

WALK TO END ALZHEIMER'S: THE END OF ALZHEIMER'S STARTS HERE

Alzheimer's Association Walk to End Alzheimer's™ is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages to reclaim the future for millions. Together, we can raise awareness and funds to enhance Alzheimer's care and support and advance critical research.

Alzheimer's Association Walk to End Alzheimer's participants will be able to learn more about Alzheimer's disease, advocacy opportunities, clinical trial enrollment, and support programs and services. Each Walker will also join in a meaningful ceremony to honor those affected by Alzheimer's disease.



Walk to End Alzheimer's supports our mission to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia

through the promotion of brain health. Our vision is a world without Alzheimer's disease.

DID YOU KNOW?

Alzheimer's is the **sixth-leading cause of death** in the United States and the only cause of death among the top 10 in the country that **cannot be prevented**, cured or even slowed.

In Maryland there are **86,000** individuals living with Alzheimer's disease. Nationally, the figure reaches **5.4 million** people and **every 69 seconds** another person is added to those ranks. Unless something is done, as many as **16 million Americans** will have Alzheimer's in 2050 and someone will develop the disease **every 33 seconds**.

Thank You to Our Top 2011 Walk Sponsors!

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FIND A WALK NEAR YOU!

- | | |
|-------------|---|
| October 1: | Harford County Walk
Bel Air Equestrian Center, Bel Air |
| October 1: | Eastern Shore Walk
Wicomico Senior Services Center, Salisbury |
| October 15: | Anne Arundel County Walk
Severn School, Severna Park |
| October 22: | Howard County Walk
Centennial Park, Columbia |
| October 23: | Western Maryland Walk
Maryland School for the Deaf, Frederick |
| October 29: | Greater Baltimore Walk
Oregon Ridge Park, Cockeysville |

WE NEED YOU!

Sign up for Walk to End Alzheimer's! Start a team or join a team and become a part of the movement to end this disease!
Together we are an unstoppable force against Alzheimer's!

alz.org/walk

1.800.272.3900

alzheimer's  association®

Greater Maryland Chapter Offices

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

Eastern Shore
909 Progress Circle, Suite 400
Salisbury, MD 21804
410.543.1163

Talbot County Resource Center
410.770.9766

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

5 Public Square, Suite 307
Hagerstown, MD 21740
301.797.4892

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ABOUT THE ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is the leading voluntary health organization in Alzheimer support, research, and advocacy.

Our vision

A world without Alzheimer's disease.

Our mission

To eliminate Alzheimer's disease through the advancement of research;
to provide and enhance care and support for all affected;
and to reduce the risk of dementia through the promotion of brain health.



WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's (*AHLZ-high-merz*) is a fatal disease of the brain that causes problems with memory, cognition and behavior. It is not a normal part of aging. Alzheimer's disease is the most common form of dementia.

Alzheimer's gets worse over time. Although symptoms can vary widely, the first problem many people notice is forgetfulness severe enough to affect their ability to function at home or at work. The disease may cause a person to become confused, lost in familiar places, misplace things or have trouble thinking.

ALZHEIMER'S ASSOCIATION RECOGNIZES THREE LONG-TERM BOARD MEMBERS

The Alzheimer's Association recognizes three members of the Board of Directors who have served their maximum of three two-year terms for their contributions to the growth and development of the organization.

Donna Gaver joined the board in 2005 after she lost her mother to Alzheimer's disease. As Chair of the "Forget-Me-Not" gala in Frederick for several years, she was instrumental in upgrading this event to one of the primary galas in the Frederick area. Last year she and her husband danced in the event, raising more than \$30,000.

Howard Pollinger joined the Board in 2005. He has been a generous donor and had almost perfect attendance at board meetings over the past six years where he offered his valued input.

Robert A. (Mike) Reitz first served on the Board of Directors in the

1990s and assisted our growing organization in developing many of the policies that govern the Alzheimer's Association today.

When Mike joined the Board for the second time in 2005, he served as the organization's Treasurer and Finance Chair. He gained tremendous support of Genesis HealthCare for the organization's Walks, Memory Ball and education programs and services.

The Alzheimer's Association is pleased to welcome the following new members to the Board of Directors:

- Judy Lancaster of Lancaster Builders
- Roger S. Clark of Novartis Pharmaceuticals
- Joyce A. Kuhns, Esq., of Saul Ewing
- Susan Baker of Northrop Grumman
- David B. Wooding of the Columbia Bank

Sign Up for e-News!

To receive our e-newsletter, visit www.alz.org/maryland, click on **Get Email Updates**.

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

OBESITY LINKED TO RISK OF DEMENTIA IN LATE LIFE

A growing body of evidence suggests that a higher body mass index in midlife contributes to cognitive decline and dementia and adds to a growing consensus that controlling body weight as early as midlife could also contribute to reducing the risk of dementia.

A study published in the May 3, 2011, print issue of *Neurology*, the medical journal of the American Academy of Neurology, examined the relationship between midlife obesity and dementia risk in late life. Researchers studied information from the Swedish Twin Registry from 8,534 twin individuals aged 65 and older, who were grouped according to their body mass index, a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults – a BMI greater than or equal to 25 is overweight and a BMI greater than or equal to 30 is obesity. In the study, nearly 30 percent of the twins were either overweight or obese during middle age.

The study found that individuals who were overweight or obese at midlife had a higher risk of developing dementia, Alzheimer's disease, or vascular dementia in late life compared to people with normal BMI. In the study, being overweight in midlife conferred a more than 70% higher relative risk of experiencing some type of dementia in late life, while being obese at midlife raised dementia risk nearly 300%.

Among the twins: 232 had Alzheimer's, 74 had vascular dementia and 114 had possible dementia. In the situation where one twin had dementia and one did not, the researchers found there wasn't a significant relationship between midlife overweight and obesity in dementia.

This study is part of a larger body of emerging research that suggests that maintaining healthy body weight could be

beneficial for lowering risk of Alzheimer's and other dementias.

The findings in this study also support the notion that what is "good for one's heart is also good for one's brain," and that there is a link between midlife cardiovascular risk factors (including obesity, overweight, high blood pressure, high cholesterol and diabetes) and late life risk of Alzheimer's disease and dementia. It provides another reason to control obesity and other cardiovascular risk factors with a healthful diet and regular exercise.

Additional research needs to be conducted to determine what the mechanisms are that link obesity and dementia, and more large randomized clinical trials could help to speed scientific knowledge of these mechanisms.

This type of research is particularly significant given the fact that the World Health Organization estimates 1.5 billion adults worldwide are overweight or obese. Greater knowledge in this area may have meaningful implications for public health as well as health care costs.

AAICAD 2011, PARIS, FRANCE

Researchers from all around the world met in Paris, France for six days in July to share the latest research findings at the Alzheimer's Association International Conference on Alzheimer's Disease.

To view results presented and news from the conference, please visit alz.org/aaicad.

STUDY FINDS BRAIN SHRINKAGE TEN YEARS BEFORE SYMPTOMS

Changes in the brain measured with MRI scans, combined with memory tests have long been thought to possibly lead to earlier and more accurate diagnosis of Alzheimer's. An article published in April by the journal of the American Academy of Neurology, features a study where researchers used MRI scans to measure areas of the brain in people with no memory problems or other signs of Alzheimer's.

The study involved two separate groups of just over 30 people with no signs of Alzheimer's. The first group was followed for an average of 11 years and eight individuals went on to develop Alzheimer's, while the second group was followed for an average of 7 years and seven went on to develop Alzheimer's.

The authors of this study found that abnormalities consistent with the earliest Alzheimer's pathology could be detected in cognitively normal individuals who were followed for up to a decade before issues with memory or thinking emerged.

The researchers found that those with smaller brain size

in the Alzheimer's-related areas of the brain were more likely to develop Alzheimer's than those with larger measurements.

Biomarkers, including imaging markers, have become increasingly important in understanding the neurodegenerative processes associated with Alzheimer's, its staging, and response to treatment. This study is part of a larger effort in the Alzheimer's research community to find effective, accurate and dependable Alzheimer's disease biomarkers.

While, there has been substantial discussion in the scientific community about brain shrinkage and its impact on the diagnosis of Alzheimer's disease, the standardization of this information will continue to be the key to the increasing usefulness of this measure to track Alzheimer's progress.

We urgently need better treatments for Alzheimer's disease – treatments that can slow or stop the progression of the disease. And we need to better identify those at risk for getting the disease, so we can intervene earlier in the disease process when better treatments are available.

EDUCATION CALENDAR

FOR FAMILIES, THE PUBLIC & PROFESSIONALS IN DEMENTIA CARE

Seminars are free unless otherwise noted.

Tuesday, August 16

Alzheimer's Disease: What You Need to Know

Location: Bel Air Knights of Columbus
23 Newport Drive, Forest Hill, MD
Times: 7-8 p.m.
Contact: Bailey Vernon, 410.561.9099

Tuesday, August 16

Memory Loss: Is It Alzheimer's?

Location: Fleming Senior Center
641 Main Street, Dundalk, MD 21222
Times: 1-2 p.m.
Contact: Questions? Call 410.561.9099

Wednesday, August 17

Coping with Dementia Caregiving

Location: The Village at Harbor Pointe
611 Tressler Drive, Salisbury, MD 21811
Times: 9-11 a.m.
Contact: To register call Amy Schine,
410.749.4940

Thursday, August 18

Basics of Alzheimer's

Location: Frederick Senior Center
1440 Tawny Drive, Frederick
Times: 12:30-1:15 p.m.
Contact: Mary Ann Farr, 301.696.0315

Tuesday, August 23

Dementia/Mental Health Training

Location: Alzheimer's Association
1850 York Rd, Ste D Timonium, MD 21093
Times: 9:30 a.m.-3:30 p.m.
Cost: \$45 per person
Contact: To register call 410.561.9099

Wednesday, August 24

Connected Conversations Telephone Seminar

Topic: Know the Warning Signs of Alzheimer's Disease
Times: 12:30-1:30 p.m.
Registration is REQUIRED
To register call 1.800.272.3900 or go to
<http://bit.ly/alzphone>

Wednesday, August 31

Dementia Care Consortium Meeting

(Frederick)
Rehabilitation and the Person w/Dementia
Speaker: Sue Paul OTR/L
Location: Homewood at Crumland Farms
7407 Willow Road, Frederick
Times: 8:30-10 a.m.
Cost: DCC members free, non-members \$15
Contact: To register, call 301.696.0315

Tuesday, September 13

Dementia/Mental Health Training

Location: Hagerstown Community College, Valley Mall Campus
Times: 9:30 a.m.-3:30 p.m.
Cost: \$50 per person
Contact: Hagerstown Community College,
301.790.2800, ext. 236

Tuesday, September 13

Connected Conversations Telephone Seminar

Topic: Communication Techniques for Dementia Caregivers
Times: 12:30-1:30 p.m.
Registration is REQUIRED
To register call 1.800.272.3900 or go to
<http://bit.ly/alzphone>

Wednesday, September 14

Maintain Your Brain: How to Live a Brain Healthy Lifestyle

Location: The Village at Harbor Pointe
611 Tressler Drive, Salisbury, MD 21811
Times: 9-11 a.m.
Contact: To register call Amy Schine,
410.749.4940

Tuesday, September 27

Memory Loss: Is It Alzheimer's?

Location: Jacksonville Senior Center
3605A Sweet Air Rd. Phoenix, MD 21131
Times: 10:30-11:30 a.m.
Contact: Questions? Call 410.561.9099

Tuesday, September 27

Memory Loss: Is It Alzheimer's?

Location: Mt. Carmel Methodist Church, Educational Building
17038 Prettyboy Dam Rd. Parkton, MD 21120
Times: 1-2 p.m.
Contact: Questions? Call 410.561.9099

Wednesday, September 28

Alzheimer's Update

Location: Edenton Assisted Living
5800 Genesis Lane, Frederick
Times: 4:30-6 p.m.
Contact: Michelle Van Metre,
301.831.1300

Wednesday, September 28

Dementia/Mental Health Training

Location: Alzheimer's Association
1850 York Rd, Ste D Timonium, MD 21093
Times: 9:30 a.m.-3:30 p.m.
Cost: \$45 per person
Contact: To register call 410.561.9099

Thursday, October 6

Frederick County Caregiver Conference

Location: Mt. St. Mary's Conference Center
5350 Spectrum Drive, Frederick, MD
Times: 8:30 a.m.-12:30 p.m.
Cost: \$15 per person
Contact: Mary Ann Farr, 301.696.0315

Tuesday, October 11

Memory Loss: Is It Alzheimer's?

Location: Ateaze Senior Center
7401 Holabird Ave. Dundalk, MD 21222
Times: 11:30 a.m.-12:30 p.m.
Contact: Questions? Call 410.561.9099

Tuesday, October 11

Connected Conversations Telephone Seminar

Topic: Memory Loss, Dementia and Alzheimer's Disease
Times: 12:30-1:30 p.m.
Registration is REQUIRED
To register call 1.800.272.3900 or go to
<http://bit.ly/alzphone>

Wednesday, October 26

Caregiving During the Holiday Season

Location: Delmar Manor Assisted Living
31093 Line Rd (Route 54), Delmar, MD 21875
Times: 3-4:30 p.m.
Contact: To register, call Amy Schine,
410.749.4940

Thursday, October 27

Annual Dementia Conference for Professionals

Location: Sheppard Pratt Conference Center, Towson

Times: 8:30 a.m.-3:30 p.m.

Cost: \$80 DCC and MGA members, \$100 non-members, \$40 students

Contact: For more info call 410.561.9099

Saturday, November 5

Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss

Location: Coppin State University

Times: 8:30 a.m.-2:30 p.m.

Contact: To register call 410.561.9099

Tuesday, November 8

Dementia/Mental Health Training

Location: Frederick Community College

7932 Oppossumtown Road, Frederick

Times: 9 a.m.-3 p.m.

Cost: \$49 per person

Contact: Sue Adams, Frederick

Community College, 301.624.2732

Wednesday, November 9

Dementia/Mental Health Training

Location: Alzheimer's Association
1850 York Rd, Ste D Timonium, MD 21093

Times: 9:30 a.m.-3:30 p.m.

Cost: \$45 per person

Contact: To register call 410.561.9099

Tuesday, November 15

Memory Loss: Is It Alzheimer's?

Location: Woodlawn Senior Center
2120 Gwynn Oak Ave.

Baltimore, MD 21207

Times: 11:30 a.m.-12:30 p.m.

Contact: Questions? Call 410.561.9099

Thursday, November 17

Connected Conversations Telephone Seminar

Topic: Managing the Holidays: Tips for Dementia Caregivers

Times: 12:30-1:30 p.m.

Registration is REQUIRED

To register call 1.800.272.3900 or go to <http://bit.ly/alzphone>

Thursday, December 15

Connected Conversations Telephone Seminar

Topic: Understanding Dementia Behaviors

Times: 12:30-1:30 p.m.

Registration is REQUIRED

To register call 1.800.272.3900 or go to <http://bit.ly/alzphone>

AFRICAN-AMERICANS AT INCREASED RISK FOR DEMENTIA

Current research suggests that the prevalence, incidence and cumulative risk of Alzheimer's disease appear to be much higher in African-Americans.

African-Americans are about two times more likely to develop Alzheimer's and dementia than Whites, according to the *Alzheimer's Association's 2010 Alzheimer's Disease Facts and Figures* report.



Vascular disease, well documented to be higher in the African-American community, may be a powerful factor in the prevalence of Alzheimer's disease among African-Americans.

Data from a large-scale study indicates that individuals with a history of either high blood pressure or high cholesterol have been found to be twice as likely to get Alzheimer's. Those with both high blood pressure and high cholesterol risk factors are 4 times more likely to develop dementia. African-Americans tend to be diagnosed at a later stage of Alzheimer's disease, limiting the effectiveness of treatments that depend on early intervention.

The Alzheimer's Association holds an annual African-American Community Forum on Memory Loss to inform the community about memory loss and dementia, available services and promising research. This year's event will be held on November 5, 2011 at Coppin State University.

Register at alz.org/maryland or through our 24/7 Helpline: 1.800.272.3900.

7TH ANNUAL PYTHIAS A. AND VIRGINIA I. JONES AFRICAN-AMERICAN COMMUNITY FORUM ON MEMORY LOSS

Saturday, November 5, 2011

8:30 a.m.-2:30 p.m.

Coppin State University

New Physical Education Complex
(Corner of Warwick Avenue
and Gwynns Falls Parkway)

This forum is designed for family members of people with dementia, including teens and adult children, as well as health professionals and care providers.

The goals of this event are to inform the community about memory loss, to share the promise of research and to learn how to get involved to help conquer this disease.

**For more information
call the Alzheimer's Association:
1.800.272.3900**

There is no fee for this conference,
but registration is required.

NEW DIAGNOSTIC CRITERIA FOR ALZHEIMER'S DISEASE

On April 19, 2011 *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* published four articles that comprise new criteria and guidelines for the diagnosis of Alzheimer's disease. These articles were developed by workgroups spearheaded by the Alzheimer's Association and the National Institute on Aging (NIA) of the National Institutes of Health (NIH).

These are the first new diagnostic criteria and guidelines for Alzheimer's since the initial diagnostic criteria for the disease were published by the Alzheimer's Association and the National Institute of Neurological and Communication Disorders and Stroke in 1984.

This is a landmark event for the field and moves us closer to our goal of eventually detecting and treating Alzheimer's disease before people experience the devastating symptoms of loss of memory and thinking abilities.

Two notable differences in the new articles from the current Alzheimer's diagnostic criteria are (1) formalization of different stages of the disease and (2) incorporation of biomarkers.

The new criteria and guidelines include:

-- Diagnostic criteria for (1) dementia due to Alzheimer's disease and (2) mild cognitive impairment (MCI) due to Alzheimer's disease. These criteria are ready to use now in

doctor's offices.

-- A research agenda was proposed for detecting Alzheimer's before outward symptoms are evident. This has no use in doctor's offices at this time. It is not a call for immediate preclinical diagnosis of Alzheimer's.

-- The use of biomarkers to improve diagnostic accuracy in Alzheimer's dementia and MCI due to Alzheimer's was also proposed for research, but not for use in clinical settings at this time.

Much additional research needs to be done to validate the application of biomarkers as they are proposed in the newly-published criteria and guidelines. These studies are likely to take at least a decade to accomplish, which highlights the need for a greater commitment to research – increasing funding for Alzheimer's research and recruiting more volunteers for Alzheimer's clinical trials.

To learn about research participation through Alzheimer's Association TrialMatch, visit alz.org/trialmatch or call 1.800.272.3900.



“HOPE FOR ALZHEIMER'S ACT” AIMS TO CONNECT PEOPLE EARLIER

The *"Health Outcomes, Planning, and Education (HOPE) for Alzheimer's Act"* (S.738/H.R. 1386) will improve diagnosis of Alzheimer's disease and increase access to information, care and support for newly diagnosed individuals and their families - providing essential support for those facing this devastating, debilitating disease.

The HOPE for Alzheimer's Act was reintroduced in the 112th Congress by Senators Debbie Stabenow (D-MI) and Susan Collins (R-ME) and Representatives Edward Markey (D-Ma) and Chris Smith (R-NJ).

Although Alzheimer's disease is diagnosed correctly up to 90 percent of the time by physicians with specialized training, as many as half of individuals meeting specific diagnostic for dementia never receive a diagnosis - and some evidence suggests it could be as high as 80 percent.

The absence of a formal diagnosis of Alzheimer's deprives individuals of treatments and services that could help people and families facing Alzheimer's by improving symptoms, prolonging independence, and reducing caregiver stress. A formal and documented diagnosis opens

access to valuable supports and services.

The HOPE for Alzheimer's Act will also provide individuals and their caregivers appropriate information and support to navigate this disease by providing care planning services in the physician's office and information about additional medical and community-based services.

These valuable services help individuals with the disease and their caregivers better manage medications, engage in financial planning, and assess driving and safety issues in advance.

The HOPE for Alzheimer's Act will also ensure the diagnosis is documented in the person's primary medical record - enabling health care providers to anticipate and prevent potential complications in the management of other conditions (such as heart disease and diabetes) and allowing for care coordination among treating physicians.

Visit alz.org/hopect to learn more about this important legislation. Become an Alzheimer's advocate at alz.org/advocacy.



10 TIPS FOR MAINTAINING INDEPENDENCE WITH DEMENTIA

Alzheimer's disease is always changing you. One day you may be able to do something, and the next day you may not. However, you can continue to live independently during the early stages of the disease by making simple adjustments, taking safety precautions and having the support of others.

1) Get help with daily tasks. Give yourself more time and less hassle by using services that can take care of everyday activities like shopping, cooking, bill paying and housekeeping. You could also ask a friend or relative to help with some of these tasks.



- Get meals or groceries delivered to your home. Also consider stocking your freezer with microwave meals.

- Use a lawn service to do yard work.

- Ask your bank if they provide services to help pay bills and keep track of your accounts. Or, have bills paid directly from

your checking or savings account.

- Hire a cleaning service to vacuum, dust and do laundry.

2) Use memory aides. Labels, lists, notebooks and sticky notes can help you cope with memory loss.

- Label drawers to help you find things.

- Keep important numbers by the phone.

- Post reminders to lock doors or shut windows.

- Have step-by-step instructions on how to work appliances (such as the computer) or complete routine tasks (such as fixing your hair).

3) Take safety measures. Make home safety improvements, such as installing grab bars in the bathroom to minimize falls. Use appliances that have an automatic shut-off feature. Enroll in MedicAlert® + Alzheimer's Association Safe Return® to help protect your safety in case you cannot find your way home or if you have a medical emergency. Visit www.alz.org/safetycenter to learn more.

4) Plan for the future. At some point, it will become too difficult to live independently. Make plans now for your future care so your family can honor your wishes. A good place to start planning is with CareFinder, our online guide helping individuals and families find the right care options. Visit www.alz.org/carefinder to get started.

5) Take your medications as prescribed. Taking your Alzheimer's meds can help minimize symptoms. Consider using a pill box to help you organize medications. Ask the pharmacist or a family member to place pills in the pill box for you. Write down the times to take your medicine on a calendar.

6) Have a plan to get around. If it is no longer safe for you to drive, there are other ways to get where you need to go. Ask family and friends for a ride. Take taxi cabs or other public transportation. Some communities offer paratransit services for seniors and those with special needs.

7) Protect yourself from solicitors and potential fraud. Do things that will limit solicitors calling you on the phone or sending you mail. Get your phone number registered on the "national do not call list." Consider getting Caller ID so you know who is calling you. Stop unwanted junk mail by taking steps to get off mailing lists.

8) Stay active. Continue doing hobbies you enjoy. Whether it's gardening, dancing, painting, volunteering, playing sports or card games, you will benefit from the mental and social stimulation.

9) Talk to friends about your memory loss. Your friends may not know how "to be with you" after you disclose your diagnosis. Put them at ease. Talk openly about your memory loss and allow them to ask questions. You will get their support and understanding.



10) Get support.

Get in touch with the Alzheimer's Association for information and support. We can give you referrals to local programs and services that can help you keep your independence. You can also talk to others who know what you are going through on our message boards.

For more information on living with Alzheimer's disease and related dementias, call our 24/7 Helpline at **1.800.272.3900** or visit alz.org/maryland. You can also email us at info.maryland@alz.org

CAREGIVER TIPS FOR SUNDOWNING AND SLEEPLESSNESS

Sleeping problems experienced by individuals with Alzheimer's and caregiver exhaustion are two of the most common reasons people with Alzheimer's are eventually placed in nursing homes. Some studies indicate that as many as 20 percent of persons with Alzheimer's will, at some point, experience periods of increased confusion, anxiety, agitation and disorientation beginning at dusk and continuing throughout the night.

While experts are not certain how or why these behaviors occur, many attribute them to late-day confusion, or "sundowning," caused by the following factors:

- end-of-day exhaustion (mental and physical)
- an upset in the "internal body clock," causing a biological mix-up between day and night
- reduced lighting and increased shadows
- disorientation due to the inability to separate dreams from reality when sleeping
- less need for sleep, which is common among older adults

TIPS FOR REDUCING EVENING AGITATION AND NIGHTTIME SLEEPLESSNESS

Plan more active days. A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan activities, such as taking a walk, throughout the day.

Monitor diet. Restrict sweets and caffeine consumption to the morning hours. Serve dinner early, and offer only a light meal before bedtime.

Seek medical advice. Physical ailments, such as bladder or incontinence problems, could be making it difficult to sleep. Your doctor may also be able to prescribe medication to

help the person relax at night.

Change sleeping arrangements. Allow the person to sleep in a different bedroom, in a favorite chair or wherever it's most comfortable. Also, keep the room partially lit to reduce agitation that occurs when surroundings are dark or unfamiliar.

Nighttime restlessness doesn't last forever. It typically peaks in the middle stages, then diminishes as the disease progresses. In the meantime, caregivers should make sure their home is safe and secure, especially if the person with Alzheimer's wanders.

Restrict access to certain rooms or levels by closing and locking doors, and install tall safety gates between rooms. Door sensors and motion detectors can be used to alert family members when a person is wandering.

Once the person is awake and upset, experts suggest that caregivers:

- approach their loved one in a calm manner
- find out if there is something he or she needs
- gently remind him or her of the time
- avoid arguing or asking for explanations
- offer reassurance that everything is all right and everyone is safe

If you have questions or concerns about your loved one's sleeplessness or sundowning, **call us at 1.800.272.3900 or visit alz.org.**



MEMORIAL GIFTS: A SPECIAL WAY TO HONOR YOUR LOVED ONE

More and more friends are finding Living Memorial Gifts to be meaningful and lasting tributes to friends or loved ones who have passed away from Alzheimer's disease or a related dementia.

In an effort to expand critical research aimed at finding the cause of Alzheimer's disease, along with caring services for those affected, the Alzheimer's Association offers opportunities for gifts with double significance. Each memorial gift conveys not only love and respect for a bereaved family, but also a desire to see the memory of a loved one live on through the vital work of the Alzheimer's Association.

Through the thoughtfulness and concern expressed

with a Living Memorial Gift, the Alzheimer's Association will provide crucial assistance to families affected by Alzheimer's and advance vital research to develop better treatments and, one day, a cure.

When your memorial gift is received, a card is promptly sent to the family of the person honored, telling them their loved one has been memorialized in this way.

We at the Alzheimer's Association are grateful for your concern shown by this meaningful gift.

To make a memorial gift, visit **alz.org/maryland** or call our 24/7 Helpline at **1.800.272.3900**.

ADVOCATES GATHER IN WASHINGTON FOR ANNUAL FORUM

Greater Maryland Chapter advocates representing each congressional district joined nearly 700 enthusiastic volunteers from 45 states to share information on policy achievements and met with elected officials to secure commitment of Alzheimer's Association legislative priorities at the annual Alzheimer's Advocacy Forum, held May 15-17 in Washington, DC.

Despite stormy evening skies, Maryland advocates and individuals living with dementia held candles inside the Forum walls to raise awareness during an emotionally charged Candlelight Tribute Rally that kicked off the three-day event.

Committed advocates filled the Omni Shoreham Hotel ballroom and were warmly welcomed by Karen Kauffman, Alzheimer's Association 2011 Advocacy Forum Chair and Greater Maryland Chapter Board member. Former Speaker of the House and Alzheimer's Study Group Co-Chair Newt Gingrich and President Obama's domestic policy advisor, Melody Barnes, reiterated the bi-par-



Alzheimer's advocates meet with Senator Ben Cardin (D-MD) to discuss the escalating Alzheimer's crisis.

tisan commitment to the fight against Alzheimer's and congratulated the Alzheimer's Association for the passage of the National Alzheimer's Project Act (NAPA) this year.

Compelling personal stories and suggestions on what the national plan to address Alzheimer's disease should entail and the issues most critical to communities were shared with U.S. Department of Health and Human Services representatives, the agency responsible for creating a national plan to address the Alzheimer's crisis, during a lunchtime forum.

Stakeholders from all ages and backgrounds addressed needs related from the duration of time in receiving a diagnosis, complex needs of families struggling with a younger-onset Alzheimer's diagnosis, and challenges with community

based services and long-term care.

Tremendous thanks to Alzheimer's Association Ambassadors Carl Tuerk, Jackalyn Noller, and Susan Crowson, for providing leadership to Maryland advocates at this year's Forum.

ALZHEIMER'S ACTION DAY

We Need Your Voice!

You are invited to share your perspective on Alzheimer's disease in America with **Congressman Roscoe Bartlett and other elected officials** at the National Alzheimer's Project Act Input Session on Alzheimer's Action Day.

Give us your input for the **bipartisan, national strategic plan** to address the escalating Alzheimer's crisis.

Wednesday, September 21, 7-8:30 p.m.

Frederick Community College
7932 Opossumtown Pike
Frederick, MD 21702

RSVP by September 16
to the Alzheimer's Association:
301.696.0315 or 1.800.272.3900

Visit alz.org/maryland and click on "Community Events" for other advocacy events in your area!



What Can You Do?

Help us raise awareness and concern for the Alzheimer's crisis in America.

Sign up to become an advocate!
alz.org/advocate

Join us on Facebook and share with your friends!
facebook.com/marylandalz

Sign up for our e-newsletter and stay connected!
alz.org/maryland

Make a donation to help fund support services and vital research!
alz.org/maryland

Memory Ball Sponsors (Baltimore)

Virginia Reel with the VIPs Sponsor:
Genesis HealthCare

A Toast to the Stars Sponsor:
Correct Rx Pharmacy Services, Inc.

Calypso with the Cocktail Reception Sponsor:
Merritt Properties, LLC

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“DANCING STARS” GALAS RAISE FUNDS, AWARENESS FOR ALZHEIMER’S

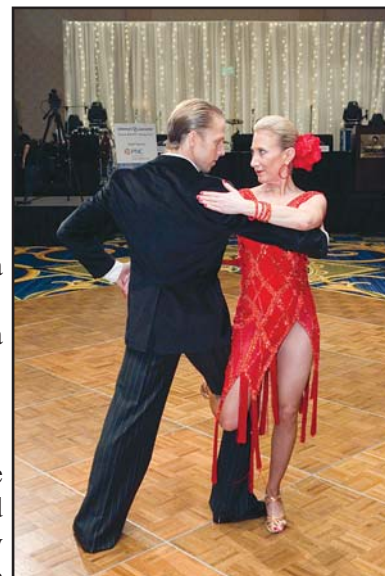
MEMORY BALL 2011 “DANCING STARS” (BALTIMORE)

Congratulations to our "Dancing Stars" for raising over \$149,000!

“You’re Our Star” – Beth Kaplan
“You’re Our Star” Runner Up – Roger and Regina Clark
Judges’ Choice Winner (tie) – Beth Kaplan and Lisa Hawkins
Judges’ Choice Runner Up – Frank Poppen

On Saturday, April 16th at the Baltimore Marriott Waterfront Hotel, nearly 600 guests enjoyed eight spectacular dance performances; celebrity judges John Dinkel, Dorothy Hamill, Jackie Marhefka, and Molly Shattuk; and the amazing band "Highway Star."

A special thank you to our VIP Sponsor, Genesis HealthCare, Cocktail Reception Sponsor Merritt Properties, Toast to the Stars Sponsor Correct Rx Pharmacy Services, Inc. and our Helen S. Schulze Award Honorees, Marilyn and Steve Blum.



“You’re Our Star” winner Beth Kaplan performing her Judges’ Choice winning (tied with Lisa Hawkins) routine with her dance partner, Genya Bartashevich.



(Left) Memory Ball 2011 “Dancing Stars” of Baltimore. Many thanks and congratulations to our dancers, who raised funds and awareness for the Alzheimer’s research, support services and advocacy efforts.

(Right) Pictured left to right: Carol Hecht, Steve Blum, John F. Schulze, Sr., Marilyn Blum, Stephen Schulze, Linda Schulze, John F. Schulze, Jr.

Marilyn & Steve Blum being presented with the Helen S. Schulze Award.



FORGET-ME-NOT GALA 2011
“DANCING STARS OF FREDERICK”

Congratulations to our "Dancing Stars" for raising over \$59,000!

"You're Our Star" - Mark & Donna Gaver
"You're Our Star" Runner Up (tie): Dr. Kevin & Lucy Hogan and Allie Watkins & Dr. Kathleen Moe
Judges' Choice Best American Waltz: David & Mimi Mack
Judges' Choice Best Jitterbug: Allie Watkins & Dr. Kathleen Moe

On Saturday, March 26th at the Holiday Inn & Conference Center, nearly 300 guests enjoyed two marvelous dance performances; a special showcase dance; celebrity judges, Mark Lancaster, Rona Mensah, and Karen Waters; and the fantastic band "The Shades."

A special thank you to our "Boogie Woogie with the Band" sponsor, Homewood at Crumland Farms and our "Dancing Dessert" sponsor, HeartFields at Frederick. Congratulations and many thanks to our dancers who raised funds and awareness for the Alzheimer's Association.



2011 Forget-Me-Not Gala "Dancing Stars of Frederick"



Mark & Donna Gaver, "You're Our Star" Winners



“You're Our Star” first runner up tie: Dr. Kathleen Moe and Allie Watkins, and Dr. Kevin and Lucy Hogan

“Forget-Me-Not” Gala Sponsors (Frederick)

Boogie Woogie with the Band

Sponsor:
 Homewood at Crumland Farms

Dancing Dessert Sponsor:

HeartFields at Frederick

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Mambo Sponsors:

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 Northampton Manor
 Rosemont Service Center
 Warner Service Frederick, LLC

“A TOAST TO REMEMBER” DRAWS WINE LOVERS

Presented by Park Plaza Shopping Center in Honor of Bob DeStefano

On Wednesday, June 29 over 150 supporters of the Alzheimer's Association travelled “around the world” tasting and learning about wine pairings from five different countries.

In its second year, “A Toast to Remember” wine tasting and silent & live auctions raised over \$59,000 to support the mission of the Alzheimer's Association. Guests bid on items, such as sports memorabilia, luxurious get-aways, jewelry and much more.

Many thanks to all who attended, the planning committee, and Laurie Forster, The Wine Coach® and host of the evening.

Thank you to our sponsors!



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These are live, interactive calls. There will be time for Q&A. There is no fee.

**For more details and to register,
visit www.bit.ly/alzphone
or call 1.800.272.3900**

**All telephone seminars are from
12:30-1:30 p.m.**

Wednesday, August 24

Know the Warning Signs of Alzheimer's Disease

Tuesday, September 13

Communication Techniques for Dementia Caregivers

Tuesday, October 11

Memory Loss, Dementia and Alzheimer's Disease

Thursday, November 17

Managing the Holidays: Tips for Dementia Caregivers

Thursday, December 15

Understanding Dementia Behaviors

ANNUAL DEMENTIA CONFERENCE FOR PROFESSIONALS

Thursday, October 27, 2011

8:30 a.m.-3:30 p.m.

Sheppard Pratt Conference Center, Towson

“Dementia Research in the 21st Century:
New Directions and Resources Towards a Better
Understanding of Alzheimer’s Disease”

Featuring keynote speaker Marilyn Albert, PhD, presenter at the Alzheimer’s Association International Conference on Alzheimer’s Disease, July 2011, France

Cost: \$80 DCC and MGA members
\$100 non-members
\$40 full time students (no CEU's)

For vendor opportunities or general info:
1.800.272.3900 or info.maryland@alz.org

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