



RESEARCH

Breakthroughs in Alzheimer Research

The Alzheimer's Association International Conference on Alzheimer's Disease (ICAD), is the world's leading forum on Alzheimer research. This year's conference drew nearly 3,800 international attendees to Vienna to share the latest ideas, thoughts and theories in dementia science. ICAD's presentations of research and new technology captured global media attention as the world's leading scientists explored innovative ways to unlock the mysteries of Alzheimer's.

ICAD fuels progress in Alzheimer research... Highlights from ICAD 2009 include:

DHA Drug Trials

An 18-month study in people with mild to moderate Alzheimer's did not support the routine use of DHA, an omega 3 fatty acid, for people with Alzheimer's. Meanwhile, a six-month study was conducted in healthy older people to see DHA's effect on "age related cognitive decline." This trial showed a positive result on one test of memory and learning.

These two studies – and other recent Alzheimer therapy trials – raise the possibility that treatments must be given early in the Alzheimer's process for them to be truly effective. For that to happen, we need to get much better at early detection and diagnosis of Alzheimer's.



Phase III Alzheimer's Drug Raises Level of Toxic Protein

Recent evidence suggests that the drug Dimebon may improve cognitive function in people with mild to moderate Alzheimer's. In

a surprising result, researchers found that treatment with Dimebon caused an increase in beta amyloid in mouse models. Beta amyloid is a protein that is the main constituent of plaques found in the brains of people with Alzheimer's disease. The results of this research may help point the way to dramatically different approaches to Alzheimer treatments.

Heart Healthy Diet May Reduce Risk of Cognitive Decline

Scientists at ICAD 2009 reported that following the Dietary Approaches to Stop Hypertension diet – or DASH diet – was associated with higher scores for cognitive functioning. The researchers found that four food categories from the diet plan – whole grains, vegetables, low-fat dairy foods, and nuts and beans – may offer benefits for cognition in late life. We need more research before we can confidently say how much of these foods to include in one's diet to experience some benefit.

Successful Recruiting Strategies for Alzheimer's Clinical Trials

Several studies at ICAD 2009 investigated the most effective method of recruiting people for Alzheimer's clinical studies. Researchers in one study found that successful Alzheimer's trials promote volunteerism and study participation by conducting community educational events, and actively partnering with local physicians. Surprisingly, in this study, patient registries and Internet recruiting were found to be much less successful recruitment strategies.

The Alzheimer's Association is also accelerating Alzheimer research through our peer-reviewed research grants program. Since funding our first research grants in 1982, the Alzheimer's Association has awarded more than \$265 million to scientists investigating the causes, treatment and prevention of Alzheimer's disease.

alzheimer's association™

2009 CHAPTER ANNUAL REPORT



PREPARED EXCLUSIVELY FOR PARTNERS OF THE ALZHEIMER'S ASSOCIATION - GREATER PENNSYLVANIA CHAPTER



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The Alzheimer's Association, Greater Pennsylvania Chapter, recognizes those special friends whose passion for our cause and commitment to those we serve are vital to realizing our vision of a world without Alzheimer's disease.

PROGRAMS & FAMILY SERVICES

AWARENESS & ADVOCACY

We want our valued partners to know that in 2009...

...the Alzheimer's Association, Greater Pennsylvania Chapter, made significant progress in keeping our promise to provide help and hope to the nearly 300,000 Pennsylvanians in our chapter's jurisdiction currently affected by Alzheimer's disease and related dementias. With the enduring commitment of our paid staff and volunteer partners and the continuing generosity of our donors, we were able to serve more people in more places across our chapter's 59-county service area.

Our advocacy outreach to elected officials in 2009 was highlighted by the participation of a record number of Pennsylvanians in our annual Public Policy Forum and Day on the Hill in Washington, DC, and the opportunity to bring together an extraordinary panel of those affected by Alzheimer's and those who care for and serve them to testify before the House Aging & Older Adult Services Committee in Harrisburg about the emotional and economic impact of the disease.

Our pride in what we accomplished in 2009 is tempered by our awareness of the greatest challenge we face in 2010: finding the resources in a distressed economy to continue, and in fact enhance, our services and outreach to an ever-increasing number of individuals and families—many of whom do not yet know who we are, where to find us, or how we can help them on their journeys with Alzheimer's and other dementias.

Our vision is a world without Alzheimer's; our commitment is to those we serve; our hope is in you.

Thank you for your continued support...

Mary F. Cramer

Mary Cramer
Chapter Board Chair

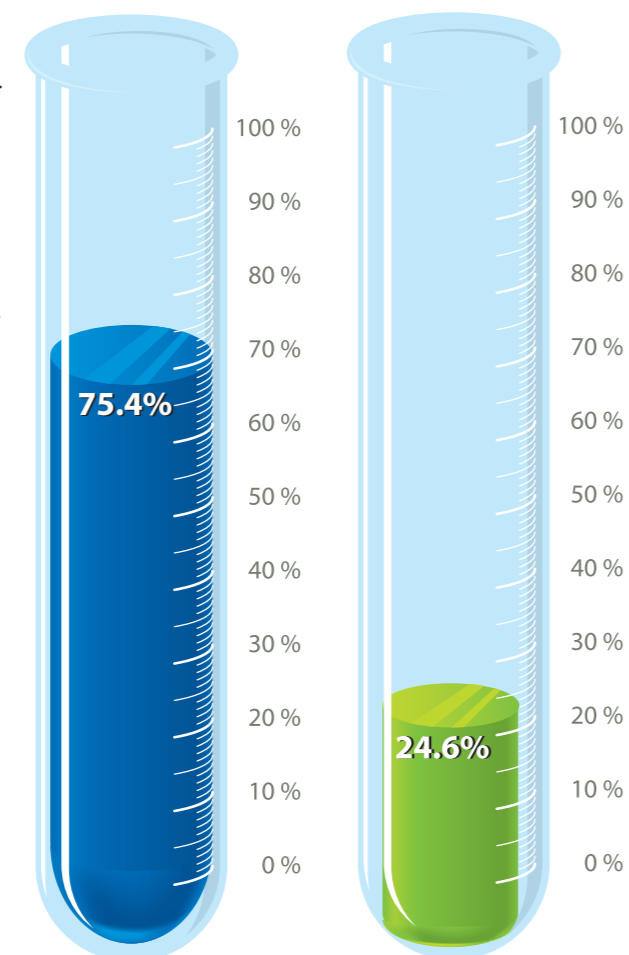
Bob Le Roy

Bob Le Roy
President and Chief Executive Officer

How The Greater Pennsylvania Chapter funds were used in Fiscal Year 2009:

Alzheimer care, support, research, awareness and advocacy

General Management, administration and fundraising



The Alzheimer's Association – Greater Pennsylvania Chapter provides 5 core services to our consumers to better assist them with understanding Alzheimer's disease and taking care of those with the diagnosis. The Programs & Family Services team delivery of Helpline, Support Groups, Family Services and Education programs provides a proactive approach to reaching families and others in need.

Helpline is a toll free, confidential service available 24 hours a day, 7 days a week. It is staffed by trained professionals that provide assistance, access to Chapter information and programs, as well as someone to listen. This service also provides translators in over 140 languages and can host multiple family members during one call to assist in facilitating caregiver issues. In 2009, the Greater Pennsylvania Chapter responded to 2,466 callers.

The Chapter also provides Care Consultation services. Alzheimer's disease presents many challenges throughout the progression of the disease. Families are usually unaware of not only the changes that occur with the disease but also what possible services are available. The Care Consultation service can assist families and the person with the disease in assessing their situation, creating an action plan, and providing follow-up to check the progress. Care Consultation is a time-consuming service that directly benefits the person with the disease and the caregiver. In 2009, the Family Service Coordinators provided in-depth care consultation to 1,012 individuals and families.

Another part of the Association's mission is to provide training and support through education programs to family caregivers and professionals. A wide range of topics are available to assist each individual through their personal journey. Family Caregiver miniseries are held throughout the Chapter coverage area, free of charge, as well as community education programs. Professional caregivers are also trained through various programs like the "Foundations of Dementia Care", which is a nationally recognized curriculum, setting the precedent for quality dementia care. In 2009, 597 education programs were presented to 16,712 family and professional caregivers.

Currently, the Alzheimer's Association – Greater Pennsylvania Chapter has 177 affiliated support groups throughout the coverage area. Support groups are a primary resource for information sharing and emotional support for those living with and taking care of those with the disease. In addition to the traditional support groups, the Association now has groups specific for early-onset Alzheimer's disease and for children and teens that are experiencing first-hand the effects of the sandwich generation. In 2009, 1,779 support groups were held with 6,972 participants attending.



In fiscal year 2009, advocates in the Greater Pennsylvania Chapter territory raised their voices to bring greater attention to the Alzheimer's crisis. Here are a few highlights from our amazing year in advocacy:

21st Annual Public Policy Forum and Day on the Hill

The 2009 Forum was a huge success on every level. Approximately 65 Pennsylvanians represented the Alzheimer's Association on Capitol Hill in Washington, DC, on Wednesday, March 25th, and 25 Pennsylvanians attended the full 3-day conference (in photo at top center). Both of these numbers represent a huge increase from last year, and we hope they will continue to grow in the future!

Alzheimer's Caucus Meeting

Local advocates and Association staff were delighted to meet with legislators and staff from the Pennsylvania General Assembly on Monday, April 27th for the first meeting of the 2009-2010 Alzheimer's Caucus, now chaired by Rep. Doug Reichley and Rep. Bill Kortz, from the Pittsburgh region. Currently, the Caucus stands at 70 members from both sides of the aisle. Attendees shared their personal stories on how Alzheimer's has impacted their lives – each story was unique, but all had a common thread: Alzheimer's is a devastating disease for both the victim and their loved ones. Members received updates from the research front, federal policy front, and a "Year in Review" on state legislative victories achieved by the partnership of the Coalition & Caucus.

Assisted Living Regulations

The PA Public Policy Coalition submitted language guiding the Department of Public Welfare in crafting more specific breakdowns in terms of core and supplemental services for persons with Alzheimer's/dementia living in these care settings. We were pleased that much of our language had been integrated into the regulations. To view the regulations, go to: www.irrc.state.pa.us/Regulations/RegInfo.cfm?IRRCNo=2712

Alzheimer's Awareness Hearing

Alan Romatowski (pictured upper right), diagnosed with early-onset Alzheimer's in his early fifties, listens to his wife, Josie, testify about the challenges of caregiving and the way life has changed for their



family since Alan's diagnosis. Alan and Josie were among a number of testifiers during the first-ever PA Public Policy Coalition-sponsored hearing at the State Capitol in Harrisburg, PA, hosted by the House Aging & Older Adult Services Committee. Held on Wednesday, October 28th at 9:30am in Room 60 of the East Wing, the hearing was extremely well-attended by Alzheimer advocates, Committee members, and even a few Caucus members who are not part of the Aging & Older Adult Services Committee. As a result of the genuine interest in the topic, engagement with the testifiers, and questions asked on the part of members, the hearing, originally scheduled to last 1.5 hours, expanded to 4 hours, with solid participation until the very end. Each testifier submitted written copies of the testimony they presented. For a copy of the written testimonies, visit the Newsroom on our Chapter website at www.alz.org/pa.

A huge round of applause for and sincere thanks to all who made the trip to witness the hearing, to those who were instrumental in planning and organizing the event from start to finish, and to our extraordinary panel of testifiers – Dr. David Gill, Bob Marino, Bob LeRoy, Wendy Campbell, Crystal Lowe, Ray Landis, and Ray Prushnok – specifically those who demonstrated tremendous courage in sharing their very personal stories: Mimi Steffen and Alan Romatowski (currently living with Alzheimer's) and State Rep. Deberah Kula and Josie Romatowski (former and current caregivers). The support and efforts contributed by all who were a part of the day truly made an impact and helped the PA Public Policy Coalition achieve a "first" while also introducing National Alzheimer's Awareness Month in a big way in the Commonwealth!

Special thanks to Rep. Bill Kortz and Rep. Doug Reichley, our dedicated Alzheimer's Caucus Co-Chairs, for introducing House Resolution 501, recognizing November as Alzheimer's Awareness Month in Pennsylvania (in photo at top left).

Thanks for your continued support as advocates MOVE the cause forward in Pennsylvania.