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ALZHEIMER'S PREVALENCE, IMPACT RISES IN 2008

Ten million baby boomers will develop Alzheimer's disease in their lifetime, according to the *Alzheimer's Association's 2008 Facts and Figures* report.

The annual statistical abstract, an update of the inaugural 2007 edition, also reports the startling facts that someone in America develops Alzheimer's every 71 seconds, and by mid-century someone will develop Alzheimer's every 33 seconds.

As many as 5.2 million Americans are now living with Alzheimer's, making the disease the nation's seventh-leading cause of death and the fifth-leading cause of death for those over age 65. By 2010, there will be almost a half million new cases of Alzheimer's disease a year, and by 2050, there will be almost a million new cases yearly.

Now is the time to address this looming epidemic that currently has no effective disease-modifying treatments that halt or delay the progression of the disease. To find out more about the disease or what you can do, and view the full *2008 Alzheimer's Disease Facts and Figures* report, visit www.alz.org.



Molly Shattuck raises over \$72,000 for Memory Ball 2008. See page 10.

MISSION ENHANCEMENT CENTER HOSTS OPEN HOUSE

More than fifty friends, colleagues and supporters of the Alzheimer's Association filled the Greater Maryland Chapter's new Mission Enhancement Center (MEC) the evening of April 29th.

The MEC open house honored the artists from local assisted living facilities who gladly donated their artwork to the new space, the donors whose generosity made the expansion possible, and the volunteers who have been utilizing the new space to help advance our mission.

"Faces of Alzheimer's," a short video showcasing the many celebrities, athletes and politicians who have had Alzheimer's, was shown, reminding us all that no one is immune to the disease.

Thank you to everyone who attended this event, and all those who have supported the chapter as we continue our work to end Alzheimer's disease.



Donors, from left: Doris Sweet, Harry and Beth Lebow, Dr. Jerome Schwartz, and Executive Director Cass Naugle. Donors not pictured: Mr. and Mrs. Robert Fleming, David and Barbara Hirschhorn Foundation, Inc., and two anonymous donors.

"Awarded Maryland Nonprofits' 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
1-800-272-3900
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

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

Member Agency
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United Way of Frederick County, Inc.
United Way of Washington County, Inc.
United Fund of Talbot County



A participant in the Combined Federal Campaign

ASSOCIATION-WIDE STRATEGIC PLAN APPROVED

The Alzheimer's Association has undertaken a comprehensive planning effort involving local chapter and national staff and volunteers to best position the organization to confront the challenges outlined in the Alzheimer's Association *2008 Alzheimer's Disease Facts and Figures* (see cover article).

The Alzheimer's Association will advance its mission by:

- Expanding its nationwide reach as the "go to" Alzheimer's organization
- Updating the public face of Alzheimer's disease by encouraging those with the disease to speak out.
- Advocating more powerfully to change the course of Alzheimer's disease.
- Working to speed the treatment and prevention of Alzheimer's disease.
- Increasing access to quality care, services, education and support

Now, more than ever, the Alzheimer's Association needs the support of friends and donors. We have a narrow window of time to truly make a difference before the baby boomers are impacted by this disease. Visit www.alz.org/maryland to find out more, because Alzheimer's doesn't just steal the past – it can steal the future.

YOUNG-ONSET DEMENTIA TAKES CENTER STAGE

Hundreds of individuals affected by young-onset dementia traveled to the nation's capital on May 12 for a young-onset town hall meeting. This meeting was an opportunity to share experiences about the diagnosis process and how their lives and relationships have been impacted by the disease.

One participant said her family went bankrupt while seeking a diagnosis since she had no health insurance. Another participant expressed hope of a cure so her children would be spared by a disease that has affected three generations of her family.

"Every minute that you grieve is another minute that you have given over to the disease."
Town hall meeting participant

The individuals with young-onset who shared their stories came from a variety of backgrounds, some of whom spoke out about how they were prematurely forced to leave their jobs. Alzheimer's Association staff from chapters all over the U.S. attended to see how they can design programs and services that will better meet the needs of this younger population.

This town hall meeting was held the same week as the first ever *Dementia at Midlife: A Conference on Young-Onset Alzheimer's and Related Dementias* in Timonium on May 17. This conference drew a crowd of more than 85 individuals affected by young-onset dementia. We thank everyone involved for its success and look forward to planning next year's event.

For information and support services concerning young-onset dementia, call 800-272-3900 or email info.maryland@alz.org. Also, visit www.alz.org.

FAMILY HISTORY BOOSTS ALZHEIMER ODDS

research

Children face an increased risk of Alzheimer's if both parents have the disease, a recent study reports. The study found that 42 percent of children whose parents both had Alzheimer's went on to develop the disease by age 70. The risk is also greater for developing the disease early if additional relatives had Alzheimer's disease.

Lead researcher Dr. Thomas D. Bird, a professor of neurology at the University of Washington School of Medicine in Seattle, said, "The exact magnitude of the risk, we don't know yet."

Researchers collected data on grown children in 111 families where both parents had Alzheimer's. Out of 297 children, 23 percent developed the disease. That compares to 6 to 13 percent of people in the general population who would be expected to develop the disease.

If other family members also develop Alzheimer's disease, the children in the study were more likely to develop the disease earlier. For example, if only the parents developed Alzheimer's, the typical age of onset among the children was 72. However, if one parent had family members with the disease, the age of onset in their offspring dropped to 60. If both parents had a family history of Alzheimer's, the age of onset was 57.

DEMENTIA DIAGNOSIS MAY BE RELIEF

Doctors often hesitate when telling someone they may have Alzheimer's disease or another dementia, fearing how the person will react. A new study suggests they shouldn't worry when delivering the news.

According to researchers at Washington University in St. Louis, not only did the diagnosis not increase anxiety or depression among patients and their caregivers, most were relieved to have symptoms explained.

"It's not good news. No one is pleased to find out they have dementia," said Brian Carpenter, co-investigator and associate professor of psychology at Washington University. "But some people find comfort in getting resolution

"Some people find comfort in getting resolution to their anxiety and concerns and knowing that people can help them."

*Brian Carpenter,
co-investigator and associate professor
of psychology at Washington University*

to their anxiety and concerns and knowing that people can help them."

The study gauged depression and anxiety before and after an evaluation and diagnosis. Ninety patients and their caregivers were interviewed at the center two days before the evaluation and by telephone two days later. On average, anxiety and depression levels were the same or had decreased for both the person with dementia and the caregiver.

Medical practice guidelines say doctors should tell their patients about a dementia diagnosis regardless of the stage of the disease. According to the researchers, however, a review of published studies dating from the 1970s until very recently showed half of doctors were not telling their patients what they suspected.

SMOKING, DRINKING, HIGH CHOLESTEROL MAY INCREASE ALZHEIMER RISK

Heavy drinking, heavy smoking and high cholesterol levels can have an impact on your health later in life, including the earlier onset of Alzheimer's disease.

A recent study of 938 people age 60 and older and diagnosed with possible or probable Alzheimer's saw the disease arrive earlier for heavy drinkers (more than two drinks a day) and heavy smokers (a pack of cigarettes or more a day). The 20 percent of the people defined as heavy smokers developed Alzheimer's 2.3 years sooner than those who were not heavy smokers. Heavy drinkers developed the disease 4.8 years earlier.

A study of 9,752 California men and women also detected a link to high cholesterol and later health effects. People with total cholesterol levels between 249 and 500 milligrams were 1.5 times more likely to develop Alzheimer's disease than those with levels less than 198 milligrams. People with total cholesterol levels of 221 to 248 milligrams were 1.25 times more likely to develop the disease. Learn more about risk factors for Alzheimer's disease at www.alz.org.

markyourcalendar
educationtraining/events

All events are free unless otherwise noted

July 8
Understanding Alzheimer's Disease
Alzheimer's Association
1850 York Road Suite D, Timonium
Times: 6:00 - 7:00 pm
Contact: To register, call 410-561-9099

July 15
Caring for Persons with Dementia: A Family Orientation Program
Pleasant Day Adult Day Care Center
2474 Cambridge Beltway, Cambridge
Times: 6:00 - 8:00 pm
Contact: Amy Schine, 410-749-4940

July 17
Alzheimer's Disease and Driving
Alzheimer's Association Frederick office,
108 Byte Drive, Suite 103, Frederick
Times: 5:30 - 6:30 pm
Contact: 301-696-0315

July 23
Communication and Dementia: Strategies for Caregivers
Alzheimer's Association
1850 York Road, Suite D, Timonium
Times: 6:00 - 7:00 pm
Contact: To register, call 410-561-9099

July 23
Dementia Training Refresher (2-Hour)
Alzheimer's Assoc. Eastern Shore Office
209-C Milford Street, Salisbury
Times: 10:00 am - 12:00 pm
Cost: \$25, includes light refreshments, program materials, certificates of attendance
Contact: Amy Schine, 410-749-4940

July 24
Caring for Persons with Dementia: A Family Orientation Program
Ocean City Chamber of Commerce
12320 Ocean Gateway, Ocean City
Times: 10:00 am - 12:00 pm
Contact: Amy Schine, 410-749-4940

July 29
Dementia Care Training (5-hr)
Hagerstown Community College, Valley Mall, Halfway Blvd, Hagerstown
Times: 9:30 am - 3:30 pm
Cost: \$50
Contact: 301-790-2800, ext. 565 to register

July 31
Basics of Alzheimer's Disease
Grantsville Senior Center
104 E. Center St., Grantsville
Times: 11:15 am - 1:30
Contact: 301-696-0315

July 31
Dementia Care Consortium Meeting Overview of Frontotemporal Dementia
Speaker: Susan Newhouse, LCSW-C
Sunrise Senior Living Pikesville
Times: 8:30 - 10:00 am
Cost: Members free, Non-members \$15
Contact: To register call 410-561-9099

August 1
Dementia Care Training (5-hr)
Frederick Community College
7932 Opossumtown Pike, Frederick
Times: 9:30 am - 3:30 pm
Cost: \$50
Contact: 301-846-2400

August 6
Alzheimer's and Driving
Garrett County Health Department, 1025 Memorial Drive, Oakland
Times: 2:00 - 3:00 pm
Contact: 301-696-0315

August 6
Alzheimer's and Driving
YMCA Cumberland, 601 Kelly Rd, Cumberland
Times: 5:30 - 6:30 pm
Contact: 301-696-0315

August 12
Memory Loss: Is It Time to Worry?
Alzheimer's Association
1850 York Road Suite D, Timonium
Times: 6:00 - 7:00 pm
Contact: To register, call 410-561-9099

August 13
Memory Loss: It Is Time to Worry?
Alzheimer's Association
Eastern Shore Office
209-C Milford Street, Salisbury
Times: 10:00 am - 12:00 pm
Contact: Amy Schine, 410-749-4940

August 22
Making Sense of Memory Loss
Queen Anne's County Dept. of Aging
Times: 10:00 - 11:00 am
Contact: Jennifer FitzPatrick, 443-768-3925

August 24-27
Alzheimer's Association Dementia Care Conference
Garden Grove, California
Contact: Visit www.alz.org/careconference, or email careconference@alz.org for additional details

August 28
Types of Dementia: It's Not Always Alzheimer's
Alzheimer's Association Frederick office,
108 Byte Drive, Suite 103, Frederick
Times: 5:30 - 6:30 pm
Contact: 301-696-0315

ALZHEIMER'S ASSOCIATION: NONPROFIT OF THE YEAR



The Alzheimer's Association was given the Nonprofit of the Year Award at the Baltimore County Volunteer of the Year Lunch on May 15, 2008. Pictured, from left: Baltimore Co. Dept. of Aging Director Arnold Eppel, Governor Martin O'Malley, Cass Naugle, Gloria Ebersole, Sally Drumm, Frank Reinhart, County Executive Jim Smith

Save the Date!
November 8, 2008
Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss
Coppin State University
For more information call 410-561-9099

Save the Date!
December 4, 2008
Annual Dementia Conference for Professionals
Sheppard Pratt Conference Center
Featured Speaker: William Thies, Ph.D., Vice-President, Medical and Scientific Relations, Alzheimer's Association
For exhibitor or registration information, call 410-561-909

SUCCESS IN ANNAPOLIS!

advocacy

The Maryland Chapters of the Alzheimer's Association achieved important progress during the 2008 legislative session of the Maryland General Assembly on the important issues facing Maryland families who are affected by Alzheimer's disease and related dementias, including access to care, quality of care, caregiver support, and consumer protection and public safety.

The Alzheimer's Association continued its strong advocacy to change the state's draconian policy that effectively denied access to the state's Medicaid long-term care program throughout the Special Session in November 2007 and the regular session of the Maryland General Assembly of 2008.



We are happy to report that after 13 long years of advocacy, Maryland will be changing its level of care standard as of July 1, 2008 with a much stronger emphasis on cognitive and behavioral needs.

With the changed standard, people with Alzheimer's disease will finally begin to have access to Medicaid long-term care. Here are just a few of the highlights of bills passed during the 2008 session:

The Flexible Leave Act (HB 40 / SB 344) requires employers with 15 or more employees who provide paid leave to allow an employee to use earned paid leave to care for a child, spouse, or parent. The Alzheimer's Association worked hard to ensure that the bill retained the right to care for sick spouses and parents.

Licensing of People who Operate Nursing Homes (HB 1187) is one of two bills passed this year as part of a package to look at concerns that have come about recently related to the purchase of large groups of nursing homes by large international conglomerate corporations that don't have history with or experience in the business of providing long-term care. HB 1187 requires additional financial disclosure information to be provided to the state regulator by new corporations seeking a license to run a nursing home in the state, as well as additional financial disclosures from the people who will run the

facility. The bill also requires nursing facilities to provide updated financial information to the state regulator when there are certain changes in financial conditions that could negatively affect the operations, staffing, and quality of care.

The companion bill that takes a long-term approach to looking into potential issues as a result of international conglomerates buying out large blocks of nursing homes is **HB 807 the Task Force to Study Financial Matters Relating to Long-Term Care Facilities**. The

Alzheimer's Association will participate in the Task Force.

Health Care Facilities and Medical Decisions for Domestic Partners (SB 566 / HB 733) - Under this bill,

domestic partners of different or same sex have the right to ride in an ambulance with their partner, visit their partner in a hospital and other health care facilities like a nursing or assisted living facility, share a room in a long-term care facility with their partner, and make medical decisions for their partner when the partner is incapacitated and there isn't another person named as the health care agent. In each of these areas of the law, a domestic partner will have the same rights as a spouse.

Notification of Property Tax Sale (HB 722) - This bill requires local governments to provide a list to their local area agency on aging, of any people who have owned their houses more than 25 years and are delinquent on their property taxes before beginning a tax sale process on the house. This bill was initiated as a result of a case in Bowie, Maryland where a person with dementia who owned their house could no longer handle their financial affairs. The house was lost at a tax sale auction because the property taxes went unpaid. Now, people who are aging and in need of help handling their financial affairs will receive necessary assistance from their local area agency on aging so that they don't unnecessarily lose their houses.

On behalf of the Maryland Chapters of the Alzheimer's Association, we thank everyone who worked to advance policies that will improve the lives of people with Alzheimer's, their families and caregivers during the past session. Together we are making great strides.

**Alzheimer's Association
Affiliated Support Groups**

Call to confirm dates and times
(Revised 5/29/08)
View more updated list at
www.alz.org/maryland

Allegany County

Country House
15 Cumberland St.
Cumberland, MD. 21502
Care giving avail. Call in adv.
Sheila Lindner or Ebbie Hall
(301) 777-8717
2nd & 4th 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: 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, 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, 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 in
Baltimore City for people
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
1:00-2:00 PM Call 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 Sat. 11:00-12:30 PM
(Exception: In May 2008,
group meets on 4th Sat.)

Enon Baptist Church
601 N. Schroeder Street
Baltimore, MD. 21223
Gloria Muldrow (410)496-1116
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 Stiasny
(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
Stiasny (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
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 w/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
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

Stella Maris
2300 Dulaney Valley Road
Timonium, MD 21093
Cathrine Ettenhofer (410) 252-
4500 x7321
2nd Wed. 6:00-7:30 PM
Starting May 2008

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 Andrews-
(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
x145 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
No meeting in May 2008.

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. 6:00-8:00 PM;
Jan-June & Sept-Nov
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 6:00-7:00 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

Queen Anne's County

Corsica Hills
205 Armstrong Ave.
Centreville, MD 21617
Louise Montgomery,
410 758-2323
3rd Thurs. 5:30 PM

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
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.

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 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.

AVOIDING DEHYDRATION IN DEMENTIA CARE

caregiver corner

The Alzheimer's Association asked Helpline volunteer Betsy Cumming, RN, about the effects of dehydration in people with dementia and what caregivers can do.

Q: What are the dangers of dehydration in people over 65?

A: Generally, the elderly are more susceptible to urinary tract infections, and being dehydrated can increase that risk. Blood pressure can also be affected by dehydration. A lot of elderly people are in a dehydrated state much of the time because the mechanism for thirst doesn't always work as well as it use to. So they may not realize they are thirsty and end up drinking less than they should.

Q: How does this affect people with dementia?

A: People with dementia may not be able to articulate that there is a problem in their body, including signs of discomfort or pain. So even if they are thirsty, they may not effectively communicate this and get what they need.

Q: How can a caregiver tell if someone is dehydrated?

A: A good indicator of dehydration is if their urine is dark yellow with a strong odor. If they are in a warm environment without air conditioning and they pace a lot, the caregiver may notice that they are sweating and should encourage drinking more fluids.

Q: What can caregivers do to prevent dehydration in their loved one with dementia?

A: Know what they prefer to drink and at what temperature. Give small, frequent amounts of fluids instead of fewer large servings. A four ounce drink is less overwhelming for someone with dementia than a 20 ounce drink. There is no need to strive for eight eight-ounce glasses of water a day. In fact, that may be too much for some people, especially those with heart and kidney problems. Alcohol is dehydrating so it is good to limit its consumption. In addition, alcohol can add to the confusion a person with dementia already experiences, so it is best to avoid.

FIND GOVERNMENT BENEFITS IN 5 MINUTES

Providing long-term care for a person with dementia can be very expensive. While individuals and families typically pay for services from their own budgets, some government programs may help to cover some of the costs.

To quickly determine whether someone is eligible for government benefits, you can access government benefit eligibility information from 16 federal agencies through a free, confidential and easy-to-use online screening tool. After answering some basic questions, the user receives a customized report listing the benefit programs for which the user, or person for whom he or she is entering information, may be eligible.

Visit www.govbenefits.gov/govbenefits_en.portal or call 1.800.333.4636, Monday through Friday, 8 a.m. to 8 p.m., Eastern time.

VOLUNTEERS RECEIVE AWARDS OF EXCELLENCE

volunteer corner

In Maryland, volunteers serve an average of 75 hours per year. The Alzheimer's Association is home to hundreds of volunteers who give their time and talent to help us meet our mission. Last year, 174 association volunteers documented 5,570 hours of service, valued at over \$104,500.

We are grateful to all of them for their efforts on our behalf. Thanks go out to the board members, Helpline volunteers, support group facilitators (who will be honored over the summer), health fair representatives, event volunteers, public policy advocates, ambassadors and the mission enhancement center volunteers.

During the Mission Enhancement Center open house, certificates of appreciation were given to Carol Sandler, Lori Pollack, Evelyn Mclay, Carletta Briscoe, Kay Seiler and Harriet Horwitz for their work at the mission enhancement center over the past year.

Frank Reinhart (pictured) and Emmanuel Eick earned a President's Service Award for serving over 400 hours in one year. To learn more about volunteering for the Alzheimer's Association, call 410-561-9099.



Frank Reinhart is awarded the President's Service Award by Volunteer Coordinator Sally Drumm at the Mission Enhancement Center open house on April 29, 2008.

PROGRAM FOR AFRICAN AMERICANS CONNECTS HEART AND BRAIN HEALTH

brain health

“What’s good for your heart is good for your brain” is the message of a new public awareness program for African-Americans from the American Heart Association and Alzheimer’s Association.



The program encourages individuals to take steps now to manage their heart and brain health. More information and a pedometer are found in a free Healthy Heart and Brain Kit for African-Americans, available while supplies last at www.alz.org/heartbrain.

Studies show African-Americans, compared to Caucasian Americans, are at greater risk of developing diabetes, high blood pressure and high cholesterol — all factors for stroke and Alzheimer’s disease.

Every healthy heartbeat pumps about one-fifth of your

blood to your brain, carrying the food and oxygen the brain needs to think, solve problems and remember. Conditions that damage the heart and its blood vessels may also damage the brain and its blood vessels.

A recent survey found that African-Americans expressed concern about their heart health (61 percent) and brain health (40 percent), yet only about 1 out of 20 (6 percent) were aware of the close connection between cardiovascular (heart) and dementia (brain) diseases. The survey was commissioned by the American Heart Association and the Alzheimer’s Association.

For more information on the public awareness program, visit www.alz.org/heartbrain, or call the American Stroke Association at 1.888.478.7653 or the Alzheimer’s Association at 1.800.272.3900.

RECOMMENDED BLOOD PRESSURE LEVELS FOR ADULTS AGE 18 AND OLDER

If your status is	Your systolic is		Your diastolic is	Health Impact
Normal or “ideal”	Less than 120	and*	Less than 80	Good for you!
Prehypertension	120-139	or**	80-89	Your blood pressure could be a problem. Make lifestyle changes and work with your doctor to monitor your progress.
Hypertension	140 or higher	or**	90 or higher	You have high blood pressure. Work with your doctor to decide on the best control strategy for you.

* To be considered normal, both your systolic and diastolic numbers must fall below these upper limits. ** The highest category for either your systolic or diastolic pressure determines your status. If your two numbers fall into different categories, your overall status is the higher category.

EXERCISE SLOWS DECLINE OF ALZHEIMER’S DISEASE

Mental decline in nursing home residents with Alzheimer’s disease who exercised moderately was significantly slower than in those receiving only routine medical care, reports the Journal of the American Geriatrics Society.

Researchers in Toulouse, France, examined the effects of exercising for one hour twice weekly on activities of daily living, physical performance, nutritional status, behavioral disturbance and depression. Over the year-long study, 134 nursing home residents with Alzheimer’s (average age: 83), either exercised – walking or doing

strength, balance and flexibility training – or received routine medical care.

Overall, 110 participants completed the study. The 56 people in the exercise group who completed the study followed the program about a third of the time. After 12 months, the average activities-of-daily-living score in those who exercised improved much more than in those who did not. Also, after six and 12 months, average walking speed improved much more in the exercise group than in the others.

However, exercise had no apparent effect on behavioral disturbance, depression or nutritional assessment scores.

development

MEMORY BALL 2008: DANCING TOWARD A CURE

Thank you! Memory Ball 2008 Sponsors:

- \$25,000**
- Correct Rx Pharmacy Services, Inc.
- \$15,000**
- Erickson Retirement Communities
- \$7,500**
- Keswick Memory Care Assisted Living
- \$6,500**
- AmeriSource Bergen Genesis HealthCare
- McCormick SunTrust
- The Pleasure of Your Company UPS
- Wegmans
- \$5,000**
- Carl Miller Foundation
- Constellation Energy
- HTG Insurance
- LifeBridge Health
- Pizza Hut of Maryland
- St. John Properties
- Webb/Mason
- WeCare Private Duty Services
- \$3,500**
- Betsy Robinson's Bridal Collection
- Bon Secours Baltimore Health System
- CareFirst BlueCross
- BlueShield
- College of Notre Dame of Maryland
- DLA Piper
- Epic Pharmacies
- FedEx
- GFoss Consulting
- Greater Baltimore Medical Center and Hospice of Baltimore
- IBM
- JAC Communications, Inc.
- Johns Hopkins Medicine
- Law Offices of Peter T. Nicholl
- Legg Mason
- Ober|Kaler
- PNC Bank
- Saul Ewing LLP
- Tidal Technologies Corp.
- University of Maryland-School of Pharmacy
- Venable LLP

What an amazing season of Galas for the Alzheimer's Association in Hagerstown, Frederick and Baltimore! This year's "Dancing Stars" theme generated incredible awareness and funds raised for our programs, services and research efforts. "Dancing Stars," selected for their passion for both the Alzheimer's Association and dancing, performed complex and entertaining dances while competing for audience "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 \$300,000 for the Alzheimer's Association.

Hagerstown

The 5th Annual Alzheimer's Memory Gala in Hagerstown was held on February 23rd at the Fountain Head Country Club in Hagerstown. Over 125 guests danced the night away before and after the competition of the "Dancing Stars of Washington County." The Hagerstown Lindy Hop group gave an excellent performance during intermission.

Our "Dancing Stars of Washington County" were Vicki & Wayne Creek, Jenny & Danny Fleming, Scott Hershberger & Anita Killcrece, Tammy & Mark Siegrist, Pam & Steve Springer, and Chris Vores & Karen Ziska.

Scott Hershberger and his partner Anita Kilcrece were the first runners up for the People's Choice Award for outstanding fundraising, raising a total of \$1,205. Karen

Ziska and her partner Chris Vores were the top fundraising couple with a total of \$2,380 raised. The first runners up for the Judges' Choice Award for technical dancing skills were Pam & Steve Springer. The first place Judges' Choice Award went to Chris Vores and Karen Ziska with the best waltz. The dancers collectively raised almost \$7,000 through contributions from family, friends and colleagues. The event raised a total of \$10,000.

Frederick

On Saturday April 26, 2008 the 9th Annual "Forget-Me-Not" Gala was held at Lynfield Event Complex in Frederick. Our dancing stars were Dr. John & Kelli Baker, Mary Louise Riser & Larry Celey, Dr. Ashok Gorwara, Jen Kilpatrick, Carol Mahoney, Eric & Sheila Nichols, and Alex Sincevich.

The first runners up for the Judges' Choice Award were Mary Louise Riser and her husband Larry Celey.



Eric & Sheila Nichols, "Dancing Stars" – Eric Nichols serves as Vice President of the Board of Directors, Alzheimer's Association

The winners of the Judges' Choice Award were Jen Kilpatrick and her partner Alex Sincevich. The first runners up for the People's Choice Award were Jen and Alex (again!) who raised \$6,438. The People's Choice Award went to Dr. Ashok Gorwara and Carol

MEMORY BALL, CONTINUED

Mahoney who raised \$6,540. All together the dancers raised a total of over \$24,000. The event raised over \$55,000.

Baltimore

On April 5, 2008 the Memory Ball 2008 "Dancing Stars" presented by Correct Rx Pharmacy Services, Inc. was held at the Baltimore Marriott Waterfront Hotel. This year's "Dancing Stars," included: Dr. Majid & Bitu Fotuhi, Dorothy Hamill & Tim Murphy, Heather Keller & Stephen Nadeau, Diane Lyn & Neil Mitten, Dr. Peter & Karen Rabins, Dr. Samuel & Carolyn Ross, Molly Shattuck & Genya Bartashevich, and Brandy Washington & Mario Nicholson.

The eight couples competed for one of two trophies: You're Our Star Trophy awarded to the couple who raised the most funds for the Alzheimer's Association, and the Judges' Choice Trophy, awarded to the couple whose dance scored the highest scores from our three judges.

The runners up for the You're Our Star Trophy were Dorothy Hamill & Tim Murphy and the runners up for the Judges' Choice Trophy were Dr. Majid & Bitu Fotuhi. The winners of both the You're Our Star Trophy and Judges' Choice Trophy were Molly Shattuck & Genya Bartashevich.

Molly Shattuck raised over \$72,000!

All eight dance couples combined to raise over \$128,000 for the Alzheimer's Association! The Memory Ball 2008 "Dancing Stars," presented by Correct Rx Pharmacy Services, Inc. raised over \$240,000 for the Alzheimer's Association!

2008 MEMORY WALK DATES AND LOCATIONS

Harford County: October 4th

Bel Air Equestrian Center (**New Site!**)

9:00 am registration, 10:00 am walk

Frederick: October 5th

Maryland School for the Deaf

1:00 pm registration, 2:00 pm walk

Salisbury: October 11th

City Center Building,

Salisbury Downtown Plaza

9:00 am registration, 10:00 am walk

Towson: October 18th

Towson University, Burdick Field

8:00 am registration, 9:00 am walk

Cumberland: October 19th

Allegany College of Maryland

1:00 pm registration, 2:00 pm walk

Howard County: October 25th

Howard Community College (**New Site!**)

8:00 am registration, 9:00 am walk

Teams and planning committees are forming now!

Please visit www.alz.org/maryland and
click on Memory Walk
or call 800-272-3900 or email
Amanda.Sciukas@alz.org.

23RD ANNUAL CHARITY GOLF CLASSIC

SAVE THE DATE! Monday, August 25, 2008 Caves Valley Golf Club

Registration begins 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,
call 410-561-9099
or email info.maryland@alz.org.

Memory Ball 2008 Sponsors (cont'd):

\$2,500

Country Meadows
Homewood at Crumland
Farms
Vindobona Nursing & Rehab
Center
Bechtel Group Foundation
Gaver Holdings
Shockley Honda
Randall Family
Susquehanna Bank

\$1,000

Edenton Retirement
Community
HeartFields Assisted Living
& Alzheimer's Care
Somerford Assisted Living &
Alzheimer's Care of
Frederick
DOT Foods
Dr. Ashok Gorwara

Daybreak Adult Day Services
Somerford Assisted Living &
Alzheimer's Care of
Hagerstown
Creek Jewelers
NMS Healthcare of
Hagerstown
John T. Williams Funeral
Home

\$500

First Data
Washington County Hospital
Broadmore Assisted Living
CitiGroup
Ravenwood & Robinwood
Lutheran Homes
Dr. & Mrs. Cirincione
Morgan Keller, Inc.
Glade Valley Nursing &
Rehab Center
Frances Randall
Frederick Memorial
Healthcare Systems
Peter A. Harrigan
Serene Collmus
Law Offices of Scott
Morrison
Trout's Seafood & Deli

\$250

LaFarge of North America
Warner Service
Law Office of David Wingate
Dr. Allan Nagel
Dr. John & Mrs. Madonna
Vitarello
Patricia Dermitt
Sunrise of Frederick
Frederick Mutual Insurance
Co.
Frederick County Bank



Jill Thompson, Program Assistant, was invited to speak for Career Day at Richard Henry Lee Elementary School in Glen Burnie, Maryland. About 20 students from the 4th grade class learned about Alzheimer's disease and how to MOVE toward a cure.

BODY WORLDS 2 AT THE MARYLAND SCIENCE CENTER

The Maryland Science Center, in partnership with the Alzheimer's Association, is offering a special **\$5 discount coupon** for their compelling exhibit "Body Worlds 2 & The Brain - Our Three Pound Gem."

Discount coupon is redeemable only through our website, **by visiting www.alz.org/maryland and click on Community Events.** This offer expires 7/31/08.



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