

NADM 2007: ASSOCIATION LAUNCHES NEW SERVICES

November was both National Alzheimer's Disease Month (NADM) and National Family Caregivers Month. This year, the Alzheimer's Association introduced resources to ease decision-making, build skills to care for loved ones and keep people living with Alzheimer's disease safe.

The Alzheimer's Association is enhancing its Safe Return program to create MedicAlert® + Safe Return®. When someone enrolled in Safe Return wanders, caregivers call a toll-free help line to activate a community support network to help reunite the lost person with the caregiver. While 99 percent of those registered with Safe Return are found, wanderers often require medical attention. The new alliance with MedicAlert enables first responders to access the wanderer's health records and quickly treat him or her.

The Alzheimer's Association also introduced CareSource, a new suite of useful tools for decision-making and care. CareSource builds on the Alzheimer's Association CareFinder™ (found at www.alz.org/care-finder) by adding the following new resources:

- Senior Housing FinderSM—When caregivers can no longer care for their loved one with dementia at home and must find housing, they can search the Alzheimer's Association Senior Housing FinderSM, the first national dementia-specific senior housing database, developed by the Alzheimer's Association and also by SNAPforSeniors®. This free, Web-based tool allows users to search and screen senior housing options nationwide by location, facility name, license type, availability, care services and lifestyle amenities. It even allows users to view the dementia care levels a facility provides.

- Lotsa Helping Hands—This free online service is an easy-to-use, private group calendar for organizing helpers to pitch in with meal deliveries, rides and other

tasks. Needs are posted on a personalized Web site, where the group calendar is automatically updated. Members sign up to help, which the calendar also tracks automatically. Notification and reminder e-mails are sent to the appropriate parties.

- Quick links to message boards where people can connect with others in a similar situation, and helpful training videos and DVDs.

MEMORY WALK 2007: ON THE MOVE TO END ALZHEIMER'S



Thank you to our sponsors, volunteers, team captains and walkers. Memory Walk raised \$500,000 and still counting! See page 11 for our generous corporate sponsors.

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"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

Local Web Site: www.alz.org/maryland

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A participant in the Combined Federal Campaign

FROM THE EXECUTIVE DIRECTOR

The support and involvement of good friends like you has enabled the Alzheimer's Association to expand awareness and services during the past year. Following are some accomplishments of FY 07 that you have helped make possible:

- Hired a Volunteer Coordinator and implemented a volunteer program.
- Developed and implemented Chapter's first ever support group for people with young-onset Alzheimer's disease.
- Developed a relationship with Kaiser Permanente where doctors, through a Rapid Referral Form, obtain permission from newly diagnosed patients for the Alzheimer's Association to provide follow up.
- Renewed our contract with the State Department of Human Resources to provide respite subsidies to families. This contract was extended to 2012.
- Implemented a Train-the-Trainer program through which we trained key assisted living staff to train their new employees on the Alzheimer's Association's 5-hour dementia training program.
- Developed a new, user-friendly web site - www.alz.org/maryland.
- Received a grant from the Office of Health Care Quality for the development of an 8-hour dementia training DVD targeted to care providers in nursing facilities.
- Advocacy: Successful in passing of legislation that will examine how to weigh cognitive impairment more equitably in State Medicaid long term care applications.
- Contributed \$120,000 in research funding to the National Alzheimer's Association research program.

We hope that you will use the enclosed envelope to demonstrate your continued support for our mission. We will put your gift to work to assure that families living with Alzheimer's disease have essential services, and to help make Alzheimer's a distant memory.

Cass Naugle, Executive Director

WELCOMING NEW FACES

Eastern Shore Regional Office, Salisbury: Elizabeth Marshall began her part-time duties in September as the Eastern Shore Services Coordinator. She is available for those people who wish to schedule care consultations either in person or by telephone. Elizabeth has many years of experience working as a hotline counselor and a residential case manager for chronically mentally ill adults.

Central Office, Timonium: Teri Bennett began her duties as Helpline Coordinator in October. Teri has an MS in Gerontology, speaks fluent Japanese and English and has many years of experience supervising volunteers and working in nonprofit organizations.

**research
update**

ALZHEMED PHASE THREE CLINICAL TRIAL RESULTS

After consultation with the U.S. Food and Drug Administration (FDA) on revising its statistical model, Neurochem completed its statistical analysis and has released the results of the company's first Phase III clinical trial of tramiprosate (Alzhemed), which was held in the United States and Canada.

While they found numerical differences between people taking the drug and those taking placebo that trended toward positive, the results did not reach statistical significance. A second Phase III trial in Europe is ongoing.

On behalf of people with Alzheimer's disease, their loved ones and caregivers, the Alzheimer's Association is disappointed that the results from this first Phase III trial of an anti-amyloid therapy in Alzheimer's were not more strongly positive.

However, much has been learned about how to do these types of very complex, long-term, large-scale Alzheimer's trials, which is very important because there are now so many promising Alzheimer's therapies in the pipeline.

STUDY FOCUSES ON POSSIBLE ALZHEIMER BLOOD TEST

A recent research study in *Nature Medicine* contains new data on a biomarker (a particular series of proteins in blood) that could be a "blood test" for Alzheimer's.

The data presented in the *Nature Medicine* paper represent an intriguing initial report on this possible diagnostic technology for Alzheimer's disease. However, it is hard to judge the promise of the technology at this early point in its development. A very important next step is for the results to be replicated by independent labs in other populations and ethnic groups worldwide.

Several tests of this type are being developed now. All seem promising in their initial reports, but we need further research to see which has the more robust data, and which gets replicated and extended to bigger and more diverse study populations.

It is very important to develop a simple test for Alzheimer's, such as a blood test, especially one that would help us track the course of the disease, and perhaps even show who is at higher risk or predict who will get the disease.

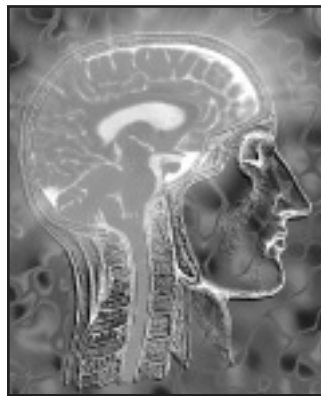
VACCINE MAY COMBAT ALZHEIMER PROTEIN

A study by New York University Medical Center researchers shows for the first time that the immune system can combat the pathological form of tau protein, a key protein implicated in Alzheimer's disease.

The researchers created a vaccine in mice that suppresses accumulations of tau. The protein builds up into harmful tangles in the memory center of the brains of people with Alzheimer's. The vaccine successfully slowed the deterioration of motor abilities produced by excessive amounts of tau in the central nervous system of mice that were genetically engineered to produce abnormal tau proteins early in life. These proteins became entangled in several regions of the central nervous system.

The resulting loss of motor coordination was significantly reduced in those immunized with a specific piece of

the detrimental tau protein. The vaccine caused the immune system to produce antibodies that could enter the brain and bind to irregular tau, preventing it from forming harmful tangles and associated motor impairments.



"This approach may have extensive therapeutic implications because you can specifically target the problematic protein," said Einar Sigurdsson, assistant professor of psychiatry and pathology at NYU School of Medicine. "Tau aggregates are inside the cell, making it especially difficult to develop a therapy to target and clear them from the cell."

Follow-up studies will use mice that slowly develop tangles and cognitive impairments without movement problems.

markyourcalendar
educationtraining/events

- Dec. 6 **Long Term Care for Today and Tomorrow: Creating a Place to Call Home**
Location: The Conference Center at Sheppard Pratt
6501 North Charles Street, Towson, MD 21286
Times: 8:00 am - 4:00 pm
Cost: \$35, includes continental breakfast and lunch
Contact: For more info, please call 410-887-2594

- Dec. 11 **Dementia Training for Assisted Living Providers**
Location: Alzheimer's Association
1850 York Road, Suite D, Timonium, MD 21093
Times: 9:30 - 3:30
Cost: \$45
Contact: To register, call 410-561-9099

- Dec. 13 **Dementia Training Refresher for Assisted Living Providers**
Location: Washington County Commission on Aging
Times: 10:00 am - 12:00 pm
Cost: \$20
Contact: To register, please call 301-696-0315

- Jan. 17 **Ambassador Program Training**
Snow Date: Jan. 24
Times: 10:00 am - 2:00 pm
Location: Alzheimer's Association
1850 York Road Suite D Timonium, MD 21093
Cost: Free, lunch is provided
Contact: To register, call 410-561-9099

- Feb. 20 **Memory Loss: Is It Time to Worry?**
Location: Havre De Grace Senior Center
351 Lewis Lane, Havre De Grace
Times: 10:00 - 11:00 am
Cost: Free
Contact: For more info, please call 410-561-9099

Save the Date!
Salisbury Caregiver Conference
Date: March 28, 2007, 9:00 am - 3:30 pm
Location: Salisbury University



Volunteer Kathy Siggins-Brooks (far right) poses with entertainer Queen Latifah at the SHERO Awards held at the Lyric Theater in Baltimore on October 15, 2007. Kathy was nominated by the Alzheimer's Association for the award in recognition of her outstanding advocacy and fundraising efforts.

“AWAY FROM HER” RELEASED ON DVD

Critically acclaimed film “Away From Her” is now available on DVD. Based on a story by noted novelist Alice Munro, the film follows a woman (Julie Christie) slipping into Alzheimer’s and the disease’s effect on the relationship with her husband of almost 50 years, played by Gordon Pinsent.



Co-star Olympia Dukakis and actress Sarah Polley, the film’s screenwriter and director, are among several actors who are Alzheimer Champions urging Americans to learn about the disease and get involved in fighting it as part of the Alzheimer’s Association consumer education campaign.

outreach **JOHNS HOPKINS HELPS FUND AFRICAN AMERICAN COMMUNITY FORUM ON MEMORY LOSS**

The Greater Maryland Chapter of the Alzheimer’s Association was provided \$5,000 from the Johns Hopkins Memory and Alzheimer’s Treatment Center (JHMATC) and the Johns Hopkins Bayview Medical Center to support the 3rd Annual Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss, held on November 3rd, 2007. Sponsorship of this event reflects the Johns Hopkins commitment to increase the African American community’s access to Alzheimer’s care, information and research opportunities.

This year’s forum highlighted the social, cultural and financial issues faced by African American caregivers. Recent studies report that African American caregivers are often younger than Caucasian caregivers (age 18-34), have children under 18 living in the home, and face many financial difficulties. A recent study completed by Dr. Peter Rabins at Johns Hopkins found that African Americans were less likely to be recognized as having dementia, both by their physicians and their family members, than Caucasians.

These findings demonstrate the importance of developing educational and support programs to address the unique issues faced by African American families. For more information on the JHMATC’s community outreach program contact Crystal Evans, (MS) at 410-614-8094.

advocacy CALL TO ACTION: MARYLAND MEDICAID LONG-TERM CARE

As Maryland moves forward with revising the state's revenue structure, it is vitally important that the governor and Maryland General Assembly use this opportunity to ensure access to Maryland's Medicaid long-term care system for people with Alzheimer's disease and other dementias who need 24-hour supervision for their own health and safety and that of others around them.

Currently, individuals with Alzheimer's disease who already meet the financial requirements to be Medicaid-eligible are not receiving necessary home and community-based supports and services such as adult medical day care, or care in an assisted living or nursing facility

because their needs are largely cognitive, requiring 24-hour supervision, rather than physical, requiring 24-hour skilled nursing care.

Maryland's current level of care standard for Medicaid medical eligibility is much more stringent than the standard used by the federal government and 44 other states. Lower-income Marylanders with Alzheimer's disease and other dementias need access to long-term care through the state's Medicaid program. Please contact Governor O'Malley and your state legislators and let them know that it is imperative that Maryland fix its Medicaid safety net now to ensure access to long-term care for some of our most vulnerable citizens.

SENATE COMMITTEE APPROVES ALZHEIMER'S BREAKTHROUGH ACT

The Senate Committee on Health, Education, Labor & Pensions has approved the Alzheimer's Breakthrough Act, sponsored by Sens. Barbara Mikulski (D-Md.) and Christopher Bond (R-Mo.). The Alzheimer's Association urges its full passage in the Senate.

Calling for a doubling of the funding for Alzheimer's research at the National Institutes of Health (NIH) from \$640 million to \$1.3 billion, this bold legislation authorizes the necessary resources to restore momentum for better diagnosis, prevention and treatment of Alzheimer's disease. New treatments that alter the course of the disease could save millions from the disease and yield \$61 billion in annual Medicare and Medicaid savings within five years of a breakthrough.

This legislation also will provide much-needed support right now for the nearly 10 million caregivers. Many of these caregivers are part of the "sandwich generation," those sandwiched between caring for their aging parents and their children, and who find the dual-caregiver role financially and emotionally draining. The Alzheimer's Breakthrough Act seeks to provide them with vital resources and tools to assist them in this demanding role.

CHOOSING THE RIGHT SUPPORT GROUP FOR YOUR NEEDS

Caregivers who call the 24/7 Helpline are often sent information about joining one or more of the Greater Maryland Chapter's support groups. Attending a support group is important, but it is equally important to select a support group that makes each participant feel comfortable.

Most support groups meet monthly. If someone needs more support than a once a month meeting can provide, he or she may attend more than one group. If a participant is dissatisfied with the meeting place, he or she should consider attending another group that meets in a location that is more appealing to him or her.

The support group facilitators care about whether each participant is having a positive experience. If, after attending three meetings, a participant is still having trouble relating to the other group members, he or she should talk to the support group facilitator about it or consider joining another group.

The Greater Maryland Chapter of the Alzheimer's Association currently has 57 active caregiver support groups and had an attendance of about 3,300 people over the past year. Turn to pages six and seven for a full support group listing, or visit www.alz.org/maryland.

**Alzheimer's Association
Affiliated Support
Groups**
Call to confirm dates and times
(Revised 10/26/07)

Allegheny 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.

Allegheny 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.
Care giving is unavailable.

Allegheny Co. Nursing & Rehab
730 Furnace St.
Cumberland, MD 21502
Deb Savage (301) 777-5941
Sat. 10:00 AM

Anne Arundel County

Early Memory Loss Support
Group forming in Anne Arundel
County:
Call Lisa Peterson (410) 561-
9099 for dates, times and loca-
tion.

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
Inbal Neun (410) 956-1996
or 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 Lisa Peterson-(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 9/6, 10/4, 11/1
Call or check website for
meeting dates beginning 12/07.
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)466-4387
Betty Shelton (410)789-9396
4th Tues. 1:00-2:30 PM

Forest Park Senior Center
4801 Liberty Heights Avenue
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 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 (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
Lisa Peterson (410) 561-9099
Call for dates and times.
Telephone screening is required.

Gay, Lesbian, Bisexual
Caregiver Support Group
forming
Call Lisa Peterson (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

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

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

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 Ste 204
Owings Mills, MD. 21117
Shirley Learman (410) 363-2660
Through Dec. 2007:
2nd Sat. 9:30-11:30
Schedule change in Jan. 2008:
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, Sister Marlene
Biasiello (410) 252-4500 x7492
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
2nd Wed. 6:30 PM
No meeting 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 Starner (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 or Carolyn
Larrimore (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
Program Coordinator-(301) 696-
0315
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
Juliane Schoenherr (301) 228-
2249 x128
2nd Thurs. 6:30 - 8:00 PM
Care giving avail. Call 1st.
Light refreshments

Heartfields Assisted Living
1820 Latham Drive
Frederick, MD. 21701
Jackie Ross
(301) 663-8800
Last Tues. 6:00-7:00 PM
Care giving avail. Call 1st.

Spouses' Support Group
Somerset House-Frederick
2100 Whittier Drive
Frederick, MD. 21702
Renee Groban
(301) 668-3930
3rd Wed. 2:30-3:30 PM
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
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
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:
Program Coordinator-(301)
797-4892 Pre-screening required

Homewood at Williamsport
16505 Virginia Avenue
Williamsport, MD. 21795
Pastor Reg Rice (301) 582-1750
x297
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.

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 or Toni Reagan
(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.

**caregivers'
corner**

PEOPLE WITH EARLY-STAGE ALZHEIMER'S SHARE EXPERIENCES

The Alzheimer's Association recently hosted the first of several nationwide Town Hall Meetings for people with early-stage Alzheimer's disease.

Of the nearly 200 people who attended the initial meeting in Oakland, California, about 100 in the disease's early stages, in addition to their families and caregivers, shared frustrations and joys.

"Alzheimer's is not as terrible as it sounds. I can still do The New York Times crossword puzzles," said Iris MacCarthy. "I can't cook anymore, thank God. I never liked to cook anyway."

Bill Green, a former school principal diagnosed with Alzheimer's eight years ago, has learned to always carry his "brain" — a pocket calendar in which he writes down everything he needs to remember, even plans with his wife for dinner or meeting friends.

Some attendees have lost close friends who are scared of the disease and no longer visit. Their families are uncomfortable talking to them. Even doctors treat them as though they've already lost brain function.

One man in his 50s, diagnosed with early onset Alzheimer's, became angry when his doctor continually talked only to his caregiver, not to him. He said doctors often assume that if you have dementia, you can't understand the discussion.

A woman was upset that her children had refused to come to the meeting with her; another asked how to talk

to her family about what she's going through.

A young woman said that her father's diagnosis "scared us all." She had been afraid her father wouldn't be able to walk her down the aisle. "But he did," she said. "He's not exactly the same, but he's my dad."

For information on early stage support groups and other services, or to find out about upcoming Town Hall Meetings, call 1.800.272.3900 or visit www.alz.org/news_and_events_townhall.asp.

**ALZHEIMER PATCH GETS
U.S. APPROVAL**

The Exelon Patch (rivastigmine), which continuously delivers Alzheimer's disease medication through a skin patch instead of an oral capsule, has received its first approval in the United States. The patch is expected to be available in U.S. pharmacies soon.

This new therapy is the first through-the-skin treatment for mild to moderate Alzheimer's disease. The Exelon Patch, applied to the back, chest or upper arm, maintains steady drug levels in the bloodstream over 24 hours. It improves use of the medication by people who may have difficulty remembering to take oral capsules as prescribed.

MAINTAIN A CONNECTION DURING LATE-STAGE ALZHEIMER'S

Because of the loss of brain function, people with late-stage Alzheimer's experience the world through their senses. While you may not be able to communicate through words, there are many other ways to show the person reassurance and love.

Here are some tips for keeping a personal connection:

- Comfort the person with touch: Hold the person's hand; give a gentle massage; brush their hair.

- Stimulate the senses with smell, touch or visual triggers.
- Use a gentle, affectionate voice to soothe and help the person feel safe and relaxed.
- Play music from the person's young adulthood and choose videos with calming scenes.
- Read to the person in soothing tones and tempo.
- Reminisce and share photographs and other items linked to interests or past activities.

**caregiver
series**

MAKING SENSE OF MEMORY LOSS: PART 2 OF 3

Communication Strategies

Along the journey through Alzheimer's disease, communication will be affected, which can cause much frustration for both the caregiver and the individual living with dementia.

Alzheimer's disease can cause individuals to experience difficulty retrieving words from their memory, comprehension impairment, and a decline in reading and writing skills. People with Alzheimer's may also have problems with abstract concepts, making activities with arithmetic challenging.

Some people with Alzheimer's become fearful of making simple mistakes, depending upon how aware they are of their memory loss. Because of these changes, an individual with Alzheimer's may rely more on body language and facial expressions to communicate.

Caregivers can make small changes, such as eliminating distracting background noise and providing reassurance, that may enhance communication. Being a patient and active listener can also make a positive difference.

A calm tone of voice can reassure a person who is frustrated or anxious. However, if your words are calm but your body language is tense or your facial expression doesn't match what you are saying, the message will be

confusing. The person with Alzheimer's may react not to what you are saying, but perhaps to the look on your face or your body language.

People with Alzheimer's sometimes "talk around" a subject before they are able to pinpoint it. This is a useful coping tool for individuals with Alzheimer's. Avoid rushing the person to the point, and allow them to do this. It will help them to get their thoughts out, and will also serve to give you extra cues as to their thoughts, needs and feelings.

Offer limited choices when a decision needs to be made. Sometimes people with Alzheimer's have trouble answering open-ended questions. Open-ended questions can be difficult because there are so many choices to make in order to answer the question. Giving limited choices may make it easier for the individual to answer and feel less overwhelmed.

Be sure not to oversimplify situations. The goal is to simplify only if needed and without being condescending. Though it may be helpful to break a complicated situation down, try not to dumb it down. People with Alzheimer's may be very sensitive to the feeling that they're being treated as a child or without respect.

For more information on communication strategies, call 1.800.272.3900 or visit www.alz.org/maryland.

MAINTAIN YOUR BRAIN: 10 WAYS TO LIVE A BRAIN HEALTHY LIFESTYLE

1.) Head first: Good health starts with your brain. It's one of the most important body organs and needs care and maintenance.

2.) Take brain health to heart: Do something every day to reduce your risk of heart disease, high blood pressure, diabetes and stroke - all of which can increase your risk of Alzheimer's.

3.) Your numbers count: Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4.) Feed your brain: Eat less fat and more vegetables, especially leafy greens and those rich in antioxidants.

5.) Work your body: Physical exercise keeps the blood flowing and may encourage new brain cells. Do whatever you can, like walking 30 minutes a day, to keep both body and mind active.

6.) Jog your mind: Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

7.) Connect with others: Recreational activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

8.) Protect your brain: Take precautions against injuries. Use your car seat belts, unclutter your house to avoid falls, and wear a helmet when biking.

9.) Use your head: Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.

10.) Think ahead-start today: You can do something today to protect your tomorrow.

WHAT HAPPENED TO RITA: ONE FAMILY'S STORY ABOUT ALZHEIMER'S

Back when my husband and I were dating, he asked his parents to stop by to meet me. Rita was somewhat quiet when we were first introduced, but her bright smile and warm eyes made me feel right at home. We made easy small talk about our families, and I felt very comfortable with her. I could have sworn she was younger than her age due to her youthful looks, but I was told she was in her late-fifties.

A year later, Rita became my mother-in-law. It was during those early visits that I noticed she was losing something within herself. When she spoke, there was hesitation in her voice and her eyes sought the constant approval of her husband. She began to repeat common phrases to keep up with the conversation and when the discussions became too difficult, she excused herself and spent time alone in her bedroom. I often wondered why she was becoming so distant.



Wally Mertensotto visits his wife, Rita Mertensotto.

On one summer vacation, we spent the day on the lake and Rita brought along a book to read. I sat across from her in the boat watching my 18-month-old daughter explore her surroundings. Rita loved “baby-talking” with my daughter and seemed to be more on her level than mine. To keep a conversation going between us, I started asking her questions about the book she was reading, but she did not have many answers and would divert her attention to my daughter.

After reading her book for most of the day, I noticed that she was still on the same page as when she started in the morning. That seemed very odd to me as my husband told me that she was an avid reader.

The following year, I realized something was very wrong with Rita. She routinely worked out in an aerobics studio, and I decided to join her. She became very nervous in the car and looked around in confusion at her surroundings. As she drove around in circles, I realized that

she was completely lost. That was the day I told my husband I thought his Mom may have Alzheimer's.

I noticed Rita tried to write out a grocery list, but she forgot how to spell very simple words. She became more emotional about everything. Even little things like not being able to find her purse made her burst into tears. She thought she was the only one who realized she was losing her memory, and was afraid to share this with us. The family was not sure what was happening to her either. My father-in-law knew something was wrong, but didn't want to consider the possibility of Alzheimer's yet.

When more frequent episodes of forgetfulness occurred, and Rita stopped writing and reading altogether, my father-in-law took her to the Mayo Clinic for some testing. When Rita could not state her date of birth, place of birth, the name of the current president, or the names

of her children, the worst was revealed for all of us: Rita had symptoms of Alzheimer's. She was diagnosed with early onset Alzheimer's in 1995 by a neurologist and she was only 60 years old.

Now Rita is 72 years old. She cannot walk or talk. She sleeps at least 20 hours a day and needs to be fed, changed and dressed every day. During visits to the nursing home, I like to brush Rita's hair while my husband talks to her softly, holding her hand. She looks almost 10 years older than her age, and she mostly gives us blank stares where her once beautiful eyes made us smile.

The good news is that as a family, we now talk openly about Alzheimer's even though it is a very private disease. Alzheimer's is also scary to many of us because we know very little about it. But you can find help that can support you as you learn how to cope with this disease.

Call 1.800.272.3900 for more information.

Thank you to Lisa A. Mertensotto for sharing her story.

development

GIVE THE GIFT OF AN IRA CHARITABLE ROLLOVER

December 31, 2007 marks the last day that individuals over age 70 fi are able to make tax-free gifts from their traditional or Roth IRAs through the Pension Protection Act of 2006.

Gifts up to \$100,000 per donor per year may be given and will satisfy all or part of an individual's IRS minimum distribution. To qualify, the owner of the IRA account must be age 70 fi or older and the gift must be made directly to a qualified charitable organization. Under this provision, contributions to fund charitable gift annuities and charitable remainder trusts are not allowed.

If, after consulting your tax advisor, you are interested in making a gift from your IRA, contact your IRA custodian and request that a specific amount be transferred directly to the Alzheimer's Association. For more information on making an IRA charitable rollover gift, please contact Kristin Law at 866-233-5148 or Kristin.Law@alz.org. Our hope is that as many people as possible will take advantage of this great giving opportunity.

CAR SHOW RAISES MONEY FOR CHAPTER

On September 16th the Heart of Maryland Classic Chevy Car Club held its 15th annual car show in Frederick to benefit the Greater Maryland Chapter of the Alzheimer's Association.

Ed Zimmerman created this event in memory of his grandparents and father, all of whom passed away from Alzheimer's disease. The show, which started out very small, has grown to over 300 participants.

This year's proceeds are estimated to be more than \$20,000. Thank you to the Zimmerman family and the Car Club for your generous support. For information on third party fundraising, visit www.alz.org/maryland and click on "Special Events."

Save The Date: Memory Ball 2008

Hagerstown Memory Ball
Saturday, February 23, 2008
7:00-11:00 pm
Fountain Head Country Club

Baltimore Memory Ball
Saturday, April 5, 2008
7:00 pm-12:00 am
Baltimore Marriott Waterfront

Frederick Memory Ball
Saturday, April 26, 2008
7:00-11:00 pm
Lynnfield Event Complex

Thank You to Memory Walk 2007 Sponsors

Diamond Sponsors:



Silver Sponsors:

- Copper Ridge
- Somerford
- Pizza Hut
- Smallville
- Frederick Business Properties

Platinum Sponsor:



Gold Sponsor:



Bronze Sponsors:

- Active Day Adult Day Care and Rehabilitation
- Brightview Senior Living
- Citizens Care and Rehabilitation Center
- Edenton Retirement Community
- Glade Valley Nursing and Rehabilitation Center
- Howard County General Hospital
- Sandy Spring Bank
- Sava Senior Care
- Sunrise Senior Living
- Tony Tank Tribe #149 Improved Order of Red Men

BECOME AN ALZHEIMER'S ASSOCIATION AMBASSADOR

The Ambassador Program is a great way to help move our cause forward and give back to your local community. Here's how:

- Receive extensive training from chapter staff
- Find areas of need in your community for Alzheimer's education
- Give brief presentations to community groups about Alzheimer's disease and services available through the Association

The first training is scheduled for January 17. See page 4 for details or call 410-561-9099.

KNOW YOUR CHARITY...

Please remember that unless you see:



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

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