

## IN FOND MEMORY OF GLENN I. KIRKLAND, FOUNDING PRESIDENT



The Alzheimer's Association mourns the passing of Glenn I. Kirkland, the Greater Maryland Chapter's founding president. In 1979, Glenn was a physicist at the Johns Hopkins Applied Physics Laboratory and was caring for his wife Grace, who had dementia. At that time there was very little printed information about Alzheimer's disease.

No treatments were available, and health care professionals knew very little about it. Glenn and a small group of dedicated volunteers founded a nonprofit organization, (which became the Alzheimer's Association, Greater Maryland Chapter), to fill a support and information gap for families, and to advocate for Alzheimer's research funding.

Glenn was a relentless advocate on behalf of families touched by Alzheimer's disease. He gained the attention of policy makers in his efforts to promote the development of supportive services and funding for research.

Glenn's greatest contribution to creating public awareness about Alzheimer's disease was his decision to open his private life to documentary filmmakers from the University of

Maryland who filmed Glenn and Grace's journey over seven years of the devastating progression of the disease. The resulting videos have been shown world-wide as teaching aids in the care of people with dementia.

Glenn designated his share of the royalties from the sale of the films to a fund within the Alzheimer's Association to enhance the quality of life for people with Alzheimer's and their family members. Uses of this fund can include medical equipment, respite care for the caregiver, or resources to alleviate a crisis situation. Since its inception, the Kirkland Fund has provided essential services to hundreds of families.

To make a donation to the Kirkland Fund, call **410-561-9099** or visit **[www.alz.org/maryland](http://www.alz.org/maryland)** and click on Learn More under In Fond Memory of Glenn I. Kirkland.

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## MEMORY WALK '08: WE'RE ON THE MOVE TO END ALZHEIMER'S!

**Register today for a Walk near you:**

Harford County	Saturday, October 4th	Bel Air Equestrian Center*
Frederick	Sunday, October 5th	Maryland School for the Deaf
Salisbury	Saturday, October 11th	City Center Building
Towson	Saturday, October 18th	Towson Univ. – Burdick Field
Cumberland	Sunday, October 19th	Allegany College of Maryland
Howard County	Saturday, October 25th	Howard Community College*

**\*New Walk location for 2008!**

Visit [www.alz.org/maryland](http://www.alz.org/maryland) and click on **Memory Walk** or call **800-272-3900** to register as an individual walker or as a Team.



When Lieutenant Jessica Wright was called to duty in Iraq, she knew her primary focus would be on her mission as a member of the United States Air Force. But she also brought another mission with her to Iraq — her desire to help end Alzheimer's.

Above: Troops at Ali Air Base/Contingency Operating Base Adder in southern Iraq walked to raise more than \$24,000 for the Alzheimer's Association.

alzheimer's  association

"Awarded Maryland  
Nonprofit & Standards  
for Excellence Seal"



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410-561-9099

Eastern Shore  
209C Milford Street  
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1-800-272-3900  
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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  
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Member Agency  
United Way of Queen Anne's County  
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United Way of Washington County, Inc.  
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A participant in the  
Combined Federal Campaign

VOICE

Voice your support and  
become an advocate

IMPORTANT MARYLAND  
MEDICAID UPDATE

On July 1st, Maryland implemented important changes to its Medicaid long-term care program that are intended to eliminate the medical eligibility bias against people with cognitive impairments, such as Alzheimer's disease, who need supervision as a result of their disease rather than 24-hour skilled nursing care.

As a result of these changes, people who meet the financial eligibility criteria for Medicaid and any one of the three following medical eligibility criteria will be deemed eligible to receive long-term care services through Medicaid:

- Caring for an individual who requires hands-on assistance to adequately and safely perform two or more activities of daily living (bathing, dressing, eating, toileting or continence), as a result of a current medical condition or disability, or
- Supervision of an individual's performance of two or more activities of daily living for an individual with cognitive deficits such as Alzheimer's disease and related dementias, as indicated by a score of 15 or less on the Folstein Mini-Mental Status Evaluation, and who is in need of assistance with three or more instrumental activities of daily living (telephone use, money management, housekeeping, medication management), or
- Supervision of an individual's performance of two or more activities of daily living combined with the need for supervision or redirection of an individual exhibiting as least two of the following behavior problems: wandering several times a day, hallucinations or delusions at least weekly, aggressive or abusive behavior several times a week, disruptive or socially inappropriate behavior several times a week, or self-injurious behavior several times a month.

Nursing facility services are available for people who meet the financial and medical eligibility criteria outlined above. Individuals who are eligible for nursing facility services are also eligible for home and community-based services through the Older Adults Waiver. These services include adult medical day care, personal care services, and respite, to name a few. There is currently a one-to-two year waiting list for the Older Adults Waiver. Some individuals may have access to the Adult Medical Day Care Waiver if their income is sufficiently low.

Please check with your local Area Agency on Aging (listings available at [www.mdoa.state.md.us](http://www.mdoa.state.md.us)) if you believe you or someone you know may be eligible for these services. If you know of someone who has been denied services in the past because they did not need skilled nursing care and you believe that they meet the financial eligibility requirements and the new medical eligibility requirements, please contact your local Area Agency on Aging to request a new evaluation.

The Alzheimer's Association has been a leader in advocating for these important changes to Maryland's Medicaid long-term care program. Although long-overdue, we applaud the State's new approach to providing a long-term care safety net through Medicaid for people with Alzheimer's disease and related dementias.

**OPEN**

Learn what's happening in the world of research

# CONFERENCE DRAWS INTERNATIONAL ATTENTION TO ALZHEIMER'S DISEASE

The Alzheimer's Association International Conference on Alzheimer's Disease (ICAD), held in Chicago July 26-31, convened the most celebrated Alzheimer researchers as speakers and presenters, as well as an unprecedented 5,400 attendees. Researchers from around the world gathered to share the latest developments in dementia science with more than 2,000 plenary, symposium, oral and poster presentations.

Groundbreaking research included methods for earlier detection of Alzheimer's and social and behavioral therapies. A symposium on disease-modifying drugs drew a full house, reflecting a keen interest among researchers in development of drugs to slow or stop the progression of Alzheimer's.

One of the most exciting announcements of the conference came from Alzheimer's Association president and CEO Harry Johns, who broke the news on the first day of ICAD that to keep pace with the rapidly evolving dementia research field, ICAD will now become an annual event. The next conference will take place July 11-16, 2009, in Vienna, Austria.

Some of the most compelling news presented included:

- Promising data from Phase II clinical trials on Rember, a drug that directly targets the brain tangles that are a hallmark of Alzheimer's disease
- Findings indicating that individuals in the early stages of Alzheimer's who were more physically fit displayed less brain atrophy in areas associated with memory
- Dimebon, formerly available overseas as an antihistamine and currently in clinical trials for Alzheimer's, showed promise in stabilizing dementia symptoms
- A study showing that respectful communication in residential care settings increases the quality of care for residents

News stories based on ICAD's biggest presentations appeared in major print, online and broadcast outlets, reaching millions of people worldwide. Coverage included prominent placement on ABC, the BBC, CBS, CNN, NBC, the Associated Press, Reuters, The Wall Street Journal and USA Today.

Not only did the Association warmly welcome thousands of international researchers to ICAD — so did the city of

Chicago. More than 2,500 attendees were from outside of the United States, and to greet guests from here and abroad, the Association, whose national office is based in Chicago, partnered with civic organizations and local venues around the city.



Hosted by the Alzheimer's Association and sponsored by Myriad Pharmaceuticals, "Portraits from the Mind: The Works of William Utermohlen 1955-2000" was a series of works from the late artist William Utermohlen that was displayed at the Chicago Cultural Center July 26-August 3. The exhibit included a wrenching series of Utermohlen's self-portraits documenting the progression of his Alzheimer's. During its time at the Cultural Center the exhibit welcomed some 9,000 visitors.

Downtown hotels served a signature purple cocktail — the ICADian, created by mixologist Stephan Fritz of the Sheraton Chicago Hotel and Towers. Participating hotel bars also used specially designed ICAD coasters, cocktail napkins and table tents. And, to further promote awareness of the Association, landmarks on Chicago's famous skyline were lit up in purple each night of the conference.

ICAD provided the Alzheimer's Association and its many esteemed guests with an unmatched collegial experience and unparalleled access to top-level, cutting-edge research. And, looking forward to ICAD 2009 in Vienna, the Association is energized to realize the possibility that its work, and the work of its many partners, is advancing toward a shared vision of a world without Alzheimer's disease.

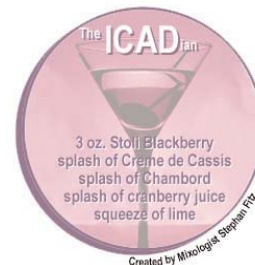
**Make Your Own ICADian!**

ICAD attendees were treated to a signature purple cocktail. Make your own and raise a glass to Alzheimer research.

- 3 oz. Stolli Blackberry
- Splash of Crème de Cassis
- Slash of Chambord
- Splash of cranberry juice
- Squeeze of lime

Shake and enjoy!

*-Created by mixologist Stephan Fitz*



**OPEN**

Open your mind to learn the facts about Alzheimer's

## ALZHEIMER MYTHS: THE TRUTH ABOUT THIS COMPLEX DISEASE

**Myth 1: Memory loss is a natural part of aging.**

**Reality:** In the past people believed memory loss was a normal part of aging, often regarding even Alzheimer's as natural age-related decline. Experts now recognize severe memory loss as a symptom of serious illness.

**Myth 2: Alzheimer's disease is not fatal.**

**Reality:** Alzheimer's disease is fatal. It is the sixth leading cause of death in America, recently surpassing diabetes. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away your identity, ability to connect with others, think, eat, talk, walk and find your way home.

**Myth 3: Only older people can get Alzheimer's.**

**Reality:** Alzheimer's can strike people in their 30s, 40s and 50s. Of the estimated 5 million Americans living with Alzheimer's disease, some 500,000 people under age 65 have Alzheimer's or a related dementia.

**Myth 4: Drinking out of aluminum cans or cooking in aluminum pots and pans can lead to Alzheimer's disease.**

**Reality:** During the 1960s and 1970s, aluminum emerged as a possible suspect in Alzheimer's. This suspicion led to concern about exposure to aluminum through everyday sources such as pots and pans, beverage cans, antacids and antiperspirants. Since then, studies have failed to confirm any role for aluminum in causing Alzheimer's. Experts today focus on other areas of research, and few believe that everyday sources of aluminum pose any threat.

**Myth 5: There are treatments available to stop the progression of Alzheimer's disease.**

**Reality:** At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months, on average, for about half of the individuals who take them.

## THE TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

**1. Memory loss.** Forgetting recently learned information is one of the most common early signs of dementia.

*What's normal?* Sometimes forgetting names or appointments.

**2. Difficulty performing familiar tasks.** People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

*What's normal?* Occasionally forgetting why you came into a room or what you planned to say.

**3. Problems with language.** People with Alzheimer's often forget simple words or substitute unusual words, making their speech or writing hard to understand.

*What's normal?* Sometimes having trouble finding words.

**4. Disorientation to time and place.** People with Alzheimer's can become lost in their own neighborhood, forget where they are, and not know how to get back home.

*What's normal?* Forgetting the day of the week.

**5. Poor or decreased judgment.** Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold.

*What's normal?* Making a questionable decision now and then.

**6. Problems with abstract thinking.** Someone with Alzheimer's may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

*What's normal?* Having difficulty balancing a checkbook.

**7. Misplacing things.** A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

*What's normal?* Misplacing keys or a wallet temporarily.

**8. Changes in mood or behavior.** Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.

*What's normal?* Occasionally feeling sad or moody.

**9. Changes in personality.** The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

*What's normal?* Personalities do change somewhat with age.

**10. Loss of initiative.** A person with Alzheimer's may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

*What's normal?* Sometimes feeling weary of social obligations.

## ACT

Act now to start living a brain healthy lifestyle

# BRAIN HEALTH: THE BENEFITS OF STAYING PHYSICALLY ACTIVE

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage growth of new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

Growing evidence shows that physical exercise does not have to be strenuous or even require a major time commitment. It is most effective when done regularly, and in combination with a brain-healthy diet, mental activity and social interaction.

Aerobic exercise improves oxygen consumption, which benefits brain function; aerobic fitness has been found to reduce brain cell loss in elderly subjects.

Walking, bicycling, gardening, tai chi, yoga and other activities lasting about 30 minutes daily get the body moving and the heart pumping.



Physical activities that also involve mental activity (plotting your route, observing traffic signals, making choices) provide additional value for brain health. Doing these activities with a companion offers the added benefit of social interaction.

## AVOID HEAD TRAUMA WHEN EXERCISING

Severe head injuries have been associated with increased risk for later development of Alzheimer's disease and other dementias. Protect your head by doing the following:

1. Use protective headgear when engaged in physical activities, such as bicycling, horseback riding, skating and so on.
2. Wear a seat belt.
3. Guard against falls by using handrails, watching out for tripping hazards and taking other precautions.

## LIVING A BRAIN-HEALTHY LIFESTYLE

### WATCHING THE SCALE

Manage your body weight for overall good health of brain and body. A long-term study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life.

Those who also had high cholesterol and high blood pressure had six times the risk of dementia. Adopt an overall food lifestyle, rather than a short-term diet, and eat in moderation.

### CALCULATING YOUR BODY MASS INDEX



Body mass index (BMI) is a number that expresses your weight in relation to your height.

A BMI that falls into the "normal" range means that your weight is in reasonable proportion to your height.

### The BMI formula

BMI can be calculated with either metric units (meters and kilograms) or standard ("English") units (inches and pounds).

The standard-unit formula to calculate your BMI is:

1. Start with your weight in pounds
2. Divide it by your height in inches squared
3. Multiply the result by 703

For example, the BMI for a person 5'3" tall who weighs 140 pounds is:

140 divided by (63 x 63) = 0.0353 x 703 = 24.7.

The categories for BMI are:

Underweight	Less than 18.5
Normal Weight	18.5-24.9
Overweight	25-29.9
Obese	30 or greater

**ACT**

Act now: get involved at your local chapter

**EDUCATION CALENDAR**

FOR FAMILIES, THE PUBLIC & PROFESSIONALS IN THE FIELD OF DEMENTIA

*Education events are free unless otherwise noted*

**October 8**

**Caring for Persons with Dementia: A Family Orientation Program**

Somerset County DSS  
Times: 2:00 - 4:00 pm  
Contact: Amy Schine, 410-749-4940

**October 14**

**Five Hour Dementia Care Training**

Hagerstown Community College  
Times: 9:30 am - 3:30 pm  
Cost: \$50/person  
Contact: For more info call 301-696-0315

**October 27**

**Caring for Persons with Dementia: A Family Orientation Program**

Manokin Manor Nursing & Rehabilitation Center  
Times: 6:00 - 8:00 pm  
Contact: Amy Schine, 410-749-4940

**October 29**

**Frederick County Caregiver Conference**

Mt. St. Mary's University Conference Center  
Times: 8:30 am - 12:30 pm  
Cost: \$15/person, scholarships available  
Contact: For more info call 301-696-0315

**October 30**

**Dementia Care Consortium Meeting "Alzheimer's Research Update"**

Speaker: Elizabeth Galik, PH.D.  
Augsburg Lutheran Village, Baltimore  
Times: 8:30 - 10:00 am  
Cost: Members free; non-members \$15  
Contact: To register call 410-561-9099

**November 5**

**Caregiving During the Holidays**

Alzheimer's Association Timonium office  
Times: 6:00 - 7:00 pm  
Contact: To register call 410-561-9099

**November 6**

**Out and About with Dementia**

Homewood at Williamsport, Hilltop House Assisted Living  
Times: 1:30 - 4:00 pm  
Contact: For more info call 301-696-0315

**November 7**

**Five Hour Dementia Care Training**

Frederick Community College  
Times: 9:30 am - 3:30 pm  
Cost: \$50  
Contact: For more info call 301-696-0315

**November 8**

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

Coppin State University, Tawes Center Ballroom  
Times: 9:00 am - 3:00 pm  
Contact: For more info call 410-561-9099

**November 12**

**Maintain Your Brain**

Somerford Assisted Living, Hagerstown  
Times: 4:30 - 6:00 pm  
Contact: For more info call 301-696-0315

**November 12**

**15th Annual Cecil County Caregiver Conference**

First Assembly of God Church, Elkton  
Times: 8:00 am - 2:00 pm  
Cost: Caregivers free; students \$30; professionals \$40  
Contact: For more info call 410-996-8168

**November 14**

**Upper Shore Caregiver Conference**

Chesapeake College  
Times: 8:00 am - 4:00 pm  
Contact: For more info call 443-416-7710

**November 17**

**Maintain Your Brain**

Somerford Assisted Living, Frederick  
Times: 4:30 - 6:00 pm  
Contact: For more info call 301-696-0315

**November 24**

**Memory Loss: It Isn't Always Alzheimer's**

Wicomico Public Library, Salisbury Branch  
Times: 7:00 - 8:00 pm  
Contact: Amy Schine, 410-749-4940

**December 4**

**Annual Dementia Conference for Professionals**

"Clinical, Policy and Ethical Dilemmas in

**the Care of Individuals with Dementia"**

Sheppard Pratt Conference Center  
Keynote Speaker: William Thies, Ph.D. from National Alzheimer's Association  
Time: 8:00 am - 3:30 pm  
Cost: MGA members \$80; non-members \$100  
CEUs available  
Contact: For a brochure, call 410-561-9099

**December 10**

**Caregiving During the Holidays**

Alzheimer's Association Timonium office  
Times: 6:00 - 7:00 pm  
Contact: To register call 410-561-9099

**December 11**

**Basics of Alzheimer's Disease**

Country Meadows, Frederick  
Time: 6:30 pm  
Contact: For more info call 301-696-0315

**COMMUNITY EVENTS**

**Team Unforgettable at the Baltimore Running Festival**

**Saturday, October 11, Baltimore City**  
21 members of the inaugural Team Unforgettable will participate in the Baltimore Marathon and Half Marathon. Each member has raised a minimum of \$1,400 to support the Alzheimer's Association.  
For information about next year's Team Unforgettable, call 410-561-9099.

**Memory Walk 2008**

Harford County	Saturday, October 4th
Frederick	Sunday, October 5th
Salisbury	Saturday, October 11th
Towson	Saturday, October 18th
Cumberland	Sunday, October 19th
Howard County	Saturday, October 25th

**2009 Galas:**

**April 4, 2009**

**Forget-Me-Not Gala**

Lynfield Event Complex, Frederick

**April 18, 2009**

**Memory Ball 2009 "Dancing Stars"**

Hilton, Baltimore

For info about tickets and corporate sponsorship opportunities, call 410-561-9099.

“What you do makes a difference, and you have to decide what kind of difference you want to make.” -Jane Goodall

## VOLUNTEER DEPARTMENT HELPING OUTREACH EFFORTS IN CENTRAL MD

The Alzheimer's Association believes that awareness and education are the keys to fighting Alzheimer's disease. In addition to helping families living with dementia, increased public education and awareness create an overall better understanding of this complex disease across the country.

Last year, the Association created a pilot program called the Ambassador Program designed to educate and support local communities. Thirty trained Ambassadors from all over Maryland now provide an additional gateway to understanding what resources are available for people who are currently living with Alzheimer's, those caring for someone with Alzheimer's, or those who just want to gain an understanding of this complex disease.

In an effort to assist our Ambassadors at securing venues for presentations, the volunteer staff has been working diligently

(and creatively) to find such venues. New to the volunteer staff, Michael Berger has researched and called over 100 local community groups and associations for this effort.

Volunteers play a vital role in the work of the Alzheimer's Association. Please contact us to learn more about the various opportunities to serve.

If your organization or group would benefit from having an Ambassador from the Alzheimer's Association give a brief presentation, please call **410-561-9099**.



*Michael Berger has logged more than 50 hours of volunteer service since he joined the team in July.*

## CANDLE LIGHT VIGIL HONORS THOSE TOUCHED BY ALZHEIMER'S

More than 100 people gathered for a candle light vigil on August 17 at Mount St. Mary's University in Emmitsburg. Family and friends joined together at Founders Plaza, at the foot of the Catoctin mountains, and lifted lighted candles at sunset for a 71-second silence to honor and remember loved ones touched and loved ones lost to Alzheimer's disease and other dementias.



This silence was a reminder that every 71 seconds another American is added to the five million with Alzheimer's disease.

Chuck Finley, who was diagnosed with young-onset dementia, called for a cure and expressed thanks for the support he and his wife receive through the Association's young-onset support group.

Local NBC-25 personality and emcee, Pieter Bickford, thanked participants for signing up as Alzheimer advocates. Brian Sclar, whose father passed away from

Alzheimer's, appealed for increased funding for research and shared stories of his father and the difficult decisions of placing him in a long-term care facility.

Kathy Shea, a family caregiver for both of her parents, shared the emotional toll caregiving placed upon her family, candidly describing the anguish of making difficult choices on their behalf.

Bill Bugg, Alzheimer advocate and local caregiving author, engaged participants with stories of devotion in caring for his wife and encouraged everyone to move the cause forward.



*Brian Sclar is joined by friends and family who honored the memory of his father, Abraham Sclar. The Sclar family is recognized as this year's Frederick Memory Walk Family.*

Thank you to Mount St. Mary's University, Mayor Jim Hoover of Emmitsburg, Uncle Ralph's cookies, and all the participants that made this event possible. Special appreciation is extended to Genevieve Waterman, a Mount St. Mary's University public policy intern, who spearheaded the event.

**OPEN**

Open your mind to new caregiving approaches

**CAREGIVING DURING THE HOLIDAYS:  
TIPS FOR SUCCESS**



Holidays are opportunities to share time with the people you love. Try to make these celebrations easy on yourself and the person with Alzheimer's disease so that you may concentrate on enjoying your time together. Here are some suggestions:

**Adjust your expectations**

Call a face-to-face meeting or arrange for a telephone conference call with family and friends to discuss holiday celebrations. Make sure that everyone understands your caregiving situation and has realistic expectations about what you can and cannot do. No one can expect you to maintain every holiday tradition or event.

Give yourself permission to do only what you can reasonably manage. If you've always had a big holiday party, consider inviting fewer people for a simple meal. Or, have a potluck dinner or ask others to host the holiday at their home.

Consider celebrating holidays over a lunch or brunch, rather than an evening meal, to work around the evening confusion or sundowning that sometimes affects some people with Alzheimer's.

**Involve the person with dementia in holiday activities**

Involve your loved one with dementia in safe, manageable holiday activities. He or she could help you prepare food, wrap packages, hand you decorations or set the table. Avoid using candies, artificial fruits/vegetables or other edibles as decorations. Blinking lights may confuse or scare the person.

Maintain the person's normal routine so that holiday preparations don't become disruptive or confusing. Taking on too many tasks can wear on you and the person with dementia.



Build on past traditions and memories. Your family member may find comfort in singing old holiday songs, for example. But also try experimenting with new holiday traditions, such as renting seasonal videos.

**Gift ideas for the person with dementia**

Choose the best type of gift for your loved one based on his or her interests and abilities. In the early stages, a person may appreciate tickets to a show or musical, or simple and familiar games like dominos or bingo. Items that help with memory like magnetic refrigerator pads and calendars may be good gifts.



When a person is in the middle or later stages of Alzheimer's, you may have to adapt your gift giving. Encourage people to buy useful gifts for the person such as: an identification bracelet, such as the one offered through MedicAlert® + Alzheimer's Association Safe Return®; comfortable, easy-to-remove clothing; audiotapes of favorite music or books; videos of favorite movies, sports teams or travel destinations; subscriptions to magazines that reflect hobbies; warm blankets or quilts; photo albums; or scented lotion.

Advise people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.

Depending on his or her abilities, get the person involved in giving gifts. For example, someone who once enjoyed cooking may enjoy baking cookies and packing them in tins or boxes. Or, you may want to buy the gift and allow the person to wrap it.

**Caring For Yourself**

When friends or family members ask what you want for a gift, suggest a gift certificate or gift card to a favorite restaurant, store or spa. Or you can suggest something that will help you out as you care for your loved one, like a cleaning or household chore service.

Do your best to manage holiday stress and caregiving stress (not to mention the family stress that can come with the holidays). If you find it too overwhelming and need support, call the Alzheimer's Association to talk with one of our care consultants at **800-272-3900**. You can also chat with others who know what you are going through on our message boards on **www.alz.org**.

**JOIN**

Join a research study to help find a cure

**UNDERSTANDING RESEARCH PARTICIPATION**

Research participation is often believed to be risky, time-consuming or even an answer to one's medical problems. It is important to have a clear understanding of your options and how they apply to you before deciding to move forward.

**Participants' Rights:** Participating in a research study is voluntary. You may drop out of a study at any time, for any reason. You may base your decision about participating on what you learn through the informed consent process. This is when you will learn the key facts about a research study and how it may affect you. Refusal to participate in a given study will not result in a penalty or loss of any kind.

**Eligibility:** Many research programs give individuals with no memory impairment as well as those with memory disorders, their families, and care providers an opportunity to participate in a wide range of studies.

Research institutions typically provide individuals the opportunity to participate in a wide range of studies. These studies fit into three categories: observational, imaging and clinical drug trials.

**Observational Studies** follow participants over a period of time to observe specific changes, such as how an individual's health or memory may change over time. These studies do not require the individual to take any drugs or medication.

**Imaging Studies** utilize brain imaging technology, such as MRI or PET scans, to study techniques to improve diagnostic accuracy, better understand the disease's progression and assist in the development of new treatments.

**Clinical Drug Trials** are conducted to develop effective treatments to prevent, delay, or treat memory problems. Some clinical trials study new drugs or procedures that are not currently available to the public. Other trials study existing drugs that are used in other medical conditions to help determine if they are also helpful in dementia.

**Clinical Trial Phases:** The U.S. Food and Drug Administration (FDA) established a rigorous sequence of testing for experimental drugs. Clinical trial study drugs must

perform to a set standard in each phase to progress to the next. Preclinical studies in laboratories establish a scientific basis for believing a drug is reasonably safe and may be effective.

**Phase I Trials**, the first stage of human testing, typically enroll a small group (20-80). These studies are primarily concerned with evaluating safety and side effects associated with a drug.

**Phase II Trials** enroll a larger number of people (100-300) with the condition the drug is designed to treat. These studies provide further information about safety and focus on determining the best dose of a drug.

**Phase III Trials** enroll several hundred to several thousand volunteers, often at multiple study sites nationwide. They provide the chief evidence for safety and effectiveness that the FDA will consider in deciding whether to approve a drug.

**Phase IV Trials**, also called post-marketing studies, is often required by the FDA after a drug is approved. The trial sponsor must monitor the health of individuals taking the drug to gain additional insight into its long-term safety and effectiveness and the best way to use it.

**Placebo:** When participating in a clinical drug trial, there is a good chance that participants will be given a placebo, which is a substance that has no effect on the individual. This is done to ensure that the effects of the drug or procedure being tested are not due to the power of suggestion.

While the initial motivation for deciding to participate in research may be to benefit from the drugs or procedures being tested, it is important that the overall hope is to further the pool of knowledge about the topic being researched. Without research volunteers, advancements in the field of Alzheimer's would not be possible.

For more information about research and research participation, please call **800-272-3900**.

*Content in this article is courtesy of the Johns Hopkins Memory and Alzheimer's Treatment Center.*



## MOVE

Move our cause forward:  
participate in fundraising

The 23rd Annual Alzheimer's Association Charity Golf Classic was held on Monday, August 25th.

Over 100 players enjoyed the tournament, dinner and live and silent auctions at Caves Valley Golf Club.



From left: Marie Ickrath, Chris Persico, John Screen, Heidi Gage, Dick Ickrath, Donna Carmack, and Cass Naugle

## CAVES VALLEY GOLF CLUB HOSTS CHARITY GOLF CLASSIC

Trophies and awards were given to the top foursomes, longest drives and closest to the pin.

**The tournament raised over \$45,000 for Alzheimer's research, programs, and services.**

We would like to extend our thanks to our Premier Sponsors Advertising.com, Roofers, Inc. and Lockheed Martin. A special thank you to our hard working committee, chaired by Chris Persico of Persico Asset Management, for their generous support.

This year, we paid tribute to the late David Ickrath for his long-time and dedicated commitment to the Alzheimer's Association through his involvement with the Charity Golf Classic.

## YEAR-END GIVING

The Alzheimer's Association, Greater Maryland Chapter extends its deepest appreciation to our dedicated and generous contributors, whose gifts help fight Alzheimer's by funding vital research and essential support programs and services.

As we approach the "season of giving," we hope that you will remember us in your year-end giving plans.

The holidays are a lovely time to make a direct gift to the Alzheimer's Association in honor or memory of a loved one. The Alzheimer's Association also offers you a variety of planned giving arrangements, including charitable gift annuities, trusts and bequests.

For more information about ways that you can support the continued efforts of the Alzheimer's Association, please contact **410-561-9099**.

Thank you for remembering the Alzheimer's Association.

## GENEROUS CONTRIBUTIONS SUPPORT REGIONAL RESPITE PROGRAMS

The Alzheimer's Association of Greater Maryland has several respite programs that are designed to help caregivers with the cost of respite care for their loved one.

Respite services include in-home aide service, adult day care, short-term stay



From left: Talmadge Payton, Office Manager, and Cathy Hanson, LGSW, Program Coordinator.

at facilities, and other emergency needs.

This year the chapter received two large donations to support these programs.

Talmadge Payton, Office Manager at the Alzheimer's Association Frederick office, developed the respite program "The Joyce Joiner Respite Fund" in memory of a dear friend.

Talmadge served as the Fraternal Order of Eagles Auxiliary's Maryland State President from July 2007 to June 2008. Over \$20,000 was raised for the respite fund (pictured left).

The Eastern Shore's TLC respite care program received \$7,000 in June to support caregivers who need home care assistance (pictured right).

We would like to thank everyone who has made these donations possible and support this vital service for families. If you are in need of financial assistance or have questions about respite care please call **800-272-3900**.



From left: Anna Foults, President of Star Charities, Inc.; Dee Myers, Development Coordinator, Alzheimer's Association; Rhonda Richardson, Manager, Bank of Ocean City, Star Charities Volunteer Treasurer.

**JOIN**

Get involved in your local chapter

**SUPPORT GROUPS IN GREATER MD**

Caregivers, people with dementia and others who have attended support groups have reported invaluable benefits from hearing about others' experiences and having an open forum to express their own feelings.

The Alzheimer's Association currently has over 50 affiliated support groups in the Greater Maryland area. Specialty groups include the Frontotemporal Dementia (FTD) group in Timonium, the spouses' groups in Annapolis and Baltimore, the bilingual Latino caregiver group in Baltimore City, and the adult children's groups in Baltimore, Owings Mills and Bel Air.

There will be a young-onset dementia support group forming in Timonium this October. This group is for people who have been diagnosed with Alzheimer's disease or related memory disorders and are under the age of 65 years old. If you are interested, please call Carol F. Wynne at 410-561-9099 for more information.

For a full support group listing, call **800-272-3900** or visit [www.alz.org/maryland](http://www.alz.org/maryland) and click on Support Groups.

**BOARD OF DIRECTORS RECOGNIZES OUT-GOING LEADERS, WELCOMES NEW MEMBERS**

At the June Board of Directors meeting, the Association acknowledged the contributions of the following board members who have served the maximum of three two-year terms:

RaeAnne Butler: Administrator, Retirement Community; Elaine Weaver: HomeCall Home Health Services; Karen Kauffman, Ph.D., R.N.C. – Assistant Professor, University of Maryland at Baltimore; E. Allen Robinson: Broker, Wachovia Securities; and Marsden McGuire, M.D.: Director, Geriatric Services Sheppard Pratt Health Systems.

The Board also recognized Renee Wooding for her outstanding service as Board President for the past two years.

The Alzheimer's Association welcomes the following new Board members: Chiadi Onyike, M.D., M.H.S.: Psychiatrist, Johns Hopkins; Rebecca Li, C.P.A.: Weil, Akman, Baylin & Coleman, P.A.; Brian Scheinberg: Auditor, Price Waterhouse Coopers; and Lisa Mertensotto: Team Recruitment Chair for Salisbury Memory Walk.

**SUPPORT THE ALZHEIMER'S ASSOCIATION THROUGH 2008-2009 CHARITY CAMPAIGNS**

We deeply appreciate the support that we receive from employees throughout the state of Maryland who contribute to the Alzheimer's Association through payroll deduction. Giving to the Alzheimer's Association through payroll deduction at your place of employment is a simple way to contribute funds to help advance our vital mission.

Having only five or ten dollars deducted from each paycheck can make a big difference in supporting our mission to eliminate Alzheimer's disease and provide vital services for those affected. You can also consider joining our Alois Society by contributing \$1,000 or more through payroll deduction. The Alois Society is a giving society of the Alzheimer's Association, recognizing individual donors giving \$1,000 or more.

Please designate the Alzheimer's Association, Greater Maryland Chapter, as the recipient of your payroll gift.

Following are our agency's numbers for the 2008-2009 campaigns:

- United Way of Central Maryland - #017**
- Combined Federal Campaign, Central Maryland - #82697**
- Combined Charity Campaign, Baltimore City - #8017**
- Maryland Charity Campaign - #8017**

Thank you for caring.

**"WHAT CAN I DO TO HELP?"**

**PLEASE CONSIDERING SUPPORTING US IN ONE OF THE FOLLOWING WAYS AT YOUR PLACE OF WORK:**

**Promote "Casual for a Cause" Days:**

Host an official Alzheimer's Association Dress Down Day. For the privilege of wearing casual clothes for the day, employees will make a donation to support the Alzheimer's Association. We will provide "Casual for a Cause" stickers to support your efforts, as well as educational materials about the Alzheimer's Association.

**"Do It Yourself" Fundraiser:**

Work together to create your own special workplace fundraising event. Alzheimer's Association staff can lend their support and expertise to help you design an event that will be most meaningful for your employees.

If you have questions, call us at **800-272-3900**.

## DON'T MISS THESE FALL CONFERENCES

October 29

**Frederick County  
Caregiver Conference**

Mt. St. Mary's University  
Conference Center

Call 301-696-0315 for more info

November 12

**15th Annual Cecil County  
Caregiver Conference**

First Assembly of God Church,  
Elkton

Call 410-996-8168 for more info

November 8

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

Coppin State University,  
Tawes Center Ballroom

Call 410-561-9099 for more info

December 4

**Annual Dementia Conference  
for Professionals**

“Clinical, Policy and Ethical  
Dilemmas in the Care of  
Individuals with Dementia”

Sheppard Pratt Conference Center

Call 410-561-9099 for more info

See page 6 for the complete education calendar and additional details about these events.



24 - Hour Helpline: 1 . 8 0 0 . 2 7 2 . 3 9 0 0