

## GENERATION ALZHEIMER'S: THE DEFINING DISEASE OF THE BABY BOOMERS

This year, the first baby boomers turn 65 — when the risk of developing Alzheimer's disease significantly increases. While Alzheimer's is not normal aging, age is the greatest risk factor for the disease. It is expected an estimated 10 million baby boomers will develop Alzheimer's. Of those who reach the age of 85, nearly one in two will get it.

Today, 5.3 million Americans have Alzheimer's disease. By 2030, the U.S. population aged 65 and over is expected to double, meaning there will be more and more Americans with Alzheimer's — as many as 16 million by mid-century, when there will be nearly 1 million new cases every year. One in eight baby boomers will get the disease after they turn 65.

Despite the relatively low level of funding, Alzheimer's disease research has come so far, particularly in the last 10 years. With the cooperation of the medical and research communities, we are at a tipping point. We have the ideas, the technology and the will, but we do not have the commitment from the federal government. And we have reason for genuine and tangible hope that will fundamentally change the nature of the disease.

Every day brings us closer to a cure. An additional commitment through a public-private partnership could push us over the edge, make the difference and deliver the results. A commitment to a thorough, heartfelt and innovative approach to finding results will give us significant returns on our investment, relief to those currently suffering from the disease and peace of mind to millions of baby boomers who will otherwise get the disease.

Visit [actionalz.org](http://actionalz.org) and sign up today to be a Champion for the cause and share this info with your friends. Help us raise the awareness and concern that may bring about the change that must happen.

-From *Generation Alzheimer's*; to view the full report: [alz.org](http://alz.org).

### MARYLAND BEGINS PRELIMINARY EFFORTS TO DEVELOP AN ALZHEIMER'S STATE PLAN

To prepare for the growing numbers of people impacted by Alzheimer's and related disorders in coming decades, Alzheimer's Association chapters throughout the country have been advocating for the development of Alzheimer state plans. Currently more than 25 states, including Maryland, are in various stages of developing State plans. In Maryland, this effort was initiated through budget language during the 2010

legislative session. This language stated that the "Department of Health and Mental Hygiene and the State Department of Aging will establish a work group to:

-Examine the extent of Alzheimer's disease and related disorders (ADRD) in Maryland

-Identify best practices in the treatment of ADRD

-Assess existing service and resource capacity for individuals with ADRD"



The workgroup included a diverse group of state agency representatives, health professionals, the Alzheimer's Association and other members of the advocacy community, researchers and family members, including those impacted by young-onset dementia. Three subgroups were established to review current practice and literature and develop recommendations for each of the above work group objectives.

Preliminary findings of the groups showed that there is a lack of Maryland-specific data on ADRD, that there is under-detection and under-diagnosis of the disease, resulting in enormous associated costs, and there exist services and program gaps for those in early stage, as well as for those who develop the disease under age 65.

The final report was submitted on December 1, 2010 to the Senate Budget and Taxation Committee and the House Appropriations Committee. The primary three recommendations were:

- 1) Establish a state-wide public/ private commission dedicated to ADRD to shape a state plan and promote availability of best practices;
- 2) Increase data collection and coordination as to ADRD;
- 3) Increase public awareness about and outreach for ADRD with special attention to minority and underserved communities.

To read the entire report, visit [www.alz.org/maryland](http://www.alz.org/maryland) and click on "About Our Chapter." To read other state plans for Alzheimer's disease and related dementias, visit [http://www.alz.org/join\\_the\\_cause\\_state\\_plans.asp](http://www.alz.org/join_the_cause_state_plans.asp)

alzheimer's  association

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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.

FROM THE EXECUTIVE DIRECTOR



Cass Naugle,  
Executive Director

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

-Anatole France

At its meeting on Saturday, February 5th, the board of directors of the National Alzheimer's Association voted unanimously to approve the Alzheimer's Association Strategic Plan for fiscal years 2012-2014.

The new plan, created together by Association staff and volunteers from the chapters and at the national level, positions us to aggressively move our mission forward over the next three years. It consists of five interdependent strategic goals with very specific metrics, which for the first time will guide the work of all the chapters and the National Association. Over the next three years we will:

-Measurably increase concern and awareness annually in the general population and double unaided awareness of the Alzheimer's Association.

-Advance public policy by securing governmental action to increase federal research investment to \$2 billion, create early detec-

tion and care planning initiatives, create a federal Alzheimer plan, and implement nationwide state policy priorities.

-Be an early and ongoing point of contact for at least 50 percent of people diagnosed with Alzheimer's disease, either directly or through a caregiver.

-Accelerate progress in global research by increasing funding by the Association, engaging more people in Alzheimer science priorities, leading global efforts to advance key issues and supporting emerging needs.

-Achieve significantly greater Association-wide mission impact by growing contributed revenue to \$240,000,000 in FY14.

Just imagine the impact of the entire country working in unison toward our vision of a world without Alzheimer's. A key component of the success of these efforts is YOU. The Alzheimer's Association offers opportunities for you to make a real difference - in increasing awareness, advancing advocacy, enhancing care and support, accelerating research and growing revenue.

To learn how you can become involved contact our Volunteer Coordinator at 410.561.9099, or [sally.drumm@alz.org](mailto:sally.drumm@alz.org), or visit [www.actionalz.org](http://www.actionalz.org).

This is a fight we can win. Let's make Alzheimer's disease a distant memory.

## PRESIDENT OBAMA SIGNS NAPA INTO LAW

As the leading care, research and advocacy organization for Alzheimer's disease, the Alzheimer's Association applauds President Obama for signing the National Alzheimer's Project Act (NAPA) into law. NAPA creates for the first time a coordinated national strategy to confront one of America's most feared and costly diseases, a disease that will only plague more baby boomers as they age.

Given the scale of the Alzheimer epidemic and the growing number of Americans directly affected every single day, NAPA will provide an essential framework within the government that recognizes the Alzheimer crisis is no longer emerging but is here.

"The Alzheimer's Association is pleased that a much needed plan will now be put into place to address the challenges of Alzheimer's disease, currently the sixth-leading cause of death in this country. In fact, among the 10 leading causes of death, it is by far the fastest growing — increasing more than 50 percent from 2000 to 2007," said Harry Johns, Alzheimer's Association president and CEO.

Building on the work of the Alzheimer's Association and the recommendations of the Alzheimer's Study Group, an independent, bipartisan panel created to evaluate the government's current efforts to combat the disease, NAPA will lead to

"NAPA will provide an essential framework within the government that recognizes the Alzheimer crisis is no longer emerging but is here."

the creation of a national strategic plan to overcome the Alzheimer's disease epidemic. It would also establish an inter-agency council to work with the Secretary of Health and Human Services to give a full assessment of what needs to be done to address the threat of Alzheimer's on multiple fronts including care, research and support. NAPA ensures strategic planning and coordination of the fight against Alzheimer's across the federal government as a whole.

"Alzheimer's leaves American families, Medicare, Medicaid and our healthcare system defenseless against skyrocketing costs, and it leaves each of us vulnerable to the wide-ranging effects of this devastating disease" said Robert J. Egge, Alzheimer's Association vice president of public policy. "We need transformative, cost-effective strategic solutions to tackle a national public health emergency with widespread social

and economic consequences. NAPA will help to put the nation on the right track and we commend the Obama administration for recognizing this."

The Alzheimer's Association stands with millions of Alzheimer families in thanking President Obama for signing this legislation into law and looks forward to working with the Secretary of Health and Human Services to fulfill the promise of NAPA.

## RONALD REAGAN TURNS 100 YEARS OLD, FEBRUARY 6, 2011

February 6, 2011 was the 100th anniversary of the birth of President Ronald Reagan. President Reagan was an early advocate for the cause, helping to raise public awareness about Alzheimer's disease with the first proclamation of National Alzheimer's Disease Month in November 1983.

Eleven years later, he publically announced his own diagnosis of Alzheimer's disease in a poignant letter to the American people. To date, he is the most public figure to disclose an Alzheimer diagnosis.

Reagan's diagnosis shows no one is immune to this disease — not even the man who once held the most powerful office in the land. His well-documented deterioration and ultimate death from Alzheimer's shines a bright light on the devastating human toll of this disease for the Americans who live with it and those who care for them.

Despite these efforts — and those of powerful advocates like David Hyde Pierce, Maria Shriver and Sandra Day O'Connor— a grave stigma still surrounds Alzheimer's disease. Stigma is fear. Stigma is prejudice. And stigma is contagious. Stigma about Alzheimer's disease causes unnecessary additional suffering. It is an obstacle to receiving an early and accurate diagnosis and good quality care afterwards. Stigma

keeps us from realizing the true impact of the disease and its burgeoning effects in the future.

Alzheimer's is the nation's sixth-leading cause of death. This devastating, heartbreaking and costly disease ultimately kills more Americans than diabetes, and more than breast cancer and prostate cancer combined. Alzheimer's is the only one of the top 10 causes of death where we have no method to prevent it, cure it or slow its progression.

Federal Alzheimer research is woefully underfunded, inhibiting us from making the progress that has been achieved against other major diseases. In fact, death rates from Alzheimer's are skyrocketing while death rates from other diseases, such as heart disease, HIV/AIDS and certain cancers are plummeting. And, unlike these other diseases, there are no survivors.

But we do have champions. Today thousands of people diagnosed with early-stage Alzheimer's are using their amazingly powerful voices to break down the stigma and pave a better path for those who will follow.

To learn more about Alzheimer's disease and how you can make a difference, visit [alz.org](http://alz.org). Together, we can still win one for the Gipper.

## EDUCATION CALENDAR

FOR FAMILIES, THE PUBLIC & PROFESSIONALS IN DEMENTIA CARE

Attendance is free unless noted otherwise.

### **Tuesday, March 15**

#### **Connected Conversations Telephone Seminar**

Topic: Communication Techniques for Dementia Caregivers  
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

### **Thursday, 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.  
Contact: Amy Schine, 410.749.4940

### **Thursday, March 17**

#### **Safety Issues for People with Dementia**

Location: Adult Day Services at Union Hospital  
152 Railroad Rd. Elkton, MD 21921  
Time: 6:30-7:30 p.m.  
Seminar followed by support group meeting  
Contact: Jackie Pugh, 410.392.0539

### **Thursday, March 24**

#### **Communication Strategies for Families Affected by Dementia**

Location: Adult Day Services at Union Hospital  
152 Railroad Rd. Elkton, MD 21921  
Time: 6:30-7:30 p.m.  
Seminar followed by support group meeting  
Contact: Jackie Pugh, 410.392.0539

### **Tuesday, March 29**

#### **Memory Loss: Is It Alzheimer's?**

Location: Parkville Senior Center  
8601 Harford Rd. Parkville, MD 21234  
Times: 11 a.m.-12 p.m.  
Contact: Questions? Call 410.561.9099

### **Thursday, March 31**

#### **Managing Changes with Dementia**

Location: Adult Day Services at Union Hospital  
152 Railroad Rd. Elkton, MD 21921  
Time: 6:30-7:30 p.m.  
Seminar followed by support group meeting  
Contact: Jackie Pugh, 410.392.0539

### **Wednesday, April 6**

#### **Memory Loss: Is It Alzheimer's?**

Location: Rosedale Senior Center  
1208 Neighbors Ave. Rosedale, MD 21237  
Times: 10:30-11:30 a.m.  
Contact: Questions? Call 410.561.9099

### **Thursday, April 7**

#### **Community Resources for Families Affected by Dementia**

Location: Adult Day Services at Union Hospital  
152 Railroad Rd. Elkton, MD 21921  
Time: 6:30-7:30 p.m.  
Seminar followed by support group meeting  
Contact: Jackie Pugh, 410.392.0539

### **Saturday, April 9**

#### **19th Annual Caregivers' Conference**

*Information for family and professional caregivers*  
Location: Annapolis Senior Activity Center  
119 South Villa Ave. Annapolis, MD 21401  
Times: 9 a.m.-3 p.m.  
Cost: \$10, social work CEUs available for additional fee  
Contact: For more info, 410.222.4464 or caregiver\_support@aacounty.org

### **Thursday, April 14**

#### **21st Annual Conference for Alzheimer's & Dementia Caregivers**

Location: Salisbury University, Guerrieri University Center  
Times: 8:30 a.m.-3:30 p.m.  
Cost: \$20 general public; \$50 professional  
Register online:  
<http://SalisburyConference2011.kintera.org>  
Contact: 1.800.272.3900

### **Tuesday, April 19**

#### **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

### **Tuesday, April 19**

#### **Memory Loss: Is It Alzheimer's?**

Location: Edgemere Senior Center  
6600 North Point Rd. Edgemere, MD 21219

Times: 10:30-11:30 a.m.

Contact: Questions? Call 410.561.9099

### **Thursday, April 21**

#### **Memory Loss: Is It Alzheimer's?**

Location: Cockeysville Senior Center  
10535 York Rd. Cockeysville, MD 21030  
Times: 10-11 a.m.  
Contact: Questions? Call 410.561.9099

### **Wednesday, April 27**

#### **Memory Loss: Is It Alzheimer's?**

Location: Liberty Senior Center  
3525 Resource Dr. Randallstown, MD 21133  
Times: 10-11 a.m.  
Contact: Questions? Call 410.561.9099

### **Tuesday, May 3**

#### **Memory Loss: Is It Alzheimer's?**

Location: Seven Oaks Senior Center  
9210 Seven Oaks Dr. Perry Hall, MD 21236  
Times: 11 a.m.-12 p.m.  
Contact: Questions? Call 410.561.9099

### **Thursday, May 5**

#### **Memory Loss: It's Not Always Alzheimer's**

Location: Wicomico Free Library  
122 South Division St., Salisbury, MD 21801  
Times: 2-3:30 p.m.  
Contact: To register, call Amy Schine, 410.749.4940

### **Thursday, May 12**

#### **Coping with Difficult Behaviors**

Location: Wicomico Free Library  
122 South Division St., Salisbury, MD 21801  
Times: 2-3:30 p.m.  
Contact: To register, call Amy Schine, 410.749.4940

### **Thursday, May 12**

#### **Dementia Care Consortium Meeting (Baltimore)**

Topic: Therapeutic Communication for People with Dementia  
Speaker: Diane Martin, PhD  
Location: Sunrise Senior Living  
3800 Old Court Rd. Pikesville, MD 21208  
Times: 8:30-10:30 a.m.  
Cost: DCC members free, non-members \$15  
Contact: Bailey Vernon, 410.561.9099

**Saturday, May 14**

**Making Connections Conference: For People with Early Dementia, Their Families and Friends**

Location: Sheraton Hotel, Columbia  
10207 Wincopin Cir., Columbia, MD 21044  
Times: 8:45 a.m.-2:30 p.m.  
Cost: \$20 per person general public; \$70 per person for professionals  
Social work CEUs available with professional registration  
Contact: Bailey Vernon, 410.561.9099

**Tuesday, May 17**

**Memory Loss: Is It Alzheimer's?**

Location: Reisterstown Senior Center  
12035 Reisterstown Rd. Reisterstown, MD 21136  
Times: 10:30-11:30 a.m.  
Contact: Questions? Call 410.561.9099

**Thursday, May 19**

**The Emotional Journey of Caregiving**

Location: Wicomico Free Library  
122 South Division St., Salisbury, MD 21801  
Times: 2-3:30 p.m.  
Contact: To register, call Amy Schine, 410.749.4940

**Tuesday, May 24**

**Connected Conversations Telephone Seminar**

Topic: Caregiving 101  
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

**Wednesday, May 25**

**Memory Loss: Is It Alzheimer's?**

Location: Overlea Senior Center  
4314 Fullerton Ave. Overlea, MD 21236  
Times: 11 a.m.-12 p.m.  
Contact: Questions? Call 410.561.9099

**Wednesday, May 25**

**Dementia Care Consortium Meeting (Frederick)**

Topic: A Caregiver's Perspective  
Speaker: Susan Crowson, Family Care Coach  
Location: Golden Living Center  
30 North Place, Frederick  
Times: 8:30-10 a.m.  
Cost: DCC members free, non-members \$15  
Contact: To register, call 301.696.0315

**Thursday, June 16**

**Memory Loss: Is It Alzheimer's?**

Location: Catonsville Senior Center  
501 N. Rolling Rd. Catonsville, MD 21228  
Times: 12:45-1:45 p.m.  
Contact: Questions? Call 410.561.9099

**Tuesday, June 21**

**Connected Conversations Telephone Seminar**

Topic: Alzheimer's Disease: Myths vs. Facts  
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

**Thursday, June 23**

**Memory Loss: Is It Alzheimer's?**

Location: Pikesville Senior Center  
1301 Reisterstown Rd. Pikesville, MD 21208  
Times: 12:45-1:45 p.m.  
Contact: Questions? Call 410.561.9099

**Tuesday, July 19**

**Memory Loss: Is It Alzheimer's?**

Location: Essex Senior Center  
600 Dorsey Ave. Essex, MD 21221  
Times: 12:45-1:45 p.m.  
Contact: Questions? Call 410.561.9099

**Friday, July 22**

**Memory Loss: Is It Alzheimer's?**

Location: Victoria Villa Senior Center  
403 Compass Rd. Baltimore, MD 21220  
Times: 9-10 a.m.  
Contact: Questions? Call 410.561.9099

For more information about educational events, call the 24/7 Helpline: 1.800.272.3900.

**CONNECTED CONVERSATIONS  
TELEPHONE SEMINARS**

Learn more about dementia without leaving your home or office!

**Tuesday, March 15, 12:30-1:30 p.m.**

Communication Techniques for Dementia Caregivers

**Tuesday, April 19, 12:30-1:30 p.m.**

Memory Loss, Dementia and Alzheimer's Disease

**Tuesday, May 24, 12:30-1:30 p.m.**

Caregiving 101

**Tuesday, June 21, 12:30-1:30 p.m.**

Alzheimer's Disease: Myths vs. Facts

**How do Connected Conversations work?**

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

Then enter the Participant Code: **29-324-725#**.

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.

**MAKING CONNECTIONS  
CONFERENCE:**

**FOR INDIVIDUALS WITH EARLY DEMENTIA,  
THEIR FAMILIES AND FRIENDS**

Now in its fourth year, this conference focuses on topics that relate to families who are living with early dementia. Attendees will hear presentations from experts in the dementia field, and will have opportunities to network with peers.

Topics for 2011 will include:

- The impact of medications on people with dementia
- Strength-based approaches to living with early dementia
- Sorting through the trends in dementia research and care
- Community resource panel

And more!

**Saturday, May 14, 2011**

Sheraton Hotel, Columbia, Maryland

For registration or sponsorship info, call 410.561.9099 or email [info.maryland@alz.org](mailto:info.maryland@alz.org)

## KEEP YOUR STRESS LEVELS IN CHECK

Alzheimer caregivers report that they frequently experience high levels of stress. Too much stress can be damaging to both a caregiver and the person with Alzheimer's.

If you experience some of these signs of stress on a regular basis, consult your doctor. Ignoring them can cause your physical and mental health to decline.

### Symptoms of caregiver stress

Denial	Exhaustion
Anger	Sleeplessness
Social withdrawal	Irritability
Anxiety	Lack of concentration
Depression	Health problems

**Be a healthy caregiver** Taking care of yourself is one of the most important ways to be a healthy caregiver.

**Know what resources are available.** Adult day care, in-home assistance, visiting nurses and Meals-on-Wheels are just some of the services that can help you.

**Become an educated caregiver.** As the disease progresses, new caregiving skills are necessary. Find information on alz.org or contact your local Alzheimer's Association.

**Get help.** You are not failing as a caregiver by asking others for assistance. Seek the support of family, friends and community resources. Alzheimer's Association support group meetings are a good source of comfort and reassurance. Or you can join our online community.

**Take care of yourself.** Watch your diet, exercise and get plenty of rest. Make time for shopping, lunch with friends or even a golf outing. Take advantage of community services

such as adult day care or in-home companion services to care for your loved one while you take a break.

**Manage your stress level.** Stress can cause physical problems and changes in behavior. If you experience symptoms of caregiver stress, use relaxation techniques that work for you, and consult your doctor.

**Accept changes as they occur.** People with Alzheimer's change and so do their needs. They often require care beyond what you can provide on your own. Look into care services such as in-home caregiver services and residential care.

**Do legal and financial planning.** Consult an attorney to discuss legal, financial and care issues. If possible and appropriate, involve the person with Alzheimer's and other family members.

**Be realistic.** Many of the behaviors that occur are beyond your control and the control of the person with Alzheimer's. Grieve your losses, but also focus on the positive moments.

**Give yourself credit, not guilt.** You are doing the best you can. Don't feel guilty because you can't do more. Your loved one needs you, and you are there – that should make you feel proud.

Visit [alz.org](http://alz.org) to take the **Caregiver Stress Check** and get a free personal list of resources to help manage stress. Or call us 24/7 at **1.800.272.3900**.

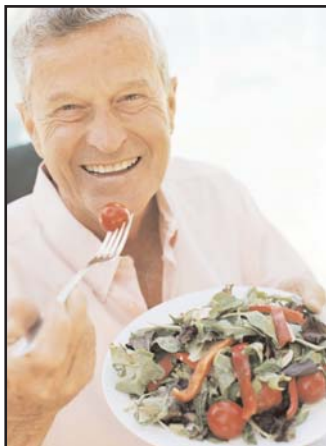
## TAKE STEPS TOWARD HEALTHY LIVING

Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it.

Healthy aging includes steps such as staying physically active, adopting a brain-healthy diet and remaining socially and mentally active. Here are other steps you can take toward healthy aging and, perhaps, keeping your brain healthy:

Daily exercise of 30 minutes. Aerobic exercise, like brisk walking, swimming or bicycling, increases stamina and endurance as well as mood.

Learning new things creates excitement, which helps to keep your mind active and sharp. Learn to play a musical instrument, learn a foreign language, or start a new hobby. Seek out positive social interaction through



volunteering or by staying active in the lives of friends and family.

A well-balanced diet that includes fruits, vegetables, breads and cereal, support a healthy memory and is essential to healthy aging.

Stress and anxiety can interfere with your ability to concentrate, which can lead to memory lapses. Basic breathing and relaxation techniques can help open your mind and your memory.

Games like Scrabble and chess keep the mind alert and problem-solving abilities sharp. Crossword puzzles and other mind games, as well as reading, help you to use both short-term and long-term memory.

For more information on healthy aging, visit [www.alz.org](http://www.alz.org).

## DEDICATED TO MY GRANDFATHER

*The following is a contribution from Erica Yim, student at Bryn Mawr School in Baltimore, Maryland, who dedicated her 8th grade convocation speech to her grandfather.*

Hi, as many of you know my name is Erica Yim. I have been going to Bryn Mawr School since Kindergarten, and one person that has greatly impacted my life is my grandfather.

My grandfather is 89 years old, and was diagnosed with Alzheimer's disease, and has experienced many other medical problems. Because of my grandfather's illness I have become more educated about Alzheimer's disease.

One of the most interesting things that I learned was that as many as 5.3 million Americans are struggling with this disease, and that it is the most common form of dementia. This is one of the reasons that my family signed a petition, which already has over 112,000 signatures, to gain Congress's support in finding the cure for Alzheimer's, which I encourage all of you to do as well. I feel as if finding the cure to this disease is very important, in part because I have seen the symptoms, and how they can affect the patient and the patient's family.

Because of these medical conditions, my grandfather is now living with us, in our house in Maryland. One of the symptoms of Alzheimer's disease is memory loss, which is very prominent in my grandfather's case. He frequently forgets what day it is, things that he was supposed to do, and sometimes even names. This results in him asking the same questions multiple times, which I do admit is sometimes quite frustrating. During the summer every day he would ask me why I wasn't in school, and where my brother and sister were, when they were at camp.

I often think that I have better things to do with my time, and some days I even wish he were staying in New York with my uncle or at the senior center that he goes to a couple days of the week. Yet, even though I think these things, when he is not staying at our house, an overwhelming sense of guilt floods over me. I feel bad that I take him for granted, and don't appreciate how much he loves me. It also scares me that he can't control what he remembers, and that he's suffering from a disease that doesn't have a cure yet.

Sometimes I'm scared to leave him alone, in fear that he will injure himself or do something potentially harmful to himself. When he is not staying at our house I miss him greatly. I miss him saying good morning to me, telling us stories, asking how our day was, and even his repetitive questions. Because of this I now realize how much he means to me, and the sorrow that would be put upon my family if we were to ever lose him.

Even though my grandfather forgets a lot of things, he still remembers many stories from his childhood and life in South Korea. He loves telling my siblings and I about how he was the top student in his class, some of the different wars that he was alive during, and other interesting stories. Just recently my mom had him write down some of the stories, so that we will always have a copy of them.

I would like to end my convocation with a quote by Fredrick Keonig that I feel pertains to my experiences: "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." I love you Papa.

*To sign the petition mentioned in this article, visit [www.actionalz.org](http://www.actionalz.org)*

## HELPING CHILDREN AND TEENS UNDERSTAND ALZHEIMER'S

Alzheimer's disease can have a big impact on every member of the family, including children. Each child will react differently to someone who has Alzheimer's.

The young people in your life might have questions about what is happening. It's important to take the time to answer these questions openly and honestly. It will also help to share with them the changes the disease might bring, now and in the future.

When a family member is living with dementia, a child might feel: **sad** about how the person is changing; **curious** about how people get the disease; **confused** about why the person acts differently or doesn't recognize him or her; **frustrated** by the new things it's necessary to do because of the disease's effects; **guilty** for getting angry with the person; **afraid** of the different ways in which the person now acts;

**jealous** of the additional attention given to the person; **embarrassed** to have friends visit; or **unsure** how to act around the person.

Good communication is the best way to help your child deal with the changes that are going on. Answer questions honestly. Respond simply to questions. Try not to sugar coat the message.

Teach your child about the disease and its symptoms as soon as you can. Encourage your child to ask questions. Be patient and use words that are easy to understand. Reassure the child that just because a person in the family has Alzheimer's, it does not mean that your child or any other family members will definitely get the disease.

Contact the Alzheimer's Association for additional support: 1.800.272.3900 or [alz.org](http://alz.org).

## THE CAROL CENTURY

*Kimberly L. Kilmer, Freelance Writer and ALZ Stars Cycling Team Mentor*

Prior to June 2010, it is doubtful that Salisbury, MD resident Carol Morris gave a single thought to getting on a bike and riding 20 miles. Having recently been diagnosed with early-onset Alzheimer's Carol, determined to have purpose and meaning to the rest of her life, decided to sign on with the Alzheimer's Association's newly formed ALZ Stars cycling team.

At the first meeting of the ALZ Stars Carol arrived with husband Jim, a bike, helmet, the desire to raise much needed funds and to ride for her life.

Having lost my own Mother to Alzheimer's and dedicating a former Sea Gull Century ride to her memory by independently raising funds for the Alzheimer's Association, I was particularly touched by Carol's story and determination to challenge herself mentally and physically. At the first meeting of the team Carol made a comment that summed up her determination.

"I can train to ride this bike or lie down on my couch and die." With that being said, Carol's training and fund raising plans were set into action.

By riding, Carol not only had to challenge herself mentally, she had to challenge herself physically. The first ride consisted of about a mile, through a quiet neighborhood, coached by Damian Magarelli of the Alzheimer's Association and accompanied by her husband Jim.

"That ride took a while" said a laughing Carol a few months after she'd gotten more comfortable in the saddle and realized that donning padded spandex bike shorts was a must.

I had the pleasure of mentoring Carol to her goal of a Sea Gull Century 20 mile ride. When I had concerns about Carol's balance, she headed to the MAC center gym and worked diligently on balance and strength.

"I'm going to do this without falling" noted Carol still bearing some bruises of a recent ditch - bike encounter. That ground, bike pile up spoke to her gutsy determination. She was not going to accept help in getting up. She was going to get upright on her own terms and triumph over that and any other ditch she might encounter. Carol not only trained, she raised much needed funds. She and Jim raised more than \$3,000.00 for the Alzheimer's Association during her training

period.

It was apparent early on that while Alzheimer's may eventually take its toll on Carol, she was going to fight it physically and mentally each step of the way. ALZ Stars gave Carol not only purpose, it provided her with beneficial social contact, physical exercise and mental stimulation. The training also provided us with a constant source of laughter.

During one of our longest training rides, it began to rain. Carol, never having ridden in wet conditions and in keeping present with the event, proclaimed that she appreciated the quick cool down as she was working up a sweat. She followed by telling us she needed windshield wipers for her eyes. Moments like that were precious to any of us who accompanied her.

On the day of the ride, a beaming Carol arrived in the designated parking lot. Accompanied by husband Jim, and a few hand selected seasoned support riders those of us who proudly donned the purple and white ALZ Stars cycling jerseys walked to the start of the ride. Carol was about to start the journey of a lifetime in riding her way through hundreds of other riders to her goal of

20 miles. The rest of the ALZ Stars team completed the century ride. Our customized ride was deemed the "Carol Century".

Our 20 mile team agreed that we had witnessed a miracle that day in the form of one very determined Carol Morris. The team may have given Carol purpose, but what she gave us was a lesson in the resilience of the human spirit.

For information on joining the 2011 ALZ Stars cycling program contact Damian Magarelli at 410.543.1163 or [Damian.Magarelli@alz.org](mailto:Damian.Magarelli@alz.org).



*Photo credit: MarathonFoto*

From left to right: Support rider Beth Jones, Jim Morris, ALZ Stars Team member Carol Morris, support rider, Jeri Van-Dyke Soutier and ALZ Stars team mentor, Kim Kilmer

### [Join Us On Facebook!](#)

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To receive our e-newsletter, visit [www.alz.org/maryland](http://www.alz.org/maryland), click on **Get Email Updates**.

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

## JOIN THE ALZ STARS RUN OR CYCLE PROGRAM



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 62 or 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.

Our ALZ Stars running program prepares runners for the Baltimore Marathon, Half Marathon or Team Relay, held on Saturday, October 15th in Baltimore.

Our ALZ Stars cycle program, prepares cyclists for the Seagull Century (100 miles or a 62 mile shorter distance), held on Saturday, October 15th in Salisbury.

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.

Group training for the Baltimore Marathon, Half Marathon & Team Relay will be offered in Greater Baltimore. Group training for the Seagull Century will be offered in Salisbury and Anne Arundel/Queen Anne's County areas. If you live outside one of the official training areas, you may still participate in the program with access to your coach via email and phone.

To learn more, contact Damian Magarelli at 410.543.1163 or [damian.magarelli@alz.org](mailto:damian.magarelli@alz.org), or visit [www.alz.org/maryland](http://www.alz.org/maryland). Challenge yourself to become an inspiration for those affected by Alzheimer's disease.

## WALK TO END ALZHEIMER'S THE END OF ALZHEIMER'S BEGINS HERE



All of us at the Alzheimer's Association are gearing up for this year's Walk season! Join us this autumn at one of six Walks across Greater Maryland to raise awareness and funds for Alzheimer's care, support and research.

Walk to End Alzheimer's is the country's largest fundraising event for Alzheimer's disease support services and research, and we need your help to make this Walk season the best yet.

In 2010, more than 3,800 Walkers raised \$630,000 to help fund our mission. Many thanks to each of you and we hope you join us again for 2011! Mark your calendars today.

To form a team or sign up as an individual, visit [www.alz.org/walk](http://www.alz.org/walk) and search for the Walk closest to you! Questions? Call 1.800.272.3900 day or night.

### Harford County Walk

Saturday, October 1, 9 a.m.  
Bel Air Equestrian Center

### Eastern Shore Walk

Saturday, October 1, 9 a.m.  
The Harry & Jeanette Weinberg Bldg.

### Anne Arundel County Walk

Saturday, October 15, 9 a.m.  
Severn School

### Howard County Walk

Saturday, October 22, 9 a.m.  
Centennial Park

### Western Maryland Walk

Sunday, October 23, 1 p.m.  
Maryland School for the Deaf

### Greater Baltimore Walk

Saturday, October 29, 8 a.m.  
Oregon Ridge Park

## “DANCING STARS” THEMED GALAS COMING THIS SPRING

Our “Dancing Stars” themed galas are back by popular demand and promise to be fun-filled, glamorous nights, all for a good cause. In the months leading up to the galas, dancers will be practicing their routines and raising funds for the Alzheimer’s Association.

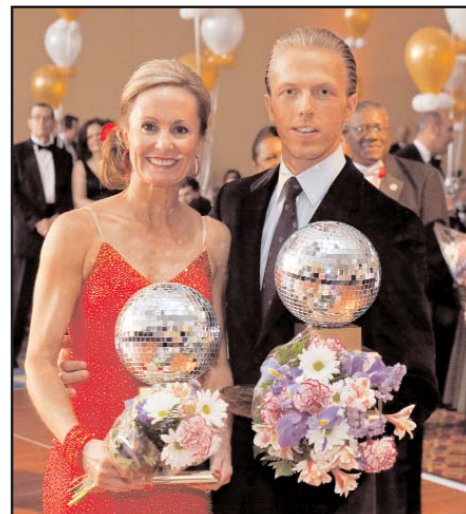
You can get in on the action by “voting” for your favorite dancers. (One dollar equals one vote.) Visit [www.alz.org/maryland](http://www.alz.org/maryland) and let the competition begin! Voting continues up through the nights of the galas, so buy your tickets today to reserve your seat! Awards will be given for top fundraisers and judges’ choice.

### Frederick Forget-Me-Not Gala

Saturday, March 26, 2011, 7-11 p.m.  
Holiday Inn & Conference Center at FSK Mall  
Contact: Kristen Weddle, 301.696.0315, [Kristen.Weddle@alz.org](mailto:Kristen.Weddle@alz.org)

### Baltimore Memory Ball

Saturday, April 16, 2011, 7 p.m.- midnight  
Baltimore Marriott Waterfront Hotel  
Contact: Melissa Sharlat, 410.561.9099, [Melissa.Sharlat@alz.org](mailto:Melissa.Sharlat@alz.org)



“You’re Our Star” winner Lorinda Belzberg with dance partner Genya Bartashevich. The couple was also a co-winner for top Judges’ Choice.

## A TOAST TO REMEMBER: WINE TASTING AND AUCTION



Raise your glass to a world without Alzheimer’s disease! This summer, we invite you to join us for our 2nd Annual A Toast to Remember: Wine Tasting and Silent & Live Auctions in Annapolis, Maryland.

You’ll have a fun-filled evening of wine, hors d’oeuvres and dozens of auction items that you could end up taking home with you! Have a good time for a great cause.

**Wednesday, June 29, 2011**

**6:30-8:30 p.m.**

**Westin Annapolis Hotel**

To buy your tickets, or if you are interested in being a sponsor, visit [www.alz.org/maryland](http://www.alz.org/maryland) or contact Rolanda Oliver at 410.561.9099 or [Rolanda.Oliver@alz.org](mailto:Rolanda.Oliver@alz.org).

## THANK YOU TO GENESIS FOR CONTINUED SUPPORT

The Alzheimer’s Association received a generous contribution from Genesis HealthCare which will benefit educational programs, event sponsorship and strategic planning efforts.

Pictured left to right are Diane Wit, Program Director; Cass Naugle, Executive Director; Dawn Kropkowski, Regional Marketing Director, Genesis HealthCare; and Lisa Boccia, Development Director.



## JOIN US AT THE 2011 ADVOCACY FORUM

Dear Alzheimer Advocate:

2010 proved to be an outstanding year for Alzheimer advocacy. We saw:

-The historic passage and signing of the National Alzheimer's Project Act (NAPA).



-The inclusion of younger-onset Alzheimer's disease in the Social Security Administration's compassionate allowance program.

-The first-ever inclusion of Alzheimer's disease and other dementias in the government's Healthy People 2020 report.

-Detection of cognitive impairment included as a mandatory part of the new Medicare annual wellness visits.

-More than 112,000 petition signatures collected through the

Alzheimer's Breakthrough Ride urging Congress to make Alzheimer's disease a national priority.

Each of these major victories, together with all important wins that have happened around the country on a state and local level, would not have been possible without the commitment and action of you, the Alzheimer advocate.

But even as we celebrate our successes, we still have much work ahead to ensure we build on this momentum to lead our country toward overcoming the Alzheimer crisis. The Alzheimer's Association Advocacy Forum is the premier experience to learn how we can continue to successfully advocate for these issues.

This year's Forum to be held on **May 15-17, 2011, in Washington, D.C.** will have a program that is designed to help you hone your advocacy skills — not just for your visits on Capitol Hill, but also as you return home.

You will learn about our legislative priorities, our critical messages and how to deliver these messages to key decision makers. You will learn about how to engage your local legislators and how to use a wide variety of resources in your communities to encourage more people to join with us as Alzheimer advocates.

I look forward to seeing you in May as we celebrate our recent victories and redouble our efforts to secure the Association's mission of a world without Alzheimer's.

Karen Kauffman  
Advocacy Forum Chair

Online registration is now available by visiting [www.alz.org/forum](http://www.alz.org/forum).

## THE NEED FOR RESEARCH VOLUNTEERS



Volunteer Harry Mueller received an "Alzheimer's Disease Research Center Milestone Award" on

November 6, 2010 during a conference for people caring for family or others with dementia titled "Journey to Hope."

The conference was sponsored by the Johns Hopkins Institute on Clinical and Translational Research in collaboration with the Memory and Alzheimer's Treatment Center, and was held on the Johns Hopkins Bayview campus.

Mr. Mueller became a participant in the research project at Hopkins as a control 29 years ago. He volunteered for the study after his wife, Ann, was diagnosed with Alzheimer's disease and became a participant in the study. She died in 1997 but he has continued to participate in the hope that his participation may help in the effort to combat this disease.

By volunteering for clinical studies, people with

Alzheimer's and their caregivers can play a more active role in their own treatment while also contributing to scientific discovery and benefiting future generations. Recruiting and retaining participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer treatments. The immediate need for advances in diagnosis, treatment and prevention has led to an unprecedented call for clinical study participants.



The Alzheimer's Association has created TrialMatch to help address this critical need. Alzheimer's Association TrialMatch is a free, confidential clinical trials matching service for people with Alzheimer's disease and related dementias.

Alzheimer's Association TrialMatch operates online at [www.alz.org/TrialMatch](http://www.alz.org/TrialMatch) and through the Alzheimer's Association 24/7 Helpline (**1.800.272.3900**).

This powerful new tool is also available to caregivers, physicians, researchers and people interested in being "healthy volunteers."

## IMPORTANT DATES TO REMEMBER!

### SPECIAL EVENTS

**Saturday, March 26, 2011, 7-11 p.m.**

Frederick Forget-Me-Not Gala  
Holiday Inn & Conference Center at FSK Mall

**Saturday, April 16, 2011, 7 p.m.-midnight**

Baltimore Memory Ball  
Baltimore Marriott Waterfront Hotel

**Wednesday, June 29, 2011, 6:30-8:30 p.m.**

A Toast to Remember: Wine Tasting and Auction  
Westin Annapolis Hotel

### ADVOCACY

**May 15-17, 2011**

2011 Alzheimer's Association Advocacy Forum  
Washington, D.C.

### CONFERENCES

**Saturday, April 9, 9 a.m.-3 p.m.**

19th Annual Caregivers' Conference  
Information for family and professional caregivers  
Annapolis Senior Activity Center

**Thursday, April 14, 8:30 a.m.-3:30 p.m.**

21st Annual Conference for Alzheimer's & Dementia  
Caregivers  
Salisbury University

**Saturday, May 14, 8:45 a.m.-2:30 p.m.**

Making Connections Conference: For People with  
Early Dementia, Their Families and Friends  
Sheraton Hotel, Columbia

*For more information on any of these events, call  
1.800.272.3900 or visit [www.alz.org/maryland](http://www.alz.org/maryland)*

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