

SHRIVER REPORT FEATURES ROLE OF WOMEN IN ALZHEIMER CARE

As the leading voluntary health organization in Alzheimer care, support and research, the Alzheimer's Association is proud to partner with Alzheimer's Champion and First Lady of California Maria Shriver on *The Shriver Report: A Woman's Nation Takes on Alzheimer's*.

The Shriver Report is a comprehensive examination of the disproportionate impact of Alzheimer's on American women as caregivers, advocates and people living with the disease. It is a multi-disciplinary report intended to ignite a national conversation with expert insight, personal essays, original photography and new data.

HIGHLIGHTS FROM *THE SHRIVER REPORT*

Women & Alzheimer's

Alzheimer's disease is an epidemic that continues to escalate as Americans live longer. Currently, more than half of all Americans know someone living with Alzheimer's. With 5.3 million Americans living with the disease and nearly 11 million Americans providing unpaid care, almost 30% of Americans have a family member with the disease.

Women are at the epicenter of the Alzheimer epidemic. Two-thirds of the people over 65 who have Alzheimer's (3.3 million of the estimated 5.3 million) are women. And among the 11.2 million Alzheimer and dementia caregivers in the United States, 60 percent (6.7 million) are women. That is 10 million American women who either have Alzheimer's or are caring for someone with the disease. America is now a nation of women raising the next generation while they care for the last generation.

Cardiovascular disease is widely thought to be associated with Alzheimer's disease, and more than 42 million women in this country are currently living with some form of cardiovascular disease.

Caregivers

Four out of 10 caregivers say they had no choice in becoming caregivers. Six out of 10 women say they became

caregivers because they lack other family who will do it, and approximately 40% of women say they became caregivers because they are the only women in their families.

One-third of female Alzheimer's and dementia caregivers are part of the "sandwich generation" with children or grandchildren under the age of 18 living in their homes.

Caring for a person with Alzheimer's disease poses special challenges and increasing levels of care that can be extremely stressful. Nearly half of female Alzheimer's caregivers rate the emotional stress of Alzheimer's disease at the highest possible level.

Approximately a third of women caregivers are caring for someone 24/7, and almost half of women caregivers are providing more than 40 hours a week of care for an individual with Alzheimer's. Male caregivers are more likely to think that caregiving for someone

with Alzheimer's puts a strain on their marriage.

Roughly a quarter of female caregivers made a promise to keep their loved ones out of an institution, but a third of women think that promise is too difficult to keep.

Workplace

Sixty-four percent of working caregivers report having to go in late, leave early, or take time off from their jobs to provide care for an individual with Alzheimer's.

The majority of women find it easier to ask for time off to care for children or find childcare than care or find care for someone with Alzheimer's. In fact, 46 percent of working women were denied time off for Alzheimer's care.

Women and men differ in what they would change to better balance their work, parenting, marriage and caregiving responsibilities. Women would choose to have more flexible work hours and schedules, but men would choose better or more Alzheimer's care options.

To learn more about *The Shriver Report* and to order a copy, visit www.alz.org/shriverreport.



alzheimer's  association

Greater Maryland Chapter Offices

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1850 York Road, Suite D
Timonium, MD 21093
410.561.9099

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

Talbot County Resource Center
410.770.9766

Western Maryland
108 Byte Drive, Suite 103
Frederick, MD 21702
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Hagerstown, MD 21740
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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.

FROM THE EXECUTIVE DIRECTOR



As we enter the holiday season, please accept my heartfelt thanks for those who continue to support the Alzheimer's Association. I know that you are aware of our mission to seek new treatments, while offering support for those facing the disease today.

Thanks to our many good friends, during 2010 we were able to make significant strides in services, advocacy and research:

We served 17,500 through services and education programs in Western Maryland, Central Maryland and on the Eastern Shore.

We implemented Project SPEED (Services, Programs and Engagement for Early Dementia) to train older adult service providers on the needs of those in early-stage, and advocate for services for this under-served group.

In cooperation with the State

Department of Health and Mental Hygiene and State Department on Aging, we worked to develop recommendations to the legislature to position Maryland to best serve the growing numbers of people impacted by Alzheimer's in our state.

We implemented TrialMatch, a free, online service that makes it easy for people with Alzheimer's, caregivers, families and physicians to locate clinical trials based on personal criteria and geographic location.

All that we have achieved in Alzheimer research, care and support has been made possible by individuals who support our mission. We depend on your continued generosity during this exciting time of hope and progress.

During this season of giving, we thank you for considering a gift to support our efforts. Best wishes to you and your family for a happy holiday season.

With gratitude,

Cass Naugle
Executive Director

ALZHEIMER'S RANKS AS SIXTH LEADING CAUSE OF DEATH: ACTION NEEDED NOW

MOVE
Learn how you
can get involved

The Centers for Disease Control has announced that Alzheimer's disease is again the sixth leading cause of death. Alzheimer's has moved between the sixth and seventh leading causes of death over the past few years and is now back in the sixth spot on the list, just ahead of diabetes.

Currently there are 5.3 million Americans living with Alzheimer's disease. One in eight Americans over age 65 have Alzheimer's and 48% of those over age 85 have Alzheimer's.

By 2050 nearly 16 million Americans will have Alzheimer's, yet there is no national plan to deal with this looming crisis. The National Alzheimer's Project Act (NAPA) would establish an inter-agency advisory council to address the government's efforts on Alzheimer's research, care, institutional services, and home- and community-based programs.

Many other countries have developed or are develop-

ing plans, but the United States is lagging behind these nations: Australia, South Korea, Norway, France, England, Scotland, India, Malta, Cyprus, and Wales.

It is also crucial to plan on the state level. State Government Alzheimer's Disease Plans create the infrastructure and accountability necessary to build dementia-capable programs for the growing number of people with the disease.

Go to actionalz.org and sign up to be an Alzheimer's Champion. You will receive monthly emails with specific actions you can take to support the cause, raise awareness and add to the voices of those who want to end this disease.

While on actionalz.org, be sure to click on Speak Out to ask your member of Congress to act now and support NAPA (S. 3036 / H.R. 4689). If you don't know who your representative is, you can look

him or her up there too.

10 Leading Causes of Death in America

1. Heart disease
2. Cancer
3. Stroke
4. Chronic lower respiratory diseases
5. Accidents
6. Alzheimer's disease
7. Diabetes
8. Influenza and pneumonia
9. Nephritis, nephrotic syndrome, and nephrosis
10. Septicemia

-Centers for Disease Control, 2007

EARLY-STAGE ALZHEIMER'S: "THE FEAR IS LOSING YOURSELF"

By: Mary Ann Becklenberg, an excerpt from *The Shriver Report*

I was diagnosed three years ago at age 62 with early-stage Alzheimer's disease.

I have a master's degree in social work from the University of Chicago, and I worked as a family therapist. The majority of my career was spent in end-stage hospice work, which I dearly loved. I had a lot of responsibilities and always met them and was never overwhelmed by them. All of a sudden - but it wasn't all of a sudden, of course - I began to realize that I wasn't the gal I used to be. It was different inside my head.

It was the very simple things. I would be talking with someone on the telephone, then hang up and ask myself, "Who was that? What did we talk about?" The people in my workplace were saying things like, "See you this afternoon at the meeting at 3, Mary Ann." I had no clue that I had missed meetings, and so they began to care for me.

My husband says he was shocked and knew something serious was going on when we returned from vacation

together, and I told him, "I really had a great time in California. I'm so sorry you couldn't make it."

It's terribly important to know that you have the disease. If you know, then you don't feel that you're crazy, falling apart, inadequate and terrified. You know that you have a serious disease.

My message to people with Alzheimer's is this: Be gentle with yourself. This disease requires that you lower your expectations of yourself. That's a hard thing for most of us to do. The fear is losing yourself, knowing that you won't bring this self to the end stage of your life. So I look to build my spirit.

When I'm afraid or down or angry or frustrated, I go outside, whatever the weather, and I pray. I believe in a loving God, and I believe in a purpose for life. So I pray a lot. I say, "Come on now, can we move on?" I say to the good Lord, "We've been in this place. Now show me the way and teach me, Lord. Teach me to be gentle with myself."

To order a copy of *The Shriver Report*, visit www.alz.org/shriverreport

OPEN

Open your mind to learn the facts about Alzheimer's

EDUCATION CALENDAR

FOR FAMILIES, THE PUBLIC & PROFESSIONALS IN DEMENTIA CARE

Programs are free unless noted otherwise.

December 16

Celebrating the Memories: Tips for a Successful Holiday

Location: Somerford at Hagerstown
Time: 4:30 p.m.
Contact: To register, call Sheri Evans, 301.791.9221

January 6

Dementia Patient Placement: Is It Time & What To Look For In A Facility

Location: Heartfields Assisted Living, Easton
Times: 11 a.m.-12 p.m.
Contact: Marie O'Shea, 410.820.4400

January 11

5 Hour Dementia Care Training

Location: Hagerstown Community College 17301 Valley Mall Rd, Hagerstown, MD 21740
Times: 9:30 a.m.-3:30 p.m.
Cost: \$49 per person
Contact: To register call Mary Ann Farr, 301.696.0315

January 11

5 Hour Dementia Care Training

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

January 25

Early-Onset Alzheimer's Disease: Myths, Facts & Resources

Location: Talbot Senior Center, Easton, MD
Times: 2-3 p.m.
Cost: General public free, CEUs \$15 (One category I social work CEU)
Contact: Jennifer FitzPatrick, 443.416.7710 or jen@jenerationshealth.com

January 26

Connected Conversations Telephone Seminar

Topic: Memory Loss, Dementia and Alzheimer's Disease
Times: 12:30-1:30 p.m.
At the time of the program, call

1.800.920.7487, then enter the Participant Code: 29-324-725#
Questions? Call 1.800.272.3900

February 10

Dementia Care Consortium Meeting

Emotional Concerns for the Professional Caregiver
Speaker: Kim Burton
Location: Stella Maris, Timonium, MD
Times: 8:30-10:30 a.m.
Cost: DCC members free, non-members \$15
Contact: To register, call 410.561.9099

February 16

Alzheimer's Disease: What You Need to Know

Location: Ocean Pines Library Rt. 589 & Cathell Rd, Ocean Pines, MD
Times: 2-3:30 p.m.
Cost: Free, light refreshments provided
Contact: Amy Schine, 410.749.4940

February 22

Caring for Individuals with Memory Impairment: Communication & Behavior Management

Location: Talbot Senior Center, Easton, MD
Times: 6-7:30 p.m.
Cost: General public free, CEUs \$15 (One category I social work CEU)
Contact: Jennifer FitzPatrick, 443.416.7710 or jen@jenerationshealth.com

February 23

Connected Conversations Telephone Seminar

Topic: Understanding Dementia Behaviors
Times: 12:30-1:30 p.m.
At the time of the program, call 1.800.920.7487, then enter the Participant Code: 29-324-725#
Questions? Call 1.800.272.3900

March 8

5 Hour Dementia Care Training

Location: Frederick Community College 7932 Oppppsumtown Rd, Frederick, MD 21702
Times: 9 a.m.-3 p.m.
Cost: \$49
Contact: To register call Sue Adams, Frederick Community College, 301.846.2405

March 10

Alzheimer's Disease: What You Need to Know

Location: Crisfield Public Library 4 E. Main St, Crisfield, MD 21817
Time: 4 p.m.
Cost: Free, light refreshments provided
Contact: Amy Schine, 410.749.4940

March 17

Alzheimer's Disease: What You Need to Know

Location: Princess Anne Public Library 11767 Beechwood St, Princess Anne, MD
Time: 4 p.m.
Cost: Free, light refreshments provided
Contact: Amy Schine, 410.749.4940

**SAVE THE DATE
Spring Conferences**

April 9

Anne Arundel County Caregiver Conference
Annapolis, Maryland

April 14

Salisbury Caregiver Conference
Salisbury, Maryland

May 14

Making Connections Conference: For People with Early Dementia, their Families & Friends
Columbia, Maryland

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

Join Us On Facebook!

www.facebook.com/marylandalz

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

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

STAY CONNECTED WITH THE LATEST IN ALZHEIMER RESEARCH WITH ISTAART

JOIN
Connect with other dementia professionals

International Society to Advance Alzheimer Research & Treatment

ISTAART is a society dedicated to connecting and supporting dementia science professionals. Become a member of this exclusive research group and network with peers from around the world.

Member benefits include:

- An online career center
- A one-year subscription to the Alzheimer's Association bimonthly journal, *Alzheimer's & Dementia*
- Discounted registration for Alzheimer's Association conferences
- Opportunity to apply for member-only travel grants to attend ICAD
- Networking opportunities with peers
- Early notification of grants
- Exclusive monthly email updates and member-only online newsletter
- Car rental discounts and travel assistance

For more information: www.alz.org/ISTAART ISTAART@alz.org **1.312.335.5188**

ISTAART

JOIN THE DEMENTIA CARE CONSORTIUM

At the DCC quarterly 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.

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.

One Category I social work continuing education unit is available at each meeting.

Membership costs \$30 for individuals and \$100 for companies. Non-members may attend any meeting for \$15 per meeting.

We now have two DCC groups! One meets in Frederick and the other meets around the Greater Baltimore area.

For membership info:

- Frederick - call 301.696.0315
email maryann.farr@alz.org
- Baltimore - call 410.561.9099
email bailey.vernon@alz.org

DEMENTIA TRAINING KIT AVAILABLE

An employee training kit on quality dementia care and mental health, titled *Caring for People with Cognitive Impairment and Mental Health Issues*, is 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.



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.

OPEN

Know the truth
about memory loss

KNOW THE TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

1. Memory loss that disrupts daily life.

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change? Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with place or time

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change? Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

What's a typical age-related change? Vision changes related to cataracts.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change? Misplacing things from time to time, such as a pair of glasses or the remote control.

8. Decreased or poor judgement

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change? Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

To learn more call 1.800.272.3900 or visit www.alz.org

EARLY DETECTION OF DEMENTIA MATTERS

VOICE
Speak up about early symptoms

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can:

Get the maximum benefit from available treatments – You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.

Have more time to plan for the future – A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options, financial and legal matters. You can also participate in building the right care team and social support network.

Get help for you and your loved ones – Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or

dementia.

When you see your doctor:

Your doctor will evaluate your overall health and identify any conditions that could affect how well your mind is working. Your doctor may decide to refer you to a specialist such as a:

Neurologist – specializes in diseases of the brain and nervous system

Psychiatrist – specializes in disorders that affect mood or the way the mind works

Psychologist – has special training in testing memory and other mental functions

Geriatrician – specializes in the care of older adults and Alzheimer's disease

To learn more about early detection, call **1.800.272.3900**.

PROGRAMS FOR INDIVIDUALS WITH EARLY-STAGE DEMENTIA

We are proud to now offer several services for people in the early stages of dementia. The early-stage program now includes support groups, a social club, and "Partners in the Arts."

Early-Stage Memory Loss Support Groups

Five Maryland counties offer one or more early-stage memory loss support groups: Anne Arundel, Baltimore, Frederick, Howard, and Talbot. The groups are designed to meet the needs of the person with dementia as well as the care partner.

The group splits into two smaller groups, where the people with dementia talk privately with a facilitator and caregivers separately do the same. That way, each person is free to discuss feelings, issues of concern, or just meet others walking the same journey.

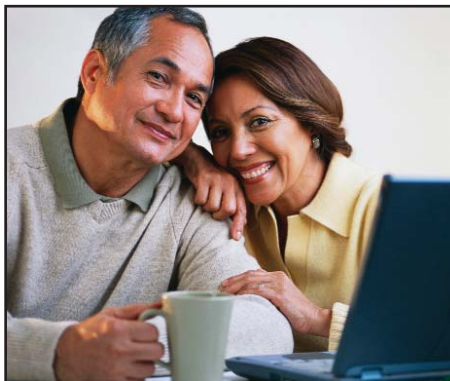
The environment fosters an atmosphere of trust, safety, and confidentiality. When the time comes that the person with dementia or their care partner is no longer benefitting from the early-stage support group, the facilitators assist in offering other options to help meet the family's needs.

Social Club

The Glenwood Community Center in Howard County is starting a Social Club in January 2011. It is aimed at meeting the needs of those people in the early stage of memory loss

who no longer enjoy the Senior Center but need less structure than Senior Center Plus.

The club will meet on Wednesdays and Fridays for four hours per day and individuals can join for one or two days per week. The Social Club will offer both structured time and free time, and participants can take advantage of programs throughout the center as well. Lunch is included as part of the fee-based program.



Partners in the Arts

Partners in the Arts is an exciting new program being offered in Frederick and Baltimore. The goal is to encourage people with early-stage dementia and their care partners to remain active in the arts in an environment that maximizes their strengths.

In Baltimore, the Jewish Museum of Maryland is participating in this program, beginning fall of 2010. The Delaplaine Museum in Frederick is opening its doors in March 2011 for this special program. Partnerships with additional museums are being formed for future programs.

All of the above programs require pre-screening to ensure the needs of the person with dementia and their care partners are met. For information on any of the above programs, please contact Carol Wynne, Support Group/Early-Stage Program Coordinator at **410.561.9099** or **Carol.Wynne@alz.org**.

ACT

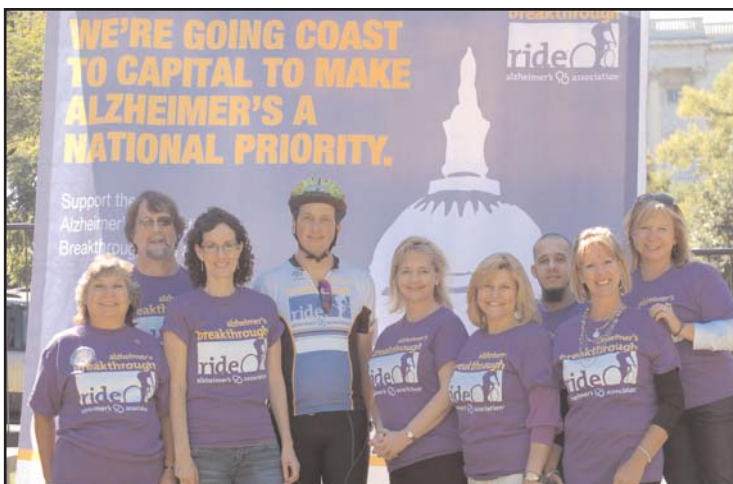
Sign up at actionalz.org

THANK YOU TO ALL SUPPORTERS OF THE
ALZHEIMER'S BREAKTHROUGH RIDE

The Alzheimer's Breakthrough Ride collected more than 110,000 signatures for a petition asking Congress to make Alzheimer's disease a national priority.

On World Alzheimer's Day, participants cycled to Capitol Hill and presented your signatures for delivery to Congress. The presentation marked the culmination of a cross-country journey that began in San Francisco and involved more than 55 Alzheimer researchers cycling over 4,500 miles to raise awareness and support for the cause.

To stay up-to-date on how to MOVE the cause forward, visit actionalz.org.



Many thanks to all of the volunteers who traveled to Washington, D.C. to support the Breakthrough Riders as they finished their journey across the country to raise money and awareness of Alzheimer's.



The Breakthrough Riders sport their "brain helmets" as they show the many faces of those affected by Alzheimer's.

**WHITE HOUSE BRIEFING
ADDRESSES ALZHEIMER'S**

The Alzheimer's Association delivered the message of the Alzheimer's Breakthrough Ride in a special White House briefing on Alzheimer's disease in September.

The meeting was a good step from this Administration toward a real and sustained effort to lead the fight against Alzheimer's. Harry Johns, Alzheimer's Association President and CEO, and National Board Member Stephen Hume, Psy.D., an individual living with the disease, made presentations at the meeting, focusing on the urgent need for action.

The Alzheimer's Association will continue to create and pursue every opportunity to impress upon the nation's leaders the scale of this disaster, the necessity of a coordinated national Alzheimer's strategy, and the need for its swift implementation.



Harry Johns, Alzheimer's Association President and CEO, urges everyone to help MOVE the cause forward.

ALZ STARS TEAMS RUN, CYCLE FOR ALZHEIMER'S

MOVE
On the MOVE to end Alzheimer's

MARATHON

The ALZ Stars marathon and half marathon training program of the Alzheimer's Association was comprised of 24 runners who raised an outstanding \$52,000 for their participation in the Baltimore Marathon, Half Marathon and Relay on Saturday, October 16, 2010.

The third year of the ALZ Stars program included runners who were trained in Baltimore and Frederick along with a few runners who traveled from New Jersey to be a part of the team.

All runners received four months of training and other special team benefits, including weekly coach-led group runs, their entry into the Baltimore Running Festival, team apparel and social activities, and the chance to make a real difference in the fight against Alzheimer's. In exchange, runners commit to raising a minimum of \$1,500 for the Alzheimer's Association.

We are grateful to the following corporate sponsors and partners for supporting ALZ Stars and the Alzheimer's Association: Charm City Run, Financial Fitness, Graul's Market, Pepsi, and Pizza Hut of Maryland.

A special congratulations to top fundraiser for the third year in a row- Pam Gilmour who raised over \$6,200!

CYCLE

On October 9, 2010 the Alzheimer's Association ALZ Stars cycle team participated in the Seagull Century in Salisbury, Maryland. The eight person team had been training for the 100 mile bike ride since June.

Participants in the ALZ Stars program raise funds to support the Alzheimer's Association and in return they are provided with coaching, group rides, ride entry fees, ride day ALZ Stars apparel and a pre-event pasta party.

The 2010 team (pictured below) included Innae Park, Amber Watson, Ryan Hughes, Scott Rosenthal, Jim and Carol Morris. They were mentored by Kim Kilmer and Kathy Gray and coached by Damian Magarelli. Carol Morris had been diagnosed with Alzheimer's disease, and the moment she crossed the finish line was the high point for the team.

The cycle team raised \$9,000 to support Alzheimer research and support services!

For information about the 2011 ALZ Stars programs, call 1.800.272.3900 or email info.maryland@alz.org



Above: ALZ Stars full marathon team on race day.
Below: ALZ Stars half marathon team at the team tent.

Photos courtesy of Jackson Photography



THANK YOU FOR CONSIDERING A YEAR-END GIFT

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

As we approach the "season of giving," we hope you will remember us in your year-end giving plans. To learn about how you can support our continued efforts please call 410.561.9099 or visit www.alz.org/maryland

Thank you for remembering the Alzheimer's Association.

Thank you!
Memory Walk 2010
Corporate Sponsors

Platinum sponsor:



Gold Sponsors:



Silver Sponsors

Frederick Business Properties
 Giant Food
 Pizza Hut of Maryland
 Somerford Place

Bronze Sponsors

Country Meadows
 Glade Valley Nursing and
 Rehabilitation Center
 Lighthouse Senior Living
 Panera Bread
 Sunrise Senior Living
 Brighton Gardens

For information on becoming a
 sponsor for the 2011
 Walk to End Alzheimer's,
 please call: 1.800.272.3900 or
 email Rolanda.Oliver@alz.org

MOVE

Together we will
 MOVE the cause
 forward

CHAMPIONS ACROSS
MARYLAND WALK TO SUPPORT
RESEARCH AND SERVICES

Thank you to our sponsors, volunteers, Team Captains and Walkers! Memory Walk 2010 raised over \$625,000 for Alzheimer research, programs and services. These funds will help us MOVE our mission forward.

Throughout October, over 3,800 dedicated individuals gathered together to celebrate and commemorate lives touched by Alzheimer's. Our Walkers came out, to our six Walks and raised significant funds and awareness for the Alzheimer's Association.

In total, roughly 213 volunteers gave more than 896 hours of their time to make these Walks a success. Many thanks go out to all of our dedicated volunteers who make Memory Walk as impactful as possible.

We greatly appreciate everyone's support at the Anne Arundel County, Eastern Shore, Greater Baltimore, Harford County, Howard County, and Western Maryland Walks.

MEMORY WALK IS NOW...
THE WALK TO END ALZHEIMER'S!

New name. Same purpose. The Walk to End Alzheimer's.

For information about getting involved in the the 2011 Walks, please visit www.alz.org/maryland or call 1.800.272.3900.





SAVE THE DATE FOR SPRING GALAS, WINE TASTING

Back by Popular Demand...
“Dancing Star”- Themed Galas

FREDERICK GALA:
Saturday, March 26, 2011
7-11 p.m.
Forget- Me- Not Gala
Holiday Inn & Conference Center
at FSK Mall



BALTIMORE GALA:
Saturday, April 16, 2011
7 p.m.- midnight
Memory Ball
Baltimore Marriott Waterfront Hotel

A Toast to Remember
Wine Tasting and Silent & Live Auctions

Coming June 2011

Loews Annapolis Hotel

Raise your glass to a world
without Alzheimer's!



For information about corporate sponsorships,
ticket sales, or serving on one of our committees
for these events, please call 1.800.272.3900 or
visit www.alz.org/maryland

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alzheimer's  association

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