thurs. 6:30 - 8:00 PM  
Care giving avail. Call 1st.

Heartfields Assisted Living  
1820 Latham Drive  
Frederick, MD. 21701  
Jackie Ross  
(301) 663-8800  
Last Tues. 6:00-7:00 PM  
No December meetings.  
Care giving avail. Call 1st.

St. Catherine's Nursing Ctr.  
331 S. Seton Avenue  
Emmitsburg, MD. 21727  
Sue Osterman (301) 447-7000  
3rd Sun. 4:00-6:00 PM  
Care giving avail. Call 1st.

#### Garrett County

Garrett Co. Health Dept.  
1025 Memorial Drive  
Oakland, MD. 21550  
Donna McClintock-Fost  
(301) 334-7741  
Last Mon. 7:00-9:00 PM;  
Sept-Nov; Jan-June  
Care giving avail. Call 1st.

#### Harford County

Adult Children's Group  
Family & Children's Services  
309 Thomas Run Road  
Bel Air, MD. 21015  
Karen Conkel (410) 838-3222  
X224 Last Wed. 3:00 PM  
Care giving avail. Call 1st.

Family & Children's Services  
309 Thomas Run Road  
Bel Air, MD. 21015  
Barbara Pumphrey  
(410) 838-3222  
2nd Tues. 3:00-4:30 PM  
Care giving avail. Call 1st.

Unitarian Universalist Church of  
Fallston  
1127 Old Fallston Road  
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 Road  
Columbia, MD. 21044  
Linda Boyle (410) 313-6028 or  
Jeanne Slater (410) 313-5192 or  
Ed Cabic (410) 992-7197  
2nd Thurs. 7:00 PM

Morningside House-Ellicott City  
5330 Dorsey Hall Dr.  
Ellicott City, MD 21042  
Chantelle Radcliffe-(410) 715-  
0930  
1st Monday 6:30-7:30 PM

Somerford Place-Columbia  
8220 Snowden River Parkway  
Columbia, MD. 21045  
Patricia Outland  
(410) 313-9744 x207  
2nd Wed.: 11:00 AM-12:30 PM

#### Kent County

Heron Point  
501 Campus Avenue  
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 x109  
4th Mon. 6:30 PM

William Hill Manor  
501 Dutchman's Lane  
Easton, MD. 21601  
Shari Payne Blades or Pat Stein  
(410) 822-8888  
2nd Tues. 1:00 PM

#### Washington County

Early Onset/Early Stage  
Memory Loss Discussion  
Group forming in Hagerstown:  
A time-limited group for persons  
with early onset/ early stage  
memory loss and family mem-  
bers. Call for location, dates and  
time:  
(410) 561-9099  
Pre-screening required.

Homewood at Williamsport  
16505 Virginia Avenue  
Williamsport, MD. 21795  
Pastor Reg Rice (301) 582-1750  
X529  
Last Tues. 10:00-11:30 AM  
Care giving avail. Call 1st.

Somerford Place-Hagerstown  
10114 Sharpsburg Pike  
Hagerstown, MD. 21740  
Sheri Evans (301) 791-9221  
1st Tues. 5:30 -6:30 PM  
Care giving avail. Call 1st.

Spouses Group-Forming  
Somerford Place-Hagerstown  
10114 Sharpsburg Pike  
Hagerstown, MD. 21740  
Sheri Evans (301) 791-9221  
Call for dates and time.

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 Avenue  
Salisbury, MD. 21804  
Brenda Price, Brenda  
Montgomery, Wanda Stanford  
@ (410) 749-1466 or Jennifer  
Marvin @ (410) 749-1466  
3rd Wed. 3:00 PM  
No meeting in Dec.

#### Worcester County

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

Ocean Pines Library  
Rt. 589 & Cathell Road  
Ocean Pines, MD. 21811  
Kathy Schneider  
(410) 543-1163  
1st Wed. 5:00-6:00 PM  
No drop-ins please.  
Limited seating. Call ahead.

## HELP THOSE WITH ALZHEIMER'S WHEN DISASTER STRIKES

### caregivers' corner

For those living with Alzheimer's, an evacuation due to an incident like a natural disaster can be especially difficult. The Alzheimer's Association has tips on how to handle issues arising from these types of emergencies.

Whether your loved one lives with you or in a residential facility nearby or far away, be sure evacuation plans address his or her specific needs.

To protect people with Alzheimer's who wander or have a medical emergency, enroll in MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service. If you know a pending disaster is about to occur:

- Get yourself and your loved one to a safe place.



- Do not delay. Try to leave as early as possible.

- Alert others (family, friends, medical personnel) that you are changing locations and provide your contact information. Check in regularly as you move.

- Be sure others have copies of the person with dementia's medical history, medications, physician information and family contacts.

- Purchase extra medications and portable oxygen tanks, if required.

- People with dementia are vulnerable to chaos and emotional trauma. Be alert to potential reactions to changes in routine, traveling or new environments.

For information on Medic Alert + Safe Return and other tips about disaster preparedness, contact the Alzheimer's Association at 1.800.272.3900 or visit [www.alz.org](http://www.alz.org).

### FREE GUIDE BOOK AVAILABLE FOR CAREGIVERS

Frank Broyles, Athletic Director for the University of Arkansas Razorbacks, recently published the *Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide* after his wife was diagnosed with Alzheimer's disease.

This resource is helpful to anyone who cares for persons with dementia and is presented in a unique way that is sensitive to the growing number of male family caregivers.

Interested persons may order up to three free copies by visiting [www.alz.org](http://www.alz.org). You can also download a PDF file of the book and the Pocket Reference of Tips and Strategies that is included with this resource by visiting [www.alzheimersplaybook.com](http://www.alzheimersplaybook.com).

Other ways to obtain this useful resource is by calling (479) 313-5079 or writing to: Barbara Broyles Legacy, 1826 N. Crossover Road, Suite 1, PMB #104, Fayetteville, AR 72701.

### "ECHOES FROM THE PAST" SCREENING TO BE HELD

Members of several Alzheimer's Association affiliated caregiver support groups participated in the filming of a 27-minute documentary, entitled "Echoes From The Past."

Produced by Cornel Campbell Productions of Durham, N.C. and the T. Furlow Group, this documentary is a collaborative effort designed to educate and increase awareness in the African American community on the disparities in health care associated with Alzheimer's disease and related dementia disorders. This film can be utilized as an educational asset for clinicians, caregivers and community outreach agencies.

Through the voices of the caregivers, information is provided about core services offered by the Alzheimer's Association and how essential these services are for the caregivers and their families. Caregivers share some of their deepest fears and greatest challenges in order to help other families who are coping with this devastating illness.

The free screening will be held at Forest Park Senior Center, 4801 Liberty Heights Avenue, Baltimore, MD 21207 (410-466-2124) on April 21, 2008. The program begins at 10:00 am and will conclude at 2:00 pm. Please call 410-561-9099 for more details.

## MAKING SENSE OF MEMORY LOSS: PART 3 OF 3

### caregiver series

#### Effective Ways of Coping and Caring

Even people experiencing mild memory loss occasionally have the experience of getting “lost” in an activity - losing their place and becoming confused about what to do next. This can be frightening and confusing to friends and family members as well as to the person with memory loss.

We can help by anticipating places where the person may become confused, and by offering cues to help the person accomplish the task independently.

People without memory loss are able to look at a task like brushing your teeth or getting dressed in the morning as a simple activity. We go through the motions without needing to give the activity much thought. A person with memory loss, however, may lose their way because in reality these activities are very complicated and have many steps to them.

Sometimes we may find that a person with memory loss has difficulty doing activities that he or she used to enjoy. This does not necessarily mean that they need to stop engaging in that activity altogether. Adapting the activity may be a better alternative. Ways to make adaptations include:

- Simplify activities
- Do a little at a time
- Offer supervision
- Look for new alternatives

It is the things we do that give our lives meaning - our work, our hobbies, and our daily routines. Our challenge as family members, partners, and friends of people experiencing early memory loss is to help these individuals to do the things they have always liked to do while considering adaptations when necessary.

As this caregivers series comes to a close, it is important to remember to keep the following bits of advice close by as you continue on your journey with your loved one.

- Educate yourself
- Find an understanding physician
- Obtain advice on legal and financial planning
- Build a support system
- Find a confidante
- Take time for yourself
- Use community resources
- Maintain a sense of humor
- Set realistic goals
- Contact the Alzheimer’s Association for support by calling 800-272-3900 or emailing [info.maryland@alz.org](mailto:info.maryland@alz.org).

## MAINTAIN YOUR BRAIN:

### LIVE A BRAIN-HEALTHY LIFESTYLE

When people think about staying fit, they generally focus below the neck. But brain health also plays a critical role in thinking, working, playing – and even sleeping.

We now know there’s a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer’s disease or another dementia.

#### Adopt a brain-healthy diet

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low-fat, low-cholesterol diet is advisable. There is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

#### Stay physically active

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells.

#### Keep mentally active

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

#### Remain socially active

Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

Simple lifestyle modifications would have an enormous impact on our nation’s public health and the cost of healthcare. If you make brain-healthy lifestyle changes and take action by getting involved, we could realize a future without Alzheimer’s disease.

For more information, contact the Alzheimer’s Association at 1.800.272.3900 or visit [www.alz.org](http://www.alz.org).

## STUDENT ORGANIZES SCARILY SUCCESSFUL FUNDRAISER



Seventeen year old Aaron Schnitzer, a student at Pikesville High School, donated countless hours of organizing and creating what was a memorable and charitable evening last October.

Schnitzer, along with the help of friends and family, hosted an elaborate haunted house that raised over \$500. Schnitzer is shown (right) donating the money he raised to Executive Director Cass Naugle on December 19.



The Alzheimer's Association extends its thanks to Aaron and everyone who helped him accomplish this selfless feat.

**Third party fundraisers** are a fun way to raise money for the Alzheimer's Association. Examples of third party fundraisers include:

- A birthday, wedding or anniversary celebration
- Holiday, Super Bowl or Derby parties where guests bring donations

- A luncheon or casual dress day hosted by a company or one of its departments
- A golf tournament, music concert, 5K race or wine tasting

For more information on third party fundraising, call 800-272-3900 or email [info.maryland@alz.org](mailto:info.maryland@alz.org).

## ALZHEIMER'S ASSOCIATION RECEIVES FUNDING FROM THE HARRY & JEANETTE WEINBERG FOUNDATION TO INCREASE AWARENESS

While most people are aware of Alzheimer's disease, according to a recent survey, only 15% of the general public could name the Alzheimer's Association as an organization that helps people dealing with this disease.

To address this information gap, the Alzheimer's Association has received a generous grant from The Harry and Jeanette Weinberg Foundation, Inc. to fund an Alzheimer's Disease Outreach and Education Project. This project will increase awareness of the Alzheimer's Association and connect families to supportive services and improved medical care through development of:

1) Community outreach- The Association will leverage the outlets of public awareness partners to promote

awareness of the Alzheimer's Association and its services. We hope to identify at least 20 businesses and organizations who will promote the Alzheimer's Association through distribution of brochures and employee involvement.

2) Public educational programs - The grant will fund public education programs targeted to baby boomers and minorities in collaboration with community organizations and public agencies.

3) Training of physicians providing care to underserved populations - In cooperation with Johns Hopkins, the goal for this initial effort is to train 15-20 physicians who care for minority patients with Alzheimer's disease.

## JOIN US AT THE BALTIMORE RUNNING FESTIVAL

### development

The Alzheimer's Association, Greater Maryland Chapter is thrilled to announce our new partnership with the Baltimore Running Festival, held on Saturday, October 11, 2008 in downtown Baltimore.



Join Team Unforgettable and train with us for the Baltimore Marathon or Half Marathon, or four person Team Relay.

When you join Team Unforgettable, we will provide you with:

- Your entry into the Baltimore Marathon, Half Marathon or Team Relay
- Expert coaching
- Fundraising techniques and support from professional fundraising staff
- Team Unforgettable race day singlet
- A pre-race Pasta Dinner
- Support on Race Day
- Plus, you'll meet a group of runners who will motivate and inspire you

In exchange, Team Unforgettable runners will:

- Raise funds vital to the mission of the Alzheimer's Association.

Training will begin this spring. To learn more, call 800-272-3900 or email [info.maryland@alz.org](mailto:info.maryland@alz.org).

## 23<sup>RD</sup> ANNUAL CHARITY GOLF CLASSIC

The Alzheimer's Association will host the 23rd Annual Alzheimer's Charity Golf Classic, chaired by Chris Persico, on Monday, August 25, 2008 at Caves Valley Golf Club.

Registration will start at 10:30 am, followed by lunch at 11:00 am. After the 18-hole tournament, players are invited to stay for cocktails, dinner, an auction and an awards program.

For more information about a foursome for the golf tournament please call 410-561-9099 or email [info.maryland@alz.org](mailto:info.maryland@alz.org).

## MEMORY WALK 2008

### Save the Date:

**Harford County-**  
Saturday, Oct. 4th  
Bel Air Equestrian  
Center  
9:00 am Registration

**Frederick -** Sunday,  
Oct. 5th  
Maryland School for  
the Deaf  
1:00 pm Registration

**Salisbury -** Saturday, Oct. 11th  
City Center Building, Salisbury Downtown  
Plaza  
9:00 am Registration

**Towson -** Saturday, October 18th  
Towson University-Burdick Field  
8:00 am Registration

**Cumberland -** Sunday, Oct. 19th  
Allegany College  
1:00 pm Registration

**Howard County -** Saturday, Oct. 25th  
Howard Community College  
8:00 am Registration



## FREDERICK MEMORY BALL

Frederick will be holding its 9th annual Memory Ball on April 26, 2008, at the Lynfield Event Complex in Frederick from 7:00 - 11:00 pm. The theme, back by popular demand, is "Dancing Stars of Frederick County."

Six prominent couples will dust off their dancing shoes and try their skill to the progressive waltz and the salsa dances. Each couple is vying for the most "votes" to become the winners of the dance for the evening.

For more information call 301-696-0315 or email [info.maryland@alz.org](mailto:info.maryland@alz.org).

## POSTAL SERVICE TO ISSUE ALZHEIMER STAMP



The U.S. Postal Service has announced that it will issue a stamp this year to help raise awareness about Alzheimer's disease as part of its Social Awareness stamp series.

“With the Alzheimer's Awareness commemorative stamp, we'll ask Americans to use the power of mail to raise awareness about this tragic disease,” said Postmaster General John Potter.

“We hope to draw attention to the causes of the disease, the impact it has on individuals, caregivers and society, and how research may eventually lead to treatments that prevent or halt the progression of the disease.”

## ALZ.ORG NAMED “SITE OF THE MONTH”

In its December issue, the journal *Medicine on the Net* named alz.org “site of the month,” praising its content, interface and style.

The article called out the In My Community section, the Green-Field Library services, the Brain Tour, our publications, the 24/7 Helpline, and more.

**Visit [www.alz.org/maryland](http://www.alz.org/maryland) today!**



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