

YOUNGER-ONSET ALZHEIMER'S ADDED TO SOCIAL SECURITY COMPASSIONATE ALLOWANCES

In its effort to improve and expedite the disability determination process, the Social Security Administration (SSA) has announced that it will add early-onset Alzheimer's disease to its Compassionate Allowances Initiative.

Please note, the terms "early-onset" and "younger-onset" Alzheimer's are used interchangeably and both refer to Alzheimer's that first appears prior to age 65.

The Compassionate Allowances Initiative identifies debilitating diseases and medical conditions that meet the SSA's disability standards for Social Security Disability Income (SSDI) or Supplemental Security Income (SSI). Inclusion in the initiative allows for faster payment of Social Security benefits to individuals with Alzheimer's disease.

The Alzheimer's Association applauds Social Security commissioner Michael Astrue and the SSA for understanding that the cognitive impairment caused by Alzheimer's disease leaves individuals unable to maintain gainful employment and deserving of an expedited disability determination.

"As the leading research, advocacy, and support organization for Alzheimer's disease, the Alzheimer's Association has actively sought the inclusion of early-onset Alzheimer's in the Social Security Administration's Compassionate Allowances Initiative," says Harry Johns, President and CEO of the Alzheimer's Association.

"Now, individuals who are dealing with the enormous challenges of Alzheimer's won't also have to endure the financial and emotional toll of a long disability decision process."

Since 2003, the Association has been advocating on behalf of individuals with early-onset Alzheimer's as they navigate the Social Security disability determinations process, and we welcome the SSA's decision.

Until now, individuals with early-onset Alzheimer's disease have faced myriad challenges when applying for SSDI or SSI, including a long decision process, initial denials and multiple appeals. This decision will simplify and streamline the SSDI/SSI application process and decrease the wait time for benefits, which for some has lasted as long as three years.

There are currently an estimated 5.3 million Americans with Alzheimer's disease. Although the majority of Alzheimer cases are individuals age 65 and older, a significant number of people under age 65 are also affected by this fatal disease and have few financial options other than the Social Security disability program.

This Compassionate Allowance only affects individuals with early-onset Alzheimer's disease and related dementias; generally, those individuals who are diagnosed under 65 years old. It does not affect individuals who are currently receiving full Social Security retirement benefits.

In addition to early-onset Alzheimer's disease, the following "related dementias" are on the Compassionate Allowance List: frontotemporal dementia (FTD) – Pick's disease, Creutzfeldt - Jakob disease, mixed-dementia and primary progressive aphasia.

To apply for SSDI or SSI benefits, an application and other documents must be submitted at your local SSA office. The Alzheimer's Association has prepared a checklist to assist individuals with the application process. For more information on the Compassionate Allowance for early-onset Alzheimer's, call the Alzheimer's Association 24/7 Helpline at **1.800.272.3900** or visit **www.alz.org**.

In addition, SSA has a wealth of information on its disability programs at **www.socialsecurity.gov**. To send a thank you note to Commissioner Astrue at the Social Security Administration visit: **<http://alz.kintera.org/ssa>**.



Stay Connected Over the Summer!

This is our last newsletter issue until the fall, so stay up-to-date with news and events by signing up for our e-newsletter.

Visit www.alz.org/maryland, click on Local News, then click on Get Email Updates.

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

alzheimer's  association

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Timonium, MD 21093
1.800.272.3900
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
1.800.272.3900
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.

To learn more, visit www.alz.org/maryland or call 1.800.272.3900.

WHY I GOT INVOLVED WITH THE ALZHEIMER'S ASSOCIATION

In the summer of 1992, I discovered a support group for my husband, John, who had Alzheimer's. It was for people with early-stage Alzheimer's, facilitated by the Alzheimer's Association and held twice a month at their office in Baltimore. John looked forward to each meeting, where he was able to share emotions and coping devices with others experiencing this dreaded disease. It made John's journey a bit more bearable.

That fall, Pat Borleis, facilitator of the early-stage support group, asked if I would be a Helpline volunteer. After a bit of training, I participated as a Helpline volunteer every Thursday for 15 years.

When Pat Borleis retired the following year, she asked me to take her place. I was also active in the Alzheimer's support group at Keswick Multi-Care, where I became a co-facilitator. I held these two posts for more than 10 years.

These volunteer jobs were what made the long difficult years of John's illness survivable. Helping others was my salvation. In late 1998, after John died, I considered leaving the Helpline, but then I

would get a call that I knew I was supposed to answer. I stayed until I had sudden hearing loss which made phone use impossible.



Today, I volunteer at the office in jobs that do not require hearing skills. I love the staff at the Alzheimer's Association. They have always treated me with patience, love and acceptance. They are truly dedicated to serving the needs of families affected by Alzheimer's.

The years I spent caring for my husband, mother-in law, and sister-in-law, all with Alzheimer's disease, and the many years I spent with families in my volunteer work gave me understanding I could use in writing the book I co-authored, *Mom's OK: She Just Forgets*. This book and the talks I give are helping others on this difficult journey. After 19 years, I am still volunteering.

Submitted by Evelyn McLay

SURGERY, ILLNESS NOT LINKED TO MENTAL DECLINE

OPEN
Learn about the current research

In new findings that contradict reports of an increased risk of dementia for seniors after surgery, researchers say illness and surgery don't contribute to long-term cognitive decline nor accelerate the progression of dementia.



Previously, it was believed that elderly people suffer major deterioration in mental function after surgery.

The study looked at 575 patients who were tested annually at

Washington University's Alzheimer Disease Research Center. At the start, 361 participants had very mild or mild dementia, and 214 were dementia-free. The participants were divided into three groups: those who'd undergone non-cardiac surgery, those with illness and those with neither.

Long-term follow-up showed no difference in cognitive decline among the three groups. Those with dementia did have a more marked cognitive decline than those without dementia.

Among those without dementia at the start of the study, 23 percent developed cognitive impairment, but the decline was not more common among those who had surgery or illness.

RECOVERY ACT TO BENEFIT ALZHEIMER RESEARCH

The National Institute on Aging (NIA), part of the National Institute of Health (NIH), has awarded American Recovery and Reinvestment Act funds to research efforts aimed at understanding, diagnosing and treating

Alzheimer's. Areas of focus include improving diagnostic tools, finding biomarkers, developing therapies, conducting clinical trials and exploring prevention.

More than 100 Alzheimer's or Alzheimer's-related research grants were awarded under the Recovery Act.

"...the recipients will use this unprecedented boost in research funds to help reach our ultimate goal of understanding age-related cognitive decline..."

-NIA director
Richard J. Hodes, M.D.

"We are delighted to announce the award of Recovery Act funds to many dedicated, hard-working scientists committed to advancing scientific discovery into Alzheimer's disease and cognitive impairment," said NIA director Richard J. Hodes, M.D.

"Over the next two years, the recipients will use this unprecedented boost in research funds to help reach our ultimate goal of understanding age-related cognitive decline and reducing the individual and societal burden of this devastating disease."

FAT HORMONE MAY PROTECT AGAINST ALZHEIMER'S

High levels of leptin, a hormone that regulates appetite, are associated with a lower incidence of Alzheimer's and all other forms of dementia, according to new research. Scientists suggest it may be useful to reduce, or predict, Alzheimer risk.

The research, reported in the Dec. 16 issue of the Journal of the American Medical Association, was performed because "there has been some data relating body weight to the risk of Alzheimer's disease," said senior study author Dr. Sudha Seshadri, an associate professor of neurology at Boston University School of Medicine.

"When we looked at animal studies, we found some data to indicate that leptin not only produces a feeling of satiety but also has a beneficial effect on the hippocampus. It was important to see if that was true in humans."

Human studies have shown that people with Alzheimer's disease have lower levels of leptin, but those studies didn't show which came first: the lower leptin levels or the decline in mental function.

Seshadri cautioned that additional research is needed to determine what, if any, pivotal role leptin can play in predicting Alzheimer risk. For now, it is not possible to say how leptin is doing to help the aging brain and no one is recommending that anyone attempt to increase leptin levels.

"...there has been some data relating body weight to the risk of Alzheimer's disease..."

-Dr. Sudha Seshadri
associate professor of neurology
Boston University
School of Medicine.

OPEN

Open your mind to learn the facts about Alzheimer's

EDUCATION CALENDAR

FOR FAMILIES, THE PUBLIC & PROFESSIONALS IN DEMENTIA CARE

Education events are free unless otherwise noted. Call to register:

March 18

Connected Conversations Telephone Seminar: Best Practices for Daily Caregiving

Times: 12:30-1:30 p.m.
Contact: At 12:30 p.m. call 1.800.920.7487, then enter the Participant Code: 293-247-25#
Questions? Call 1.800.272.3900

March 30

Dementia Training for Assisted Living Providers

Alzheimer's Association Central Office
1850 York Road, Suite D Timonium, MD
Times: 9:30 a.m.-3 p.m.
Cost: \$45 for 5-hr; \$25 for 2-hr refresher
Contact: To register, call 410.561.9099

April 6

20th Annual Conference for Alzheimer's and Dementia Caregivers

Salisbury University, Guerrieri University Center
Times: 9 a.m.-3:30 p.m.
Cost: \$20 - Family Caregivers
\$50 - Health Care Professionals (Includes nursing and social work CEU's)
Contact: For more info, call 410.561.9099 or 1.800.272.3900

April 10

18th Annual Caregivers' Conference

Annapolis Senior Activity Center
119 South Villa Ave., Annapolis, MD 21401
Times: 9 a.m.-3 p.m.
Cost: \$10 (CEUs are extra)
Contact: For more information call 410.222.4464 ext. 3043

April 10

12th Annual Conference for Caregivers: Caring for Those Who Care

McFaul Activities Center
525 West MacPhail Rd. Bel Air, MD 21014
Times: 8:30 a.m.-3:30 p.m.
Cost: Free but space is limited
Pre-registration is required
Contact: For more info, call 410.638.3025

April 15

Connected Conversations Telephone Seminar: Getting the Facts about Alzheimer's and Dementia

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

Contact: At 12:30 p.m. call 1.800.920.7487, then enter the Participant Code: 293-247-25#
Questions? Call 1.800.272.3900

April 17

3rd Annual Making Connections: For people with early dementia, their families and friends

Sheraton Hotel
10207 Wincopin Circle, Columbia, MD
Times: 8:30 a.m.-2:30 p.m.
Cost: \$20 general public; \$60 professionals
Contact: For more details or a brochure, call 410.561.9099

April 20

Seven Simple Answers

Somerford Assisted Living & Alzheimer's Care
2100 Whittier Drive, Frederick, MD 21702
Time: 4:30 p.m.
Contact: To register, call Michelle VanMetre, 301.668.3930

May 11

5 Hour Dementia and Mental Health Training

Hagerstown Community College
17301 Valley Mall Road, Hagerstown, MD
Times: 9:30 a.m.-3 p.m.
Cost: \$50
Contact: Deborah Staley, 301.790.2800

May 13

Dementia Care Consortium, Baltimore

Balancing Comfort and Curative Care in Advanced Alzheimer's
Mercy Ridge Retirement Community, Timonium
Times: 8:30-10:30 a.m.
Cost: DCC members free, non-members \$15
Contact: To register, call 410.561.9099

May 18

The Emotional Journey of Caregiving

Somerford Assisted Living & Alzheimer's Care
2100 Whittier Drive, Frederick, MD 21702
Time: 4:30 p.m.
Contact: To register, call Michelle VanMetre, 301.668.3930

May 20

Connected Conversations Telephone Seminar: Managing Caregiver Stress

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

Contact: At 12:30 p.m. call 1.800.920.7487, then enter the Participant Code: 293-247-25#
Questions? Call 1.800.272.3900

May 22

Holistic Health Seminar on Memory Loss

Epworth United Methodist Chapel
3317 Saint Lukes Lane, Baltimore, MD
Times: 8:30 a.m.-1 p.m.
Cost: Free, registration is required
Contact: For more information call 410.550.8146

May 26

Dementia Care Consortium, Frederick

Care Management: Navigating the Maze of Dementia Care
Golden Living Center
30 North Place, Frederick, MD
Times: 8:30-10:00 a.m.
Cost: DCC members free, non-members \$15
Contact: To register call 301.696.0315

June 11

7th Annual Talbot County Dementia Caregivers Conference

Talbot Senior Center
Times: 8:30 a.m.-12:30 p.m.
More details to come
Contact: Call 410.561.9099

August 12

Dementia Care Consortium, Baltimore

Interpreting Sexual Behaviors in Dementia Care
Genesis, Cromwell Center, Parkville
Times: 8:30-10:30 a.m.
Cost: DCC members free, non-members \$15
Contact: To register, call 410.561.9099

August 25

Dementia Care Consortium, Frederick

The Journey of Caregiving with Alzheimer's Disease
Homewood at Crumland Farms, Frederick
Times: 8:30-10:00 a.m.
Cost: DCC members free, non-members \$15
Contact: To register, call 301.696.0315

**For more educational events,
call 1.800.272.3900
or visit www.alz.org/maryland.**

NEW! DEMENTIA AND MENTAL HEALTH TRAINING KIT

ACT
Benefit from
professional training

An employee training kit on quality dementia care and mental health, titled *Caring for People with Cognitive Impairment and Mental Health Issues*, is now available through the Alzheimer's Association.

This kit was created by a partnership between the Alzheimer's Association and the Mental Health Association of Maryland to allow for maximum flexibility for educational needs. It meets COMAR regulations for Assisted Living and Nursing Home facilities for the state of Maryland.

The training program will educate health care professionals on the cognitive and mental health issues that impact many older adults, as well as issues relating to communication, behavioral intervention, end of life, pain recognition and stress management for staff.

DVD Core Content: Two DVDs are the core of this training package. There are ten modules, with the first five on Disc 1, Quality Dementia Care, and the last five on Disc 2, Mental Health Issues. The trainer has the freedom to choose the order in which topics are presented.

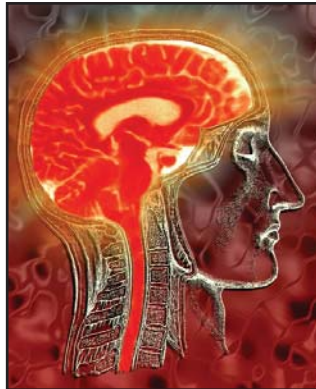
DVD Enhancement Training Manuals: Two training manuals are provided to enhance the DVDs. The manuals include additional information, guided exercises and discus-

sion points. Lesson reinforcements are incorporated at the end of each module to support the learning objectives. The manual lessons and exercises may be used to fulfill the required training time mandated by COMAR.

Support Material: Disc 3 contains an introduction and orientation for trainers, PowerPoint slides, a sample evaluation form, a sample certificate of completion, and staff development exercises. The PowerPoint slides should be provided as handouts to trainees as learning reinforcement and/or future reference material.

Supplemental Information and Resource Guides: A booklet called *Dementia Care Practice Recommendations for Assisted Living Residences and Nursing Homes* is provided by the Alzheimer's Association. This will supplement the first five modules of the training. *Mental Health in Later Life: A Guidebook for Older Marylanders and the People Who Care for Them* is provided by the Mental Health Association of Maryland to supplement the last five modules.

A detailed brochure with an order form is available by calling **410.561.9099** or visiting www.alz.org/maryland and clicking on the **Professional Training** page.



DEMENTIA CARE CONSORTIUM GROUPS IN BALTIMORE, FREDERICK

At the Dementia Care Consortium meetings, professionals in the dementia care field have the opportunity to network with one another, visit and tour a dementia facility or other center, and learn from expert presenters on dementia-related topics.

There are now two DCC groups, one for the Frederick area and one for the Baltimore area. As a member of the DCC, you will receive free admittance to each of the meetings (with breakfast provided), as well as notifications about additional events, conferences, and sponsorship and marketing opportunities.

Members who attend at least three meetings in 2010 qualify for social work Category I continuing education. Members will also receive special rates at two of our annual dementia conferences. Membership costs \$25 for individuals and \$100 for companies. Non-members may attend any meeting for \$15 per meeting.

For dates and locations for the Baltimore area DCC, call 410.561.9099. For dates and locations for the Frederick DCC, call 301.696.0315.

Frederick DCC 2010 Topics

- Maximizing Functional Activity of the Memory Impaired
- Care Management: Navigating the Maze of Dementia Care
- The Journey of Caregiving with Alzheimer's Disease

Baltimore DCC 2010 Topics

- The Language of Culture Change: The Transformation of Older Adult Services
- Balancing Comfort and Curative Care in Advanced Alzheimer's
- Interpreting Sexual Behaviors in Dementia Care
- What if it's Not Alzheimer's?

MOVE

Help us MOVE the cause forward

**ALZ STARS
EVERY MILE FUELED BY HOPE**

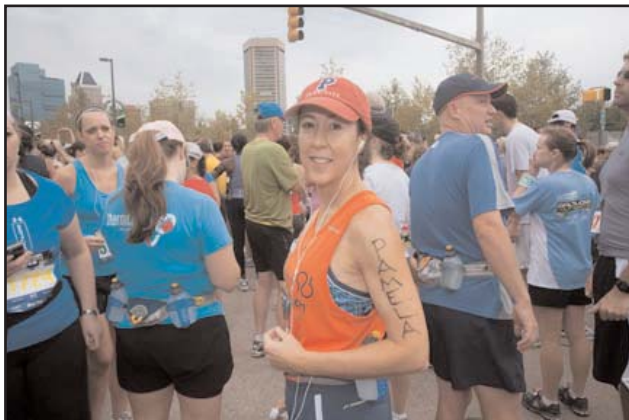


Go the distance with ALZ Stars, an endurance sports training program to benefit the care, support and research efforts of the Alzheimer's Association.

ALZ Stars challenges athletes to run a marathon or half marathon or to ride a 100 mile bike ride to increase awareness and inspire others to take action in the fight against Alzheimer's disease. When you join ALZ Stars, you're racing and raising money for the millions of Americans who are affected by Alzheimer's disease.

Two events, two sports, one great cause! Our ALZ Stars running program prepares runners for the Baltimore Marathon, Half Marathon or Team Relay, held on Saturday, October 16th in Baltimore.

Our ALZ Stars cycle program, new for 2010, prepares cyclists for the Seagull Century (100 miles or a 62 mile shorter distance), held on Saturday, October 9th in Salisbury.



Pam Gilmour, 2009 top fundraiser and marathon runner.

As an ALZ Star, you will receive:

- Your guaranteed entry into the race (Baltimore Marathon or Seagull Century)
- Coaching, to prepare you for the race, including: a training manual, coach-led group long runs / rides, and access to your coach seven days a week by phone / email
- Fundraising techniques and support, including: your own fundraising webpage, a fundraising manual, and support from professional fundraising staff
- ALZ Stars race day apparel
- A pre-race Team Pasta Dinner
- Support on Race Day
- Plus, you'll meet a group of athletes who will motivate and inspire you

In exchange, members of ALZ Stars raise funds to support the mission of the Alzheimer's Association. ALZ Stars is open for registration and the program begins this June.

Training for the Baltimore Marathon, Half Marathon & Team Relay will be offered in Greater Baltimore and in Frederick. Training for the Seagull Century will be offered in Salisbury. If you live outside one of the official training areas, you may still participate in the program.

To learn more, please call 410.561.9099 or visit www.alz.org/maryland and click on Special Events, then ALZ Stars. Challenge yourself to become an inspiration for those affected by Alzheimer's disease.

JOIN US THIS SPRING FOR A GOOD TIME FOR A GOOD CAUSE

Our "Dancing Stars" – themed Galas

Saturday, April 24
Memory Ball 2010 "Dancing Stars"
Baltimore Marriott Waterfront Hotel
7 p.m. – midnight

Saturday, May 1
Forget- Me-Not Gala "Dancing Stars of Frederick"
Holiday Inn & Conference Center at FSK Mall
7 p.m. – 11 p.m.



Visit www.alz.org/maryland and click on Special Events / Memory Ball for more information and to "vote" for your favorite dancers!

A Toast to Remember

An evening of wine, hors d'oeuvres and silent and live auctions to benefit the Alzheimer's Association

Thursday, June 24
Chartwell Country Club, Severna Park
6 p.m. – 9 p.m.

For more information on ticket sales and sponsorship, please visit www.alz.org/maryland and click on Special Events / A Toast to Remember or call Amanda Sciukas at 410.561.9099.



WALK WITH US TOWARD A WORLD WITHOUT ALZHEIMER'S

MOVE
We are on the MOVE to end Alzheimer's

Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research — and it calls on people of all ages to take action in the fight.

Year-round, our participants are involved in efforts to help defeat this devastating disease. In 2009, 3600 Walkers across Maryland raised over \$620,000! Register today to be

part of Memory Walk 2010!

For more information on forming a team, joining a Memory Walk planning committee, corporate sponsorship, volunteer opportunities and more, visit www.alz.org/maryland or call 1.800.272.3900.

FIND YOUR WALK!

Saturday, October 2nd

Harford County Walk – Bel Air Equestrian Center

Saturday, October 9th

Anne Arundel County Walk – Severn School

Saturday, October 16th

Eastern Shore Walk – City Center Building

Saturday, October 23rd

Howard County Walk – Centennial Park

Sunday, October 24th

Western Maryland Walk – Maryland School for the Deaf

Saturday, October 30th

Greater Baltimore Walk – Oregon Ridge Park

alzheimer's  association
memory walk '10®



Invest in a world without Alzheimer's. And discover the financial benefits you'll get in return.

Every significant discovery in the fight against Alzheimer's disease has occurred within the last 20 years.

With continued support, one day we will achieve our goal of a world without Alzheimer's. You can

make a difference in our mission through planned giving. Planned gifts allow you

to make charitable contributions through your estate toward Alzheimer's

research, care, and support programs, while benefiting from tax savings

and steady income opportunities. To learn how to leave a legacy

of support for millions of families living with this disease,

call us at 866-233-5148 or visit alz.org/plannedgiving.



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alzheimer's  association®

OPEN

Learn about helpful alternatives

BENEFITS OF MUSIC THERAPY FOR INDIVIDUALS WITH DEMENTIA

A recent article appeared in the Wall Street Journal about music therapy to improve cognitive and sometimes physical functioning in patients with stroke and dementia (“A Key for Unlocking Memories”, November, 17, 2009).

Caregivers have reported for years that people with Alzheimer’s can remember and sing songs long after they have lost the ability to recognize names and faces. Clinicians and researchers at the Institute for Music and Neurological Function at Beth Abraham Health Services in Bronx, New York have been studying the effects of music on cognitive processes since 1995, and suggest there is growing evidence that listening to music can also help stimulate lost memories and even help restore some cognitive function.

Music therapy sessions are held twice weekly at the Institute, where small groups of patients sing and dance to familiar songs, and where they introduce new songs that become familiar as well, indicating that new memories are being formed. Staff report that the music can significantly improve a patient’s mood, alertness and quality of life.

Scientific evidence on the mechanisms underlying these reported improvements is growing. In a recent study reported in Cerebral Cortex, 13 undergraduate students were asked to listen to excerpts from songs popular during the years they were aged 8-18 while in a functional MRI machine that was recording their brain activity. Songs that were unfamiliar evoked responses in the auditory processing area, while familiar songs stimulated other parts of the brain.

If a song conjured a specific emotional memory, there was strong activity noted in an area called the medial pre-frontal cortex, the hub for music, memory and emotions, and also one of the last areas of the brain to atrophy as Alzheimer’s disease progresses (Janata, 2009).

Further studies are needed in older adults and those with Alzheimer’s disease to detect specific mechanisms before treatment recommendations can be developed.

In the meantime, Dr. Concetta Tomaino, executive director of the Institute for Music and Neurological Function, suggests that music therapy can be done at home with music that was special to the person with dementia, or popular tunes during their younger years.

Music should be played for no more than one hour at a time, otherwise it fades into the background, and looking at old photographs and talking about the people and places they

show can be helpful in jogging memories (Wall Street Journal, 12/1/09). Caregivers of family members can use records or tapes at home or download music to iPods.

The Institute provides suggested songs by era and genre on its website, www.imnf.org, or can program an iPod with customized selections based on responses to a questionnaire about the patients’ musical tastes. (See the website for details and pricing).

So while the research continues, consider turning up the radio, pulling out the vinyl or downloading some tunes and take a walk down memory lane.

Dr. Marianne Shaughnessy
Janata, P. The Neural Architecture of Music-Evoked Autobiographical Memories. Cerebral Cortex, November 2009; 19: 2579 - 2594.
Beck, M. Health Mailbox. Wall Street Journal. December 1, 2009.

“Clinicians and researchers... suggest there is growing evidence that listening to music can also help stimulate lost memories and even help restore some cognitive function.”

DON'T IGNORE SIGNS OF CAREGIVER STRESS

Caring for a person with Alzheimer’s disease can cause depression, anger and irritability, as well as take a physical toll resulting in exhaustion and sleeplessness. These are real issues caregivers shouldn’t ignore. In order to provide the best possible care for your loved one, you must first take care of yourself.

The Alzheimer's Association offers a number of resources to help caregivers deal with stress.

The Alzheimer’s Association Caregiver Notebook offers tips for care and planning for the future, as well as a list of resources to use when additional information is needed. To learn more about or purchase the Caregiver Notebook, visit www.alz.org/caregivernotebook.

The online Caregiver Stress Check is an interactive quiz that helps caregivers identify symptoms of stress and provides a tailored list of helpful referrals and other support. Take the quiz at www.alz.org/stresscheck.

The Alzheimer’s Association CareSource™ is an easy-to-use, one-stop online portal for everything you need to widen your care options and plan for care for a person with Alzheimer’s. Find out how CareSource can help at www.alz.org/caresource.

Learn more about Alzheimer’s disease and caregiver stress by visiting www.alz.org or call 1.800.272.3900.

KNOW THE 10 WARNING SIGNS OF ALZHEIMER'S

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's disease.

Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

"USE IT OR LOSE IT" ALSO RELATES TO BRAIN

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

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

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

Stay physically active - Physical exercise is essential for maintaining good blood flow to the brain as

well as to encourage new brain cells.

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

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

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

For more information, contact the Alzheimer's Association at 1.800.272.3900 or visit www.alz.org.

ACT
Become an informed champion

FREE AND NEW! "CARING FOR A PERSON WITH ALZHEIMER'S DISEASE" GUIDE BOOK

This guide is for people who care for family members or others with Alzheimer's disease at home. Alzheimer's is an illness that changes the brain. It causes people to lose the ability to remember, think, and use good judgment.

People with Alzheimer's may have trouble taking care of themselves and doing basic things like making meals, bathing, and getting dressed. Over time, as the disease gets worse, they will need more help.

This guide was written to help caregivers learn and cope with the changes and challenges that arise while providing care to a person with Alzheimer's disease.

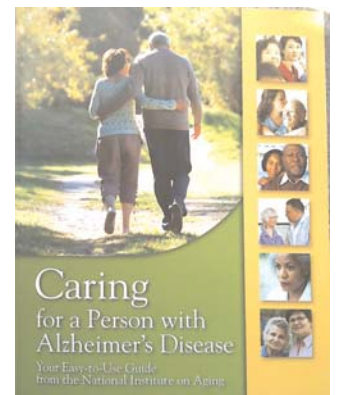
The guide tells you how to:

- Learn more about Alzheimer's
- Understand how Alzheimer's changes a person
- Learn how to cope with these changes
- Help family and friends understand Alzheimer's
- Plan for the future
- Make your home safe for the person with Alzheimer's
- Manage everyday activities like eating, bathing, dressing, and grooming

- Take care of yourself
- Get help with caregiving
- Find out about helpful resources, such as websites, support groups, government agencies, and adult day care programs
- Choose a full-time care facility for the person with Alzheimer's if needed
- Learn about common behavior and medical problems of people with Alzheimer's and some medicines that may help
- Cope with late-stage Alzheimer's

To request a free copy of the "Caring for a Person with Alzheimer's Disease Guide Book" please call Alzheimer's Disease Education and Referral Center at 1.800.438.4380 or go to www.nia.nih.gov/Alzheimers.

This book is provided by the U.S. National Institute on Aging.



JOIN

Get involved and make a difference

DEDICATED VOLUNTEERS MOVE OUR CAUSE FORWARD IN MANY DIFFERENT WAYS

Please read and enjoy these inspiring stories of Alzheimer's Association volunteers who have been passionate about our cause, year after year. You too can be a part of our volunteer family. To learn more call 1.800.272.3900.

Kay Seiler: Community Outreach and Ambassador

Kay's interest in Alzheimer's disease began decades ago when, as a nurse, her focus was on gerontology. Working with various long-term care facilities and later, as Education Coordinator at the Alzheimer's Association, she saw firsthand the agony of families attempting to deal with dementia.



Soon it became apparent that well-intended caregiving often increased problems, both for the person with dementia and the caregiver, highlighting the need for education. Families often did not get the assistance they needed due to the lack of knowledge of the disease, resources, and support. Over the years, Kay has seen how the Alzheimer's Association has made a significant impact in helping caregivers learn effective techniques for living with the disease.

"It is my pleasure to continue to work with the Association, through health fairs, educational programs, and the annual Memory Walk," Kay said.

Stan Gumnit: Helpline Specialist

Stan joined our team of Helpline Specialists ten years ago when our office was on Belvedere Square. His father was affected by Alzheimer's disease and as Stan had a background in teaching, counseling and psychology, it seemed a natural fit for him to help those in need of assistance.



One of the stories Stan likes to share about serving with us was when he was being able to help a care provider get

her uncooperative "patient" up out of bed and showered one day. He did this successfully by talking with the person with dementia as though he was an old buddy of his. "Being his friend made the difference," Stan said.

Stan particularly feels pleased when he has helped someone get through a bad day. Stan shared that "people in trouble are usually quite pleased to find there is an organization like the Alzheimer's Association that tries to help in a variety of ways without expecting anything in return."

Nancy McAllister: Clerical Volunteer

Volunteering has always been a part of Nancy's life, including serving in schools, church and with Girl Scouts. When she retired in 1995, from a demanding position handling conference registrations, Nancy knew she didn't want to stay home all day without a purpose in her life and "knew immediately the Alzheimer's Association was the place for me."



Nancy performs a variety of clerical tasks two mornings a week in the Frederick office. She also enjoys assisting staff at fundraising events. "I feel appreciated and am recognized for the work that I do. I love the people that work here. Volunteering fulfills my life and I know I am making a difference in the lives of people with Alzheimer's disease and hope to continue for many years to come," Nancy said.

Jack Beach: Event Volunteer

Jack is a USA Track & Field certified coach and an experienced long-distance runner. Jack built the chapter ALZ Stars program from start-up to where it is today. Jack's work during the pre-season time is spent preparing training manuals and calendars, scheduling expert speakers for the first practice, and sending out emails to alumni to hear how they're doing and to provide training tips.



During the training season, weekly emails are sent to the team with practice details, tips on gear, clothing, shoes, nutrition, cross-training, the mental, physical, and emotional aspects of long-distance running, as well as motivational messages. He continues this volunteer work because of his positive relationship with the Association staff and volunteers' stories about their family members who are touched by Alzheimer's.

Jack said, "knowing that together we are part of the army that will win the battle that will find a cure for Alzheimer's" keeps him involved.

**THANK YOU ALL
FOR YOUR MANY YEARS OF SERVICE**

Volunteer	Years		Years
Ms. Evelyn McLay	17	Ms. Suzanne Dillman	13
Ms. Barbara Pumphrey	16	Ms. Gloria Muldrow	13
Ms. Sandy Millner	15	Ms. Mary Faith Ferretto	12
Ms. Lisa Kovens-Harris	15	Ms. Sharon Baker	12
Ms. Marilyn Spletzer	14	Ms. Doris Randall	11

TIPS FOR SAFE TRAVEL WITH PEOPLE WITH DEMENTIA

ACT
Get the support and resources you need

Traveling with a person who has dementia requires careful planning and flexibility to ensure safety, comfort and enjoyment for everyone. To make sure you have a safe trip, remember to do the following:

- Pack copies of important documents; medication; comfortable change of clothes; water; snacks; and activities.
- Stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible.
- If you will be staying in a hotel, inform the staff ahead of time of your needs so they can be prepared to assist you.
- Travel during the time of day that is best for the person with dementia.
- Contact the Alzheimer's Association to find the nearest Association office that can provide assistance at your travel

destination.

Traveling in airports requires plenty of focus and attention. At times, the level of activity can be distracting, overwhelming or difficult to understand. If you're traveling by plane, here are a few things to keep in mind:

- Inform the airline and airport medical service department ahead of time of your needs to make sure they can help you.
- Consider informing security you are traveling with a person with dementia before you get in the security line; see if assistance is available.
- Remind airport employees and in-flight crew members of your needs. Even if walking is not difficult, consider requesting a wheelchair so that an airport employee is assigned to help you get from place to place in the airport.

VOLUNTEER RAISES MONEY FOR EMERGENCY RESPITE FUND



Audrey Sauerhammer has volunteered to raise funds for the Alzheimer's Association through her affiliation with the Order of the Eastern Star for more than 20 years.

The Order of the Eastern Star Alzheimer's Special Committee presents a generous contribution for the Robert Sauerhammer Respite Fund, which offers respite and emergency grants to family caregivers of people with Alzheimer's disease.

Pictured above (from left) are Cass Naugle, Executive Director, Alzheimer's Association; Alzheimer's Special Committee Chair, Holly Lambert; and Past Grand Matron, O.E.S. Grand Lodge of Maryland, Audrey Sauerhammer.

HOW TO BE PREPARED FOR EMERGENCY SITUATIONS

Disaster situations, such as a hurricane or fire, have significant impact on everyone's safety, but they can be especially upsetting and confusing for individuals with dementia.

Advance preparations

Enroll the person in Medic Alert® + Alzheimer's Association Safe Return®. If an emergency occurs and you need to evacuate, make sure your plans are compatible with specific needs. For example, if the person with dementia uses a walker or wheelchair, be sure your emergency plans include one.

If an individual lives in a residential facility, learn about its disaster and evacuation plans. Find out who is responsible for evacuating the person in the event of an emergency.

Have phone numbers of contacts in case you will need to change locations during an emergency or evacuation; keep in touch with them as you move.

Prepare an emergency kit

Being prepared in case of an emergency is crucial. Put together an emergency kit in a watertight container, and store it in an easily accessible location.

The kit should include: copies of important documents; information about the person's doctor, including name, address, office phone numbers and cell phone number; several sets of extra clothing; extra medication; bottled water; incontinence products; identification items such as MedicAlert + Safe Return ID bracelet and clothing labels; a recent photo of the person with dementia; and favorite items or food.

For more information on safety issues, please call **1.800.272.3900** or visit our **online Safety Center** at **www.alz.org/safetycenter**.

NOTICE ABOUT MAILING OPTIONS

The Alzheimer's Association strives to make the best use of our resources in both education and in fundraising.

If you are receiving any mail from the Association that you do not wish to receive, please contact our office at **410.561.9099** so we can discuss your mail preferences.

You may also receive news from us electronically by signing up for our e-newsletter. Just visit www.alz.org/maryland, click on Local News, and click on Get Email Updates. To replace your paper newsletter subscription with the e-newsletter, call 410.561.9099.

Thanks for your assistance in helping the Alzheimer's Association reduce costs and assure that our information is sent to those who wish to receive it.

CONNECTED CONVERSATIONS TELEPHONE SEMINARS

Learn about Alzheimer's without leaving your home or office!

Thursday, March 18:

Best Practices for Daily Caregiving

Thursday, April 15:

Getting the Facts about Alzheimer's & Dementia

Thursday, May 20:

Managing Caregiver Stress

Each seminar is 12:30-1:30 p.m.

How do Connected Conversations work?

At the scheduled time of the program, call **1.800.920.7487**.

Then enter the Participant Code: **293-247-25#**.

You will be joined to the live call.

Sit back, listen and learn! There will be Q&A time.

Questions? Call 1.800.272.3900.

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