

ALZHEIMER'S IS GOING GREEN WITH NEW E-NEWSLETTER



Staff at the Alzheimer's Association are taking strides to reduce their dependence on paper, while helping the environment and cutting administrative costs.

You can help by opting to receive news and updates via email.

To sign up for our new e-newsletter simply visit www.alz.org/maryland, click on the Local News page, and then click on the e-newsletter sign-up.

To stop receiving your paper newsletter, call 1.800.272.3900.

This quarterly newsletter is also now available in an easy-to-download format on the Local News page. You can now view all of our recent newsletters online.

ALZHEIMER'S SUPERCEDES DIABETES AS SIXTH-LEADING CAUSE OF DEATH IN U.S.

Alzheimer's disease is now the sixth-leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics.

The CDC estimates that 72,914 Americans died of Alzheimer's disease in 2006. With an unprecedented historic population shift of 78 million aging baby boomers in the country and this disease poised to strike 10 million boomers — it is clear this escalating epidemic must be addressed now.

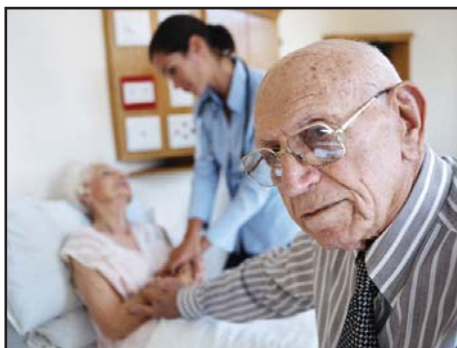
Today, as many as 5.2 million Americans are living with Alzheimer's disease. The Alzheimer's Association's 2008 Alzheimer's Disease Facts and Figures report revealed one out of eight baby boomers will develop this disease that currently has no effective disease-modifying treatments to halt or delay its progression.

Experts predict by 2010, there will be almost a half-million new cases of Alzheimer's disease each year, and by 2050, there will be almost a million new cases each year.

“The CDC's announcement that Alzheimer's disease jumped from the seventh to the sixth-leading cause of death should serve as a wake-

up call to the nation,” said William Thies, Ph.D., Alzheimer's Association vice president of medical and scientific relations.

“The fact that there are no effective treatments for Alzheimer's has allowed the disease to pass diabetes. It is vitally important that we increase Alzheimer's research funding to slow or stop the progression of this devastating disease.”



Researchers are closing the gap in developing accurate ways to diagnose and treat Alzheimer's. Though there are several promising drugs currently in Phase III clinical trials, insufficient research

funds are committed to research focused on Alzheimer's disease treatment and prevention. This situation is further compounded by the fact that for the past five years the National Institutes of Health budget has been essentially flat.

The personal and economic impact of Alzheimer's is so large that no one entity can solve the problem alone. It will require all levels of government and the private sector working together to diminish the human and economic cost. It must begin with accelerating research.

The CDC also reported that while deaths from Alzheimer's disease were on the rise, other chronic conditions were on the decline. Between 2005 and 2006, the largest decline in age-adjusted death rates occurred for influenza/pneumonia (12.8 percent) and also included chronic lower respiratory diseases (6.5 percent), stroke (6.4 percent), heart disease (5.5 percent), diabetes See ALZHEIMER, page 2

In this issue:	New! Connected Conversations.....7
From the Executive Director.....2	Resources: Respite, Helpline.....8
Alzheimer Research Update.....3	Helpful Caregiving Tips.....9
Younger-Onset Dementia.....4	Memory Walk 2008 Update.....10
Alzheimer Risk Factors.....5	Team Unforgettable.....11
Education/Special Events Calendar.....6	Alzheimer Stamp.....12

alzheimer's  association

"Awarded Maryland
Nonprofit Standards
for Excellence Seal"



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108 Byte Drive, Suite 103
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LETTER FROM THE EXECUTIVE DIRECTOR



We have heard much on the news in recent weeks to cause us to be concerned about the economy, and how this will impact our organizations, companies, friends and families.

It is understandable that people may feel the need to cut back on their giving to the many causes who compete for their contributions. In light of this situation, please accept my heartfelt gratitude for all you have done to contribute to the success of Memory Walk 2008.

Regardless of whether the economy is thriving or sinking, for tens of thousands of Marylanders, the grief and pain of losing loved ones to Alzheimer's continues unabated.

In the time it took you to read this message, somewhere in America, a family

is called upon to show their love and support in the midst of fear and uncertainty. They don't have a choice. The person they love was just diagnosed with Alzheimer's.

If we don't stop this disease through our research efforts, it won't be every 71 seconds that someone is diagnosed...it will be every 20. We won't have a choice.

You...our donors, volunteers, event participants...are the solution. You are the champions in the fight against this insidious disease. Thank you for being part of moving us toward a day when no man or woman, wife or husband, son or daughter hears the words, "You have Alzheimer's."

Sincerely,

Cass Naugle
Executive Director

ALZHEIMER, FROM COVER

(5.3 percent), hypertension (5 percent), chronic liver disease (3.3 percent) and cancer (1.6 percent).

Diabetes and Alzheimer's disease

Scientists are finding more evidence that could link Type 2 diabetes with Alzheimer's disease. Several research studies following large groups over many years suggest that adults with Type 2 diabetes have a higher risk of later developing Alzheimer's.

Doctors don't know yet what causes Alzheimer's disease or exactly how Alzheimer's and diabetes are connected. But they do know that high blood sugar or insulin can harm the brain in several ways:

- Diabetes raises the risk of heart disease and stroke, which hurt the heart and blood vessels. Damaged blood vessels in the brain may contribute to Alzheimer's disease.
- The brain depends on many different chemicals, which may be unbalanced by too much insulin. Some of these changes may help trigger Alzheimer's disease.
- High blood sugar causes inflammation. This may damage brain cells and help Alzheimer's to develop.

For more information about the diabetes-Alzheimer connection, visit www.alz.org or call 1.800.272.3900.

OPEN

Learn what's happening in the world of research

GINKGO HAS NO IMPACT ON ALZHEIMER'S DISEASE

Ginkgo biloba has no impact on the development of Alzheimer's and dementia, according to study results published in the Nov. 19 issue of JAMA, the Journal of the American Medical Association.

Ginkgo biloba is one of the most extensively researched herbs in the world and is commonly prescribed by doctors in Europe. The Ginkgo Evaluation of Memory (GEM) Study, a large, multicenter trial led by researchers at the University of Pittsburgh School of Medicine, tested the theory that ginkgo biloba contains antioxidant and other properties that might preserve memory.

More than 3,000 people age 75 or older who had either no dementia or mild cognitive impairment were randomly assigned to take twice-daily doses of either 120 milligrams of ginkgo biloba extract or a placebo. The researchers found no statistical difference in dementia or Alzheimer rates between the groups.

Based on the results of this trial, ginkgo biloba cannot be rec-

ommended for preventing Alzheimer's disease and dementia. On behalf of people with Alzheimer's disease, their loved ones and caregivers, the Alzheimer's Association is disappointed that the results from the Ginkgo Evaluation of Memory Study were negative.

However, we remain encouraged that there are many therapies currently being tested for Alzheimer's and dementia that may significantly improve treatment of the disease and perhaps even slow or stop its progression. The odds are quite good that we'll have more effective new treatments for Alzheimer's in the near future.

Just because the GEM Study failed, doesn't mean that other Alzheimer therapies in the pipeline – whether pharmaceutical, herbal, or some other type – aren't valid. Researchers learn a great deal from every clinical study.



SOCIAL ACTIVITY COULD REDUCE ALZHEIMER RISK

Cognitive and social activity in midlife may significantly reduce the risk of dementia for men, according to a new study.

The study, published in the September issue of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, followed 147 male twins for 28 years.

"This fascinating study provides some of the first relatively strong evidence that cognitive activity, including social interaction, reduces dementia risk," said William Thies, Alzheimer's Association vice president of medical and scientific relations.

"The results extend earlier twin study data that showed the beneficial impact of similar activities on Alzheimer's and dementia risk in women."

A reduced risk of dementia was most strongly associated with participating in activities with relatives and friends, such as attending parties, playing cards and doing hobbies.

VITAMIN B NO HELP FOR ALZHEIMER'S

Vitamin B does not slow cognitive decline in people with mild-to-moderate Alzheimer's disease, a new study found.

Experts had viewed vitamin B as a way to lower the risk of Alzheimer's disease or slow its progression. The vitamin can reduce the amount of homocysteine, an amino acid found in high levels in the blood of people with Alzheimer's.

Researchers at the University of California, San Diego, found over the 18-month study that although vitamin B reduced homocysteine levels, there was no reduction in the rate of cognitive decline among people taking high-dose supplements and no significant difference between those people and those taking a placebo.

Participants taking the vitamin B supplements also experienced more symptoms of depression than those taking a placebo.

"Alzheimer's disease breeds a great deal of desperation," said Bill Thies, Alzheimer's Association vice president of medical and scientific relations. "So people will go to the health food store and look on the shelf that says 'brain health' and take one of everything.

"These B vitamins are included in there. But this data really suggests that they're probably not getting any benefit. It is apparently a waste of money."

OPEN

Open your mind to learn the facts about Alzheimer's



Alzheimer's disease and other dementias are devastating conditions that create huge emotional, financial and physical challenges, most often for older people and their families. When these conditions occur in people under age 65, they cause additional and unique problems because they are so unexpected and most of the services available are designed for

older people.

Alzheimer's disease is considered to be younger-onset if an individual is age 65 or younger when symptoms first appear. Individuals with younger-onset dementia may not necessarily be in the early stage of Alzheimer's when diagnosed.

Most people with younger-onset have the common type of Alzheimer's, which is not directly linked to genes. Doctors do not know why symptoms appear at an unusually young age in these cases. In a few hundred families worldwide, scientists have found several rare genes that directly cause Alzheimer's. People who inherit these rare genes tend to develop symptoms in their 30s, 40s and 50s.

YOUNGER-ONSET DEMENTIA CHALLENGES DIFFERENT GENERATION

The Alzheimer's Association and the Johns Hopkins Frontotemporal and Young-Onset Dementias Clinic are presenting the second annual Dementia at Midlife: A Conference on Younger-Onset Alzheimer's Disease and Related Dementias on May 9, 2009 at the Columbia Hilton.

Individuals with dementia, their care partners, families, friends, and others interested are invited to attend this special event that specifically focuses on issues relating to younger-onset dementia.

For details about the conference, call 410.561.9099 or email info.maryland@alz.org. To learn more about younger-onset dementia, visit www.alz.org.

WHAT IS THE DIFFERENCE BETWEEN EARLY/YOUNGER-ONSET AND EARLY-STAGE?

Early-onset or younger-onset is a diagnosis of Alzheimer's when the person is younger than 65.

Early-stage is the early part of Alzheimer's disease, no matter what your age is, when problems with memory and concentration may begin to appear in a doctor's interview or medical tests.

ASSOCIATION WINS \$1.5 MILLION FOR EARLY DETECTION EFFORTS

The Alzheimer's Disease: Early Detection Matters campaign has been voted as the top campaign in the American Express Members Project®. American Express Cardmembers voted the project the one they most wanted to fund, and the Alzheimer's Association will receive \$1.5 million to begin an education campaign highlighting the importance of early detection among the general public and physicians.

The prize money will enable the Association to increase public education about early detection, engage people with Alzheimer's to become advocates and empower those who suspect they may have Alzheimer's to find the hope and help they need.

Jay Smith submitted the project in honor of his wife Patty, who was diagnosed with Alzheimer's at the age of 51 after struggling with the signs and symptoms of the disease.

"It took more than two years for my wife to obtain a correct medical diagnosis, so we decided to do everything we can to increase early detection of Alzheimer's, stop the progression of the disease and help others along the way," Smith said.

Many Americans don't know the 10 warning signs that signal memory loss might be a serious medical problem. The Early Detection Matters campaign was designed to educate people about the 10 warning signs of Alzheimer's along with the importance of an early diagnosis.

The many benefits of early diagnosis include the ability for the person living with Alzheimer's to be involved in making care decisions and receive treatments that may improve some symptoms.

Progress on Early Detection Matters activities will be available at www.actionalz.org/membersproject.

ACT

Act now to start living a brain healthy lifestyle

LEARN THE RISK FACTORS FOR ALZHEIMER'S DISEASE

Age

The greatest known risk factor for Alzheimer's is increasing age. Most individuals with the disease are 65 or older. The likelihood of developing Alzheimer's doubles about every five years after age 65. After age 85, the risk reaches nearly 50 percent.

When Alzheimer's disease is caused by deterministic genes, it is called "familial Alzheimer's disease," and many family members in multiple generations are affected. True familial Alzheimer's accounts for less than five percent of cases.

Family history

Research has shown that those who have a parent, brother or sister, or child with Alzheimer's are more likely to develop Alzheimer's. The risk increases if more than one family member has the illness. When diseases tend to run in families, either heredity (genetics) or environmental factors or both may play a role.

Genetic tests are available for both APOE-e4 and the rare genes that directly cause Alzheimer's. However, health professionals do not currently recommend routine genetic testing for Alzheimer's disease. Testing for APOE-e4 is sometimes included as a part of research studies.

Genetics (heredity)

Scientists know genes are involved in Alzheimer's. There are two categories of genes that can play a role in determining whether a person develops a disease. Alzheimer genes have been found in both categories:

1) Risk genes increase the likelihood of developing a disease, but do not guarantee it will happen. Scientists have so far identified one Alzheimer risk gene called apolipoprotein E-e4 (APOE-e4).

APOE-e4 is one of three common forms of the APOE gene; the others are APOE-e2 and APOE-e3. APOE provides the blueprint for one of the proteins that carries cholesterol in the bloodstream.

Everyone inherits a copy of some form of APOE from each parent. Those who inherit one copy of APOE-e4 have an increased risk of developing Alzheimer's. Those who inherit two copies have an even higher risk, but not a certainty. Scientists do not yet know how APOE-e4 increases risk. In addition to increasing risk, APOE-e4 may tend to make symptoms appear at a younger age than usual.

Experts believe there may be as many as a dozen other Alzheimer risk genes in addition to APOE-e4.

2) Deterministic genes directly cause a disease, guaranteeing that anyone who inherits them will develop the disorder. Scientists have found rare genes that directly cause Alzheimer's in only a few hundred extended families worldwide.



The risk of developing Alzheimer's or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels. Start living a brain health lifestyle today. Visit www.alz.org to learn more.

Risk factors you may be able to influence

Age, family history and heredity are all risk factors we can't change. Now, research is beginning to reveal clues about other risk factors we may be able to influence.

Head injury: There appears to be a strong link between serious head injury and future risk of Alzheimer's. Protect your head by buckling your seat belt, wearing your helmet when participating in sports, and "fall-proofing" your home.

Heart - head connection: Some of the strongest evidence links brain health to heart health. Your brain is

nourished by one of your body's richest networks of blood vessels. Every heartbeat pumps about 20 to 25 percent of your blood to your head, where brain cells use at least 20 percent of the food and oxygen your blood carries.

The risk of developing Alzheimer's or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol. Work with your doctor to monitor your heart health and treat any problems that arise.

General healthy aging: Other lines of evidence suggest that strategies for overall healthy aging may help keep the brain healthy and may even offer some protection against developing Alzheimer's or related diseases. Try to keep your weight within recommended guidelines, avoid tobacco and excess alcohol, stay socially connected, and exercise both your body and mind.

ACT

Act now: attend an educational event

EDUCATION CALENDAR

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

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

January 13

Caregiving Tips for Alzheimer's Disease and Dementia

Pleasant Day Adult Day Care Center
Times: 2-4 p.m.
Contact: Amy Schine, 410.749.4940

January 14

Understanding Alzheimer's Disease and Dementia

Sunrise Senior Living, Pikesville
Times: 6-7 p.m.
Contact: To register call 410.602.0033

January 14

Coping with Caregiving

The Village at Harbor Pointe, Salisbury
Times: 1-3 p.m.
Contact: Amy Schine, 410.749.4940

January 19

Memory Loss: Is it Time to Worry?

Somerford Assisted Living, Hagerstown
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

January 21

Memory Loss: Is it Time to Worry?

Somerford Assisted Living, Frederick
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

January 28

Understanding Alzheimer's Disease and Dementia

Ivy Hall Nursing & Rehabilitation Center
Times: 3-4 p.m.
Contact: To register call 410.687.1383, ask for admissions

February 5

Maintain Your Brain: How to Live a Brain Healthy Lifestyle

Trinity United Methodist Church, Jackson Memorial Building, Salisbury
Times: 6-7:30 p.m.
Contact: Amy Schine, 410.749.4940

February 6

Five-hour Dementia Care Training

Frederick Community College
Times: 9:30 a.m.-3:30 p.m.
Cost: \$50
Contact: For more info, call 301.696.0315

February 9

Memory Loss: Is it Time to Worry?

Tranquility Assisted Living, Frederick
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

February 16

Are Pills the Answer?

Somerford Assisted Living, Hagerstown
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

February 18

Are Pills the Answer?

Somerford Assisted Living, Frederick
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

February 25

Dementia Care Consortium, Frederick Is it Dementia or Depression?

Genesis HealthCare, Frederick
Times: 8:30-10 a.m.
Cost: Members free, non-members \$15
Contact: To register and for membership info, call 301.696.0315

February 26

Dementia Care Consortium, Baltimore Younger-Onset Dementia: From the Inside Looking Out

Alzheimer's Association, Timonium
Times: 8:30-10 a.m.
Cost: Members free, non-members \$15
Contact: To register and for membership info call 410.561.9099

March 9

Alzheimer's Behaviors: How to Reduce Them

Tranquility Assisted Living, Frederick
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

March 14

Is it Alzheimer's or Just Signs of Aging? Ten Things African Americans Should Know about Alzheimer's Disease

First Missionary Baptist Church, Frederick
Times: 9 a.m.-12 p.m.
Contact: For more info call 410.561.9099

March 16

Structuring the Day with Activities

Somerford Assisted Living, Frederick
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

March 18

Structuring the Day with Activities

Somerford Assisted Living, Hagerstown
Times: 4:30-6 p.m.
Contact: For more info, call 301.696.0315

April 2

19th Annual Conference for Alzheimer's and Dementia Caregivers

Salisbury University
Times: 9 a.m.-3:30 p.m.
Cost: \$20 family caregivers, \$50 health care professionals
Nursing and social work CEUs available
Contact: For more info, call 410.561.9099

April 18

17th Annual Caregivers' Conference

Annapolis Senior Activity Center
Times: 9 a.m.-3 p.m.
Contact: For more info call 410.561.9099

Attention Professionals!

Join us in 2009 for the Dementia Care Consortium, a networking membership group for dementia care professionals. Each meeting combines networking with a seminar by an expert from the field on topics relating to dementia.

Two different groups open for membership!

Call for membership details.

Central Maryland: Call 410.561.9099

Western Maryland: Call 301.696.0315

SPECIAL EVENTS

2009 Galas:

April 4, 2009

Forget-Me-Not Gala 2009, Dancing Stars of Frederick

Holiday Inn and Conference Center at Francis Scott Key Mall
For info about tickets and corporate sponsorship opportunities, call 301.696.0315

April 18, 2009

Memory Ball 2009, "Dancing Stars"

Hilton, Baltimore
For info about tickets and corporate sponsorship opportunities, call 410.561.9099.

May 4, 2009

24th Annual Charity Golf Classic

Caves Valley Golf Course, Owings Mills
For details regarding a foursome, please call 410.561.9099

JOIN

Join us in our new education series

CONNECTED CONVERSATIONS PROGRAM OFFERS NEW EDUCATIONAL FORMAT

The Alzheimer's Association, Greater Maryland Chapter will be piloting a new Telephone Education Program called Connected Conversations.

Connected Conversations will cover a variety of topics, with a new topic each week.

The Connected Conversations Program will be piloted every Thursday from 1-2 pm during the months of February and March of 2009.

This program has been established as a means to provide effective and efficient education to caregivers and those affected by Alzheimer's disease with the convenience and comfort of using a telephone.

Anyone who is interested in learning about Alzheimer's disease and the services and supports available through the Alzheimer's Association is invited and encouraged to be a part of the Connected Conversations Program.



To join in, simply dial toll free, 1.800.920.7487, enter the access code (29324725#), and you become an active participant on the call.

Each topic discussion will last for approximately one hour with an expert discussing the specified topic. The discussion will be interactive, allowing for each participant to ask questions, provide comments and/ or relay concerns during the call.

Please, join us on the official start date of Thursday, Feb 5, 2009. To request additional topics of interest, or for questions, comments, and concerns call 1.800.272.3900 or email info.maryland@alz.org.

**SCHEDULE FOR 2009
CONNECTED CONVERSATIONS**

Dial toll free 1.800.920.7487 and enter the access code (29324725#) to join in.
All calls are held from 1 - 2 pm

February 5
Alzheimer's Disease: The Who, What, When, Where & Why

February 12
Life After Diagnosis: Strategies for Coping

February 19
Understanding Communications and Behaviors

February 26
Caregiver Burnout: Resources That can Help

March 5
Finding Appropriate Residential Care : What You Need to Know

March 12
Healthy Brain Aging: Bright Ideas for a Healthy Mind

March 19
Brain Aerobics: Strategies You Can Use

March 26
Research Update 101

VOLUNTEERS ON THE MOVE!



On October 1, 2008 community outreach volunteers representing First Data Corp., Maryland Department of Labor, Licensing and Regulation, and local churches circulated Family Care Coordination program literature to physicians' offices, medical centers, and additional public places during the Washington County United Way's Day of Caring event.

How can you volunteer for the Alzheimer's Association?
Areas to serve: office support, Helpline, community outreach, fundraising events, or as a support group facilitator.

For information on volunteer opportunities, call 1.800.272.3900 or email info.maryland@alz.org.

OPEN

Open your life to helpful caregiving resources

MANAGE CAREGIVER STRESS WITH RESPITE CARE

An Alzheimer caregiver's day often extends into the late hours of the night. Caregiver duties include constant vigilance, running errands, preparing meals, bathing, dressing and managing other household responsibilities.

The list is exhausting and its tasks are never ending. Caregivers manage so many areas, yet it is easy to feel that there is always more to be done. Respite care is help that provides caregivers with time to rest and renew.

How does respite care work?

Respite care provides you a temporary break from your daily caregiving responsibilities. Using respite services can support and strengthen your ability to continue taking care of your loved one with Alzheimer's in the home.

The Greater Maryland Chapter runs the Caregiver's Assistance Respite Program, which provides up to the maximum allowable amount of 120 hours per year and up to \$9 per hour. Reimbursement rate may vary based on income. Areas eligible for the program are Baltimore City, Anne Arundel, Baltimore, Carroll, Howard and Harford counties.

Caregiver Stress Check added to support services

To build on its leading support services, the Alzheimer's Association has launched the Caregiver Stress Check, a first-of-its-kind, interactive quiz that helps caregivers identify their symptoms of stress and provides them with a tailored list of helpful referrals and resources. The quiz is now available on www.alz.org.

Almost 10 million Americans provide unpaid care for a person with Alzheimer's disease or another form of dementia. Providing this care is often difficult, and many family caregivers experience high levels of emotional stress and depression as a result.

The Caregiver Stress Check asks specific questions that help to identify signs of caregiver stress, and then directs users to a tailored and comprehensive list of resources and referrals.

Caregiver Stress Check is the newest in a leading suite of caregiver support services that includes support groups; online message boards; care consultation; information and education; and links to community resources that help caregivers to cope.

Call 1.800.272.3900 for more information about respite.

24/7 HELPLINE OFFERS MORE THAN COMPASSIONATE LISTENING

Sometimes callers of the Alzheimer's Association 24/7 Helpline need basic information about Alzheimer's disease or a related dementia, or a referral to another resource. Other times, callers have slightly more specialized questions, and the Helpline staff and volunteers work hard to meet all their needs.

A recent Helpline caller, who lives with his mother and is her primary caregiver, needed information about Alzheimer's dis-

ease and how to cope with some of his mother's dementia-related behaviors. His situation was more unique because he was blind and therefore needed the information in Braille or audio form.

The Helpline staff person was able to provide the caller with an audio version of the *Coach Broyles Playbook and Tips* and connect him with an agency that has Braille or audio versions of over 90 articles and books about Alzheimer's disease.

At a conference in November, a professional in the dementia care field was relieved to hear that the Helpline was there, even during the middle of the night, to help get through a crisis with a resident with dementia.

Each Helpline call is answered by a trained staff person or volunteer who has had personal experience as a caregiver. In addition to the support and guidance provided during the call, the Association has over 160 fact sheets and brochures on all aspects of dementia and caregiving, as well as current lists of 20 types of local resources.

Helpline is available in 140 languages. **Call 1.800.272.3900.**

Most frequently asked questions on Helpline:

1. It's not safe for my loved one to live alone any more. Now what do I do?
2. What do I do when my loved one gets angry and upset for no good reason?
3. Where can I find a doctor specializing in Alzheimer's?
4. How do I make him/her stop driving?
5. My loved one has just been diagnosed with Alzheimer's disease. Do you have any information about it?

**# 1 Reason for Calling:
the need to talk to someone who understands.
If you need answers to these questions
or others, call 1.800.272.3900.**

JOIN

Join a support group and get the help you need

SUPPORT GROUPS OFFER OPPORTUNITIES FOR EDUCATION, NETWORKING, RESPITE

The purpose of a support group is to provide Alzheimer's caregivers and friends with an opportunity to develop a support system of people who understand. Having a place to exchange ideas and experiences strengthens coping skills, ultimately allowing the caregiver to take better care of themselves and their loved one with Alzheimer's disease.

The term "support groups" means different things for different people. Some people attend to gain a better understanding of the disease, because they are in crisis, or because they have specific caregiving challenges. They may also be looking for advice on a particular subject, or simply wish to be with people who are experiencing similar feelings.

Benefits of Joining a Support Group

- Creates a safe, supportive environment or community
- Educates about Alzheimer's and dementia
- Develops methods and skills for problem-solving
- Encourages participants to maintain personal, physical and emotional health
- Pushes personal growth and development
- Provides opportunities to share thoughts with others
- Provides a forum for meeting new people
- Provides a break (respite) from caregiving duties

For a full list of Alzheimer's Association support groups, call 1.800.272.3900 or visit www.alz.org/maryland.

TAXES AND ALZHEIMER'S

Before you send your tax return to the IRS, make sure you get the tax savings you deserve. As a caregiver for a loved one with dementia, you may qualify for tax deductions and credits. Because caregivers pay for most care expenses out of pocket, they may be eligible for some tax deductions.

Deductible caregiving costs may include:

- Medical care, including nursing care
- Transportation essential to medical care
- In-home care, such as physical therapy
- Personal care items (disposable briefs and special foods, etc.)
- Nursing home care
- Assisted living or other residential care
- Home modifications such as grab bars or wheel chair ramps

A caregiver can take federal income tax deductions only if the person with dementia has been certified as chronically ill. This certification must have been made by a licensed health care practitioner within the last 12 months.

If you paid someone to care for a dependent so you could work or look for work, you may be able to reduce your tax by claiming the "Child and Dependent Care Credit" on your federal income tax return.

Charity check-off boxes on state income tax forms

When filing your state tax form, you may be able to help fund Alzheimer's disease research by making a donation with your return. Some state forms provide check-off boxes to contribute to charities involved in medical research.

TIPS FOR GIVING MEDICATION

Administering medication to someone with Alzheimer's can be a daunting responsibility. Preventing missed pills or giving the wrong dosage are valid concerns.

Here are some suggestions:

Learn about each medication before administering. Make sure you know exactly what each pill is for and the possible side effects.

Clearly explain exactly what each pill is for. Tell the person with Alzheimer's why and how they need to take it.

Keep good records of each medication. Make note of dosage and frequency.

Organize medications. Store them safely out of reach in a locked cabinet or drawer.

Develop a routine. Giving medications in a specific way at specific times can help reduce conflicts. But if the person doesn't want to take it at a particular moment, try again later.

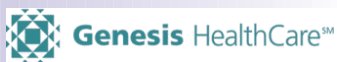
Make the task as easy as possible. Ask your pharmacist for liquid, which may be easier to give than a pill, or ask if you can crush the pill and put it in food. (No pill or tablet should be crushed without first consulting your physician or pharmacist.)

MOVE

Move our cause forward:
participate in fundraising

Thank you to
Memory Walk 2008
Corporate Sponsors

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American Radiology
Copper Ridge
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Pizza Hut
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Rehabilitation Center
Country Meadows
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Rehabilitation Center
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Morningside House Premier
Senior Living
Sommerford House, Frederick
T. Rowe Price
Tony Tank Tribe #149
Improved Order of Red
Men

Interested in being a
sponsor for
Memory Walk 2009?

Call 1.800.272.3900 or email
info.maryland@alz.org.

MEMORY WALK 2008: ON THE MOVE TO END ALZHEIMER'S DISEASE!

Thank you to our sponsors, volunteers, team captains and walkers. Memory Walk raised over \$516,000 for Alzheimer research, programs and services!

We greatly appreciate everyone's support and enjoyed seeing more than 2,600 participants combined at the Cumberland, Harford County, Howard County, Frederick, Salisbury and Towson Walks. Walkers joined together to raise awareness about Alzheimer's disease



Participants celebrated and commemorated the lives of their loved ones, touched by Alzheimer's, by planting flowers in the "Garden of Memories."

throughout Maryland and to celebrate and commemorate all lives touched by Alzheimer's.

For information about the 2009 Memory Walks, including a new Walk in Anne Arundel County, **please visit www.alz.org/maryland or call 1.800.272.3900.**



Over 2,600 participants gathered together at the Walks to move towards an end to Alzheimer's.

MEMORY WALK JOURNEYS TO TIBET



Carl Tuerk, board member for both the Greater Maryland Chapter and the national office of the Alzheimer's Association, and his wife Jeanie held their own Memory Walk while visiting Tibet in October. Carl and Jeanie raised almost \$4,000.

JOIN

Get involved in your local chapter

TEAM UNFORGETTABLE AT THE BALTIMORE MARATHON

This Fall, 22 runners participated in the Baltimore Marathon and Half Marathon on October 11th as members of the inaugural Team Unforgettable.

Team Unforgettable is a unique fundraising program that combines an incredible fitness challenge with the mission of the Alzheimer's Association.

For four months, runners raised funds for the Alzheimer's Association while training to run in the Baltimore Running Festival. A running coach offered group training runs every

other weekend and provided training schedules and support to prepare the runners. Each committed to raise \$1,400 for the Alzheimer's Association and far exceeded their goals. The group raised an outstanding \$52,000. The team's top fundraiser, Pam Gilmour, raised over \$10,000!

Join Team Unforgettable this spring for the Baltimore Marathon and Half Marathon on October 10, 2009. Receive training, fundraising support, your entry into the race, and the camaraderie of a team vested in our mission.

For more information call 1.800.272.3900.



Allan Kampf and Pam Gilmour, the top fundraiser, before running the half marathon.



Team Unforgettable at the Baltimore Marathon.



Lisa Hoyt ran in honor of her dad.

SAVE THE DATE FOR OUR UPCOMING SPRING EVENTS

Forget-Me-Not Gala 2009 "Dancing Stars of Frederick"

Saturday, April 4, 2009

Holiday Inn Conference Center at Francis Scott Key Mall
Frederick, MD

For details regarding tickets or sponsorship, please call **301.696.0315**

Memory Ball 2009 "Dancing Stars"

Saturday, April 18, 2009

Baltimore Hilton

For details regarding tickets or sponsorship, please call **410.561.9099**

24th Annual Charity Golf Classic

Monday, May 4, 2009

Caves Valley Golf Course

Owings Mills, MD

For details regarding a foursome, please call **410.561.9099**

ALZHEIMER STAMP NOW AVAILABLE



To purchase the Alzheimer Awareness 42-cent commemorative stamp:

1. Visit <http://shop.usps.com/>
2. Click on "Stamps"
3. Click on "42-Cent First-Class"



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