

Greater Pennsylvania Chapter Newsletter

Published for our donors, volunteers, advocates and friends
in the Alzheimer's community

Fall 2011

fb.com/alzgpa 
@alzgpa 
www.alz.org/pa
24/7 Helpline
1-800-272-3900

The End of Alzheimer's Starts With Me


world
alzheimer's month

alzheimer's  association®

We are excited to announce that during the month of September, the Alzheimer's Association is observing the inaugural World Alzheimer's Month (WAM) in honor of the more than 35 million people living with dementia around the world and the nearly 15 million unpaid Alzheimer's caregivers just in the U.S.

World Alzheimer's Month is a time to recognize the everyday heroes who are refusing to back down to this cruel disease that currently has no survivors. None. On September 21, Alzheimer's Action Day (AAD), we are asking YOU to wear purple and to take action in the fight of Alzheimer's.

During World Alzheimer's Month and throughout the year, there are many ways to take action in the fight against this devastating disease:

- Participate in Walk to End Alzheimer's. Gather your friends and family and Walk to End Alzheimer's. Walks are going on throughout the country right now!
- Advocate. Speak up for the needs and rights of all those affected by Alzheimer's disease. Learn more at alz.org/advocacy
- Volunteer for a clinical trial. Recruiting and retaining trial participants is the greatest obstacle, other than funding, to developing the next generation of Alzheimer's treatments. Trials are recruiting people with Alzheimer's, as well as healthy volunteers to be controls.

Alzheimer's Association - Greater Pennsylvania Chapter

Our vision is a world without Alzheimer's disease.

Our mission is to eliminate Alzheimer's disease through the advancement of research, to enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health.

Our services 24/7 Helpline, Support Groups, Family Services, Resource Centers, Community Education Programs, Family and Professional Caregiver Training and MedicAlert+Safe Return

Contact your local Alzheimer's Association office for more information about our programs and services or go to www.alz.org/pa

The official registration and financial information on the Alzheimer's Association and Related Disorders Association, Inc. may be obtained from the Pennsylvania Department of State by calling, toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



Continued on pg 3

A Message from our Board Chair

Dear Friends,

Greetings from the Board of the Alzheimer's Association of Greater Pennsylvania! We have had an incredibly busy summer, and as we see the aging of the baby boomers, we continue to see increases in the need for our services, and are working to prepare our organization to better serve those with Alzheimer's Disease and related dementias, and their loved ones. It is currently estimated that there are 280,000 Pennsylvanians with Alzheimer's disease. Our chapter currently serves only a small percentage of those who have been affected by the disease, and we recognize we have to do more!



Through a generous grant from the M.S. Grumbacher Foundation we have been able to hire a Volunteer Coordinator. This position will allow us to do more with less, allowing coordination of our many volunteer resources and expanding our volunteer network to be able to better use their varied and impressive skills and abilities to serve our ever expanding customer base. We see this as a key strategy for providing additional services to meet the increased need. Katie Kopco Warner, LSW has been recently hired as our volunteer coordinator. She brings to the association a wealth of knowledge running volunteer programs as well as managing volunteers. She has the creativity and vision to move this program forward. If you, or someone you know, is interested in volunteering, please contact Katie at katie.warner@alz.org or by phone at 717-651-5020.

Another key initiative we have been able to move forward on this summer is the Early Stage Initiative. Recognizing the changing demographics of our aging population and science advancements on the horizon, the Alzheimer's Association is taking a role in increasing the level of support to those patients in early-stage and their caregivers. "Early Stage" refers to people, irrespective of age, who are diagnosed with Alzheimer's disease or related disorders and are in the beginning stages of their disease. In this stage they retain the ability to participate in daily activities and participate in a "give-and-take" dialogue.

Candy Yingling, a current employee of the association with many years of experience as a Family Service Coordinator, will be spearheading our chapter-wide efforts as the new Early Stage Coordinator. In this role Candy will be seeking to develop programs state-wide to better meet the needs of this unique and growing population.

We are in the midst of "Walk" season – there are 29 Walk to End Alzheimer's events across the counties that we serve – please be sure to take the time to support these events in your local area – they are critical to our success! Your support is greatly appreciated – thanks for helping to put us out of business –our goal is a world without Alzheimer's!

Appreciatively,



Debra A Pierson
Board Chair

GREATER PENNSYLVANIA CHAPTER BOARD OF DIRECTORS

CHAIR: DEBRA A. PIERSON, PMP
VICE CHAIR: ROBERT L. TUCKER
TREASURER: DIANE GEISLER
SECRETARY: KIM SHORTER

JUDITH BLACK, MD, MHA
IVONNE GUTIERREZ BUCHER
J. BRACKEN BURNS, SR.
DAVID GILL, MD
MICHAEL H. HERSHOCK
DAVID L. HUNTER, ESQ.
CHARLES KIRKWOOD
JOEL KROFT
TIM LAMBERT
JENNIFER LINGLER, Ph.D., MA, CRNP
DEBBIE LITTLE, ESQ.
BEVERLY MCGRATH
BETSY MOMICH
WESLEY POSVAR
KEVIN S. TUCKER



The Greater Pennsylvania Chapter Welcomes New Staff Members

Please join us in welcoming the following new staff additions:

Kira Walters – Marketing & Communications Coordinator

Sarah Keene – Education & Outreach Coordinator

Katie Kopco Warner – Volunteer Coordinator

Tamara Bortree – Family Service Coordinator

Cont'd from pg 1

- Champion the cause. We're asking 5 million individuals to sign up as Champions to represent each person living with Alzheimer's disease in the United States. Champions are the first to know about the latest Alzheimer's news and activities. Sign up at www.alz.org/act.
- Make a donation. Make a tax-deductible donation to the Alzheimer's Association and support vital research and essential support programs and services.
- Spread the word. Refer a friend or family member to our toll-free 24/7 Helpline at 800.272.3900 or our website at www.alz.org.

This November, we will continue to observe National Alzheimer's Disease Awareness Month (NADAM) along with National Family Caregiver Month (NFCM)

YOU can take action year-round by telling others about the prevalence of Alzheimer's disease and introducing the Alzheimer's Association as a resource for those who need help and hope.

As the only disease in the top 10 leading causes of death in America without a means to prevent, cure or slow its progression, we must acknowledge the critical need for increased awareness all year long in order to advance Alzheimer's research, care and support and proclaim that **"The End of Alzheimer's Starts with Me."**

Community Education Programs hosted by the Greater Pennsylvania Chapter

County	Date	Event Name	Location	Time	Contact	Description	Event Price
Wayne	9/13/2011	Dementia & Alzheimer's Disease	535 Main Street Forest City, PA 18421	1:00 - 2:30pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Monroe	9/14/2011	Community Forum & FAQ	Clymer Library Pocono Pines, PA	10:00am	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Monroe	9/14/2011	10 Warning Signs	Firehouse Road Pocono Pines, PA 18350	12:00pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Professionals	Contact for details
Beaver	9/14/2011	Overview of Alzheimer's Disease & Dementia	Elmcroft of Chippewa 104 Pappan Business Drive Beaver Falls, PA 15010	2:00 - 4:00pm	Melissa Chambers 724.891.3333; machambers@seniorcare-corp.com	Open to public	No fee
Allegheny	9/15/2011	Maintain Your Brain	Mt. Washington Community Center 122 Virginia Avenue Pittsburgh, PA 15211	10:30 - 11:30am	Carol 724.696.4150	Open to public	No fee
Luzerne	9/15/2011	Rep. Tara Toohill Health Expo	Laurel Mall 15A Laurel Mall Hazleton, PA 18201	10:00 - 2:00pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Westmoreland	9/15/2011	End Stage Alzheimer's Disease	Harold Zion Evangelical Lutheran Church 671 Baltzer Meyer Pike Greensburg, PA 15601	6:30 - 8:30pm	Karen Fritz 724.832.8928; kfritz929@comcast.net	Open to public	No fee
Mifflin	9/15/2011	Overview of Alzheimer's & Related Dementias	Mifflin County Library 123 N. Wayne Street Lewistown, PA 17044	6:30 - 8:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Washington	9/19/2011	Understanding Memory Loss	Presbyterian Senior Care - Washington 835 S. Main Street Washington, PA 15301	5:30 - 7:00pm	Lois Lutz 412.261.5040; lois.lutz@alz.org	Open to public	No fee
Allegheny	9/20/2011	Overview of Alzheimer's Disease & Dementia/Communication & Managing Difficult Behaviors	Sunrise of McCandless 900 Lincoln Club Drive McCandless, PA	10:00am - 3:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Lackawanna	9/20/2011	Practical Tips for the Dementia Caregiver	TBD Scranton, PA	6:00 - 7:30pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Columbia	9/21/2011	Memory Loss & Aging	1401 Orange Street Benwick, PA 18603	10:30am - 12:00pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Westmoreland	9/22/2011	Legal Issues	Harold Zion Evangelical Lutheran Church 671 Baltzer Meyer Pike Greensburg, PA 15601	6:30 - 8:30pm	Karen Fritz 724.832.8928; kfritz929@comcast.net	Open to public	No fee
Lancaster	9/26/2011	Alzheimer's Research	Mennonite Home 1520 Harrisburg Avenue Lancaster, PA	7:00pm	Sarah Keene 717.651.5020; sarah.keene@alz.org	Open to public	No fee
Allegheny	9/27/2011	Understanding Legal Issues/End Stage Alzheimer's Disease	Sunrise of McCandless 900 Lincoln Club Drive McCandless, PA	10:00am - 3:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Erie	9/28/2011	Diagnosis: Alzheimer's - Now What? Next Steps	Blasco Memorial Library-The Admiral Room 160 E. Front Street Erie, PA 16507	10:00 - 11:00am	Debbie Wisinski 814.456.9200; debbie.wisinski@alz.org	Open to public	No fee
Snyder	9/29/2011	Overview of Alzheimer's & Related Dementias	Graysonview 29 Graysonview Court Selinsgrove, PA 17870	7:00 - 8:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Beaver	10/5/2011	Communication & Managing Difficult Behaviors	Elmcroft of Chippewa 104 Pappan Business Drive Beaver Falls, PA 15010	2:00 - 4:00pm	Melissa Chambers 724.891.3333; machambers@seniorcare-corp.com	Open to public	No fee
Lancaster	10/5/2011	Overview of Alzheimer's & Related Dementias	Mennonite Home 1520 Harrisburg Avenue Lancaster, PA	1:00 - 3:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Lackawanna	10/5/2011	10 Warning Signs	Boscovs - Scranton 400 Lackawanna Avenue Scranton, PA	6:30 - 8:00pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Bedford	10/6/2011	The Alzheimer's Puzzle: Putting the Pieces Together	Homewood @ Spring House Estates 150 Victoria Avenue Everett, PA 15537	9:00am - 3:30pm	Jan Walent 814.623.0349	Open to public	No fee
Cumberland	10/6/2011	Disabilities Fair	Carlisle Barracks	10:00am - 2:00pm	Sarah Keene 717.651.5020; sarah.keene@alz.org	Staff and families of Carlisle Barracks	No fee
Snyder	10/10/2011	Understanding Communications & Behaviors	Graysonview 29 Graysonview Court Selinsgrove, PA 17870	7:00 - 8:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Beaver	10/11/2011	Maintain Your Brain	Providence Care Center 900 3rd Avenue Beaver Falls, PA	2:00 - 3:00pm	Tammie 724.846.8504 x17303	Open to public	No fee
Dauphin	10/11/2011	Overview of Alzheimer's & Related Dementias	Arden Courts 2625 Ailanthus Lane Harrisburg, PA 17110	6:30 - 8:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Lancaster	10/12/2011	Understanding Communications & Behaviors	Mennonite Home 1520 Harrisburg Avenue Lancaster, PA	1:00 - 3:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Luzerne	10/13/2011	10 Warning Signs	Boscovs - Laurel Mall Airport Road Hazleton, PA 18202	1:00 - 2:30pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Mifflin	10/13/2011	Caring for the Caregiver	Mifflin County Library 123 N. Wayne Street Lewistown, PA 17044	6:30 - 8:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Franklin	10/15/2011	Health Fair	Otterbein Methodist Church 61 W. Main Street Fayetteville, PA	9:00 - 2:00pm	Sarah Keene 717.651.5020; sarah.keene@alz.org	Open to public	No fee
Allegheny	10/17/2011	Fall Conference: Living an Active, Meaningful Life as We Age	Four Points by Sheraton 910 Sheraton Drive Mars, PA 16046	9:00am - 4:30pm	Lois Lutz 412.261.5040; lois.lutz@alz.org	Professionals & Family Caregivers	\$75 for Professionals (CEUs available) \$30 for Family Caregivers Pre-registration required

County	Date	Event Name	Location	Time	Contact	Description	Price
Erie	10/18/2011	Erie Education Conference	Ambassador Banquet & Conference Center 7794 Peach Street Erie, PA 16509	8:30am - 4:30pm	Kristen Bires 814.456.9200; kristen.bires@alz.org	Professionals & Family Caregivers	\$75 for Professionals \$30 for Family Caregivers Pre- registration required
Luzerne	10/18/2011	10 Warning Signs	Boscovs 15 S. Main Street Wilkes-Barre, PA 18702	6:30pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Lancaster	10/19/2011	Caring for the Caregiver	Mennonite Home 1520 Harrisburg Avenue Lancaster, PA	1:00 - 3:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Allegheny	10/21/2011	PCHA Training	PSU - Greater Allegheny Campus 4000 University Drive McKeesport, PA 15132	8:30am - 12:30pm	Register through PSU Dianne 412.675.9051	Part of 100 administrator training	Contact for details
Blair	10/21/2011	Health Fair	Lynette-Smith Transport Roaring Springs, PA	TBD	814.224.5155 x2239 for more information	TBD	Contact for details
Butler	10/24/2011	PCHA Training	Butler County Community College Butler, PA 16003	8:00am - 12:00pm	Register through BCCC Maria - 724.287.8711	Part of 100 administrator training	Contact for details
Dauphin	10/25/2011	Understanding Communications & Behaviors	Arden Courts 2625 Ailanthus Lane Harrisburg, PA 17110	6:30 - 8:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Erie	10/26/2011	Diagnosis: Alzheimer's - Now What? Next Steps	Blasco Memorial Library The Admiral Room 160 E. Front Street Erie, PA 16507	10:00 - 11:00am	Debbie Wisinski 814.456.9200; debbie.wisinski@alz.org	Open to public	No fee
Wayne	10/27/2011	Ladore Expo & Presentation (Demential Overview)	Ladore Conference Center 90 Hull Road Waymart, PA 18472	All day	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Professionals	No fee
Butler	10/28/2011	PCHA Training	Butler County Community College/Butler, PA 16003	8:00am - 12:00pm	Register through BCCCMaria724.287.8711	Part of 100 administrator training	Contact for details
Luzerne	11/1/2011	Educational Conference: Broyles Foundation	Best Western-East Mountain Wilkes-Barre, PA	All day	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Professionals & Family Caregivers	TBD - Contact Clay Jacobs for brochure
Dauphin	11/2/2011	14th Annual Education & Research Conference	Holiday Inn East Harrisburg, PA	8:00am - 4:00pm	Sarah Keene 717.651.5020; sarah.keene@alz.org	Professionals & Family Caregivers	TBD
Cumberland	11/3/2011	Overview of Alzheimer's & Related Dementias	Bridges at Bent Creek 2100 Bent Creek Boulevard Mechanicsburg, PA	3:00 - 5:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Luzerne	11/3/2011	10 Warning Signs	Boscovs - Wilkes-Barre 15 S. Main Street Wilkes-Barre, PA 18702	6:00pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Allegheny	11/3/2011	Overview of Alzheimer's Disease	CCAC North 8701 Perry Highway Pittsburgh, PA 15237	6:00 - 7:30pm	Register through CCAC	Open to public	No fee
Allegheny	11/5/2011	Overview of Alzheimer's Disease & Dementia/Communication & Managing Difficult Behaviors	The Center for Compassionate Care 50 Moffett Street Pittsburgh, PA	9:00am - 1:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Allegheny	11/7/2011	Overview of Alzheimer's Disease	CCAC Boyce 595 Beatty Road Monroeville, PA 15146	6:00 - 7:30pm	Register through CCAC	Open to public	No fee
Dauphin	11/8/2011	Caring for the Caregiver	Arden Courts 2625 Ailanthus Lane Harrisburg, PA 17110	6:30 - 8:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Beaver	11/9/2011	Legal Issues	Elmcroft of Chippewa 104 Pappan Business Drive Beaver Falls, PA 15010	2:00 - 4:00pm	Melissa Chambers 724.891.3333; machambers@seniorcare-corp.com	Open to public	No fee
Cumberland	11/10/2011	Understanding Communications & Behaviors	Bridges at Bent Creek 2100 Bent Creek Boulevard Mechanicsburg, PA	3:00 - 5:00pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Allegheny	11/10/2011	Strategies for Communication and Behaviors	CCAC North 8701 Perry Highway Pittsburgh, PA 15237	6:00 - 7:30pm	Register through CCAC	Open to public	No fee
Allegheny	11/12/2011	Understanding Legal Issues/End Stage Alzheimer's Disease	The Center for Compassionate Care 50 Moffett Street Pittsburgh, PA	9:00am - 1:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Dauphin	11/14/2011	Day on the Hill/Memories in the Making	Capitol Hill Harrisburg, PA	All day	Leah Kithcart 412.651.5020; leah.kithcart@alz.org	Open to public	Contact for details
Clinton	11/15/2011	Practical Tips for the Dementia Caregiver	Susque-View 22 Cree Drive Lock Haven, PA 17745	6:00pm	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Open to public	No fee
Cumberland	11/17/2011	Caring for the Caregiver	Bridges at Bent Creek 2100 Bent Creek Boulevard Mechanicsburg, PA	3:00 - 5:00 pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
Erie	11/30/2011	Diagnosis: Alzheimer's - Now What? Next Steps	Blasco Memorial Library- The Admiral Room 160 E. Front Street Erie, PA 16507	10:00 - 11:00am	Debbie Wisinski 814.456.9200; debbie.wisinski@alz.org	Open to public	No fee
Beaver	12/7/2011	End Stage Alzheimer's Disease	Elmcroft of Chippewa 104 Pappan Business Drive Beaver Falls, PA 15010	2:00 - 4:00pm	Melissa Chambers 724.891.3333; machambers@seniorcare-corp.com	Open to public	No fee
Erie	12/28/2011	Diagnosis: Alzheimer's - Now What? Next Steps	Blasco Memorial Library- The Admiral Room 160 E. Front Street Erie, PA 16507	10:00 - 11:00am	Debbie Wisinski 814.456.9200; debbie.wisinski@alz.org	Open to public	No fee
York	1/31/2012	Overview of Alzheimer's & Related Dementias	Colonial Manor 970 Colonial Avenue York, PA 17401	4:00 - 5:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
York	2/14/2012	Understanding Communications & Behaviors	Colonial Manor 970 Colonial Avenue York, PA 17401	4:00 - 5:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee
York	2/28/2012	Caring for the Caregiver	Colonial Manor 970 Colonial Avenue York, PA 17401	4:00 - 5:30pm	Bethany Adhikari 717.651.5020; bethany.adhikari@alz.org	Open to public	No fee

Community Education Programs hosted by the Greater Pennsylvania Chapter

County	Date	Event Name	Location	Time	Contact	Description	Price
Westmoreland	3/1/2012	Overview of Alzheimer's Disease & Dementia	New Haven Court 100 Freedom Way Greensburg, PA 15601	5:30 - 7:30pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Westmoreland	3/8/2012	Communication & Managing Difficult Behaviors	New Haven Court 100 Freedom Way Greensburg, PA 15601	5:30 - 7:30pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Westmoreland	3/15/2012	Legal Issues	New Haven Court 100 Freedom Way Greensburg, PA 15601	5:30 - 7:30pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Westmoreland	3/22/2012	End Stage Alzheimer's Disease	New Haven Court 100 Freedom Way Greensburg, PA 15601	5:30 - 7:30pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Butler	4/3/2012	Overview of Alzheimer's Disease & Dementia	RoseCrest Assisted Living 1000 Graham Way Mars, PA 16046	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Butler	4/10/2012	Communication & Managing Difficult Behaviors	RoseCrest Assisted Living 1000 Graham Way Mars, PA 16046	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Butler	4/17/2012	Legal Issues	RoseCrest Assisted Living 1000 Graham Way Mars, PA 16046	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Butler	4/24/2012	End Stage Alzheimer's Disease	RoseCrest Assisted Living 1000 Graham Way Mars, PA 16046	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Luzerne	4/25/2012	Spring Conference: Naomi Fell & Validation Therapy	Best Western-East Mountain Wilkes-Barre, PA	All day	Clay Jacobs 570.822.9915; clay.jacobs@alz.org	Professionals & Family Caregivers	Contact office CEUs available
Allegheny	4/27/2012	Annual Spring Conference	Four Points by Sheraton 910 Sheraton Drive Mars, PA 16046	9:00am - 4:30pm	Lois Lutz 412.261.5040; lois.lutz@alz.org	Professionals & Family Caregivers	\$75 for Professionals (CEUs available) \$30 for Family Caregivers Pre-registration required
Allegheny	5/3/2012	Overview of Alzheimer's Disease & Dementia	Harbor Assisted Living 1320 Greentree Road Pittsburgh, PA 15220	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Allegheny	5/10/2012	Communication & Managing Difficult Behaviors	Harbor Assisted Living 1320 Greentree Road Pittsburgh, PA 15220	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Allegheny	5/17/2012	Legal Issues	Harbor Assisted Living 1320 Greentree Road Pittsburgh, PA 15220	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee
Allegheny	5/24/2012	End Stage Alzheimer's Disease	Harbor Assisted Living 1320 Greentree Road Pittsburgh, PA 15220	6:00 - 8:00pm	Deidre Stein 412.261.5040 x112; deidre.stein@alz.org	Open to public	No fee

Stay Connected:

Visit our website at www.alz.org/pa for the latest information on Alzheimer's disease, our support groups, upcoming events and much more.

You can also become a fan of the Association by joining our Facebook Page or follow us on Twitter



fb.com/alzgpa



[@alzgpa](https://twitter.com/alzgpa)



Alzheimer's Association International Conference 2011



Alzheimer's Association International Conference (AAIC) 2011, formerly the International Conference on Alzheimer's Disease or ICAD, was held July 16-21 in Paris, France. More than 5,600 scientists from 84 countries gathered at the premier annual forum showcasing the latest research in the Alzheimer's field. Breaking news emerging from the conference included information around early detection, medical intervention and global standardization for the health epidemic of the 21st century – Alzheimer's disease and other dementias.

French President Sarkozy Addresses Alzheimer's Scientists From Around the World

On July 20, French President Nicolas Sarkozy addressed AAIC attendees, speaking about the global crisis of Alzheimer's disease and the comprehensive solution provided by the French National Alzheimer's Plan. In his speech, President Sarkozy recognized the strength of the AAIC gathering and praised the audience for their collaborative international efforts to further Alzheimer's research.

Dominantly Inherited Alzheimer's Network (DIAN) Study

In 2008, the U.S. National Institute on Aging funded the establishment of the Dominantly Inherited Alzheimer's Network (DIAN) study, investigating young-onset familial Alzheimer's caused by rare genetic mutations. At AAIC 2011, the DIAN researchers presented the clinical, cognitive, MRI, PET, cerebrospinal fluid (CSF), and blood biomarkers from the first group of participants. The results suggest that brain chemistry and imaging changes can be detected at least 10 years and perhaps up to 20 years, before the expected age of onset of Alzheimer's. According to the researchers, the results demonstrate the feasibility and promise of performing Alzheimer's prevention studies in this special population.

Global Standardization of Biomarkers

As the Alzheimer's field moves closer to new and earlier tests for the disease, innovative global research initiatives are taking the first important steps to confirm and standardize Alzheimer's biomarkers. A biomarker is something that can be objectively measured as an indicator of disease processes or the body's response to therapy. Two studies presented at AAIC 2011 show the importance of global standardization of biomarkers for Alzheimer's and sharing international data.

Brain Amyloid Imaging

One of the hallmark brain changes of Alzheimer's disease is the presence of clumps of a protein called beta-amyloid. Imaging techniques can help identify which individuals have these beta-amyloid clumps. Data from three multi-center studies of Alzheimer's compared, for the first time, results of brain amyloid imaging and the impact of genetics and ethnicity on those results across countries on three different continents. This is one of the first demonstrations of the value of open data sharing in the worldwide ADNI initiative, spearheaded by the Alzheimer's Association.

*Planning is well under way for AAIC 2012,
 which will be held
 July 14-19 in Vancouver, Canada.*

To learn more about the AAIC and view images and video from the conference, visit alz.org/AAIC. To stay up-to-date on Alzheimer's research year-round, visit alz.org/research.

Announcing Early Stage Dual Support Groups

This Fall the Alzheimer's Association – Greater Pennsylvania Chapter will be organizing Early Stage Dual Support Groups. ("Early-Stage" refers to people, irrespective of age, who are diagnosed with Alzheimer's disease or related disorders and are in the beginning stages of the disease. In this stage they retain the ability to participate in daily activities and in a give-and-take dialogue. This includes those persons with "younger-onset" that develop dementia under age 65 and are still in the early stages of the disease.) This is a specialized 8 week program for individuals living with memory loss and their care partners. The program is free of charge; pre-assessment is required. The program will focus on a different aspect of adjusting to life with dementia, with topics such as: Coping with Change, Basics of Dementia, Disclosure and Expectations, Medications and Research, Tools for Maintaining Independence, Stigma and Advocacy. Early Stage individuals and care partners must attend together.

For more information on this program or to schedule a pre-assessment, contact Candy Yingling at 717-651-5020, or via email at candy.yingling@alz.org.

Why Early Detection of Alzheimer's Disease Matters

Early detection of Alzheimer's disease is important to both the individual at risk and their potential caregivers. Most people do not know when forgetting becomes a serious health problem. By putting off learning more, the individual impacted by Alzheimer's is diagnosed too late and may miss the opportunity to get the best help possible. Some benefits of early detection include:

- 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.
- Help to power medical progress – You may also increase your chances of participating in clinical drug trials that help advance knowledge about the disease and help develop better diagnosis and treatment tools.
- 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.
- Help for you and your loved ones – You can participate in building the right care team, education and social support network to help better cope with the impact of the disease on you and your family's lives.



Advocacy Update

The Greater Pennsylvania Chapter hosted Four National Alzheimer's Project Act (NAPA) Input Sessions across PA!

Alzheimer's Project Act (NAPA) Input Sessions across PA!

As you know, the National Alzheimer's Project Act created a coordinated national plan to overcome the Alzheimer's crisis and ensures the coordination and evaluation of all national efforts in Alzheimer's research, clinical care, institutional, and home- and community-based programs and their outcomes. Alzheimer's advocates were instrumental in moving NAPA through Congress.

To ensure that the perspectives and views of individuals with Alzheimer's, their families and their caregivers are heard in the process of creating a national Alzheimer's plan, the Association held a series of Public Input Sessions throughout the country in August. While each of the sessions had a different set of advocates and elected officials, there were still common themes in everyone's discussions. When asked what the Alzheimer's Advisory Council in US Health and Human Services should consider when dealing with the Alzheimer's epidemic; our responses identified the following points:

- *Alzheimer's education & awareness for health professionals*
- *Access to Family Caregiver Programs and Services*
- *Increased support for Home & Community based services*
- *Awareness around Younger Onset Alzheimer's disease*
- *Funding for research to help prevent, slow and ultimately cure Alzheimer's disease and related dementias*

The feedback we obtained will now be sent to our National Public Policy Office in Washington, DC. Our national policy and advocacy departments will share your feedback with Congress and the Obama Administration.



Thank you to all who joined us at these sessions and VOICED their concerns to our state and federal elected officials.

Alzheimer's Advocacy Day in PA - SAVE THE DATE!!!!

Join the PA Public Policy Coalition and advocates from across the state on **NOVEMBER 14th, 2011** for our Alzheimer's Advocacy Day in PA!

We will kick off at 8:00 a.m. with registration and Advocacy 101 training on the issues affecting Alzheimer's individuals, families and caregivers in Pennsylvania. Scheduled meetings with YOUR ELECTED OFFICIALS will follow registration and start around 9:00 a.m. At 4:00 p.m. you can join us, your elected officials and chapter staff in the East Wing Rotunda of the capitol complex for a reception and Memories in the Making event co-hosted by the Delaware Valley and Greater Pennsylvania Chapters!

BRING A FRIEND –Consider inviting your friends and family and ask them to become an advocate for Alzheimer's today! For additional information about participating in "Alzheimer's Advocacy Day in PA" contact Leah Kithcart at Leah.kithcart@alz.org.

**We're here to help and offer hope.
All day. Every day.**

alzheimer's  association®

Alzheimer's Association Greater Pennsylvania Chapter

Information, Referral, Education, and Care

Helpline 1.800.272.3900

www.alz.org/pa

Consider Making a Charitable Bequest to the Alzheimer's Association

A bequest to the Alzheimer's Association through your will or living trust is simple to do and offers flexibility. A bequest lets you balance philanthropic goals with concerns you may have about living expenses, future medical costs and providing for your loved ones. Since you are not actually making a gift today, you need not worry that you won't have enough money to live on sometime in the future.

A bequest can be either a specific bequest or a percentage of your estate. Through a specific bequest, you give a certain amount of cash, securities or property to the charitable organization. **Examples would include a cash gift of \$50,000, all of my XYZ stock or my house in Pennsylvania.** Since most people do not know what the exact size of their estate will be at their death, making a gift of a percentage of your estate to a charitable organization like the Alzheimer's Association can also be an appropriate way to divide the estate.

The Alzheimer's Association is honored to learn of individuals who have made the decision to include the organization in their estate plan. When this news is shared with us we are pleased to include them in our Founder's Society, an honorary program that recognizes people *who have made this commitment to the Association.*

Your legacy gift will provide essential services and programs to individuals living with Alzheimer's and their caregivers. It also supports the Association's research grants program. Many people consider a bequest a perfect way to make a gift.



what kind of a legacy will you leave?

A bequest is a gift made through your will or trust. There are several ways to make a bequest:

- Specific dollar amount
- Percentage of your estate
- Specific asset
- Residue of your estate

For more information on how to create a lasting legacy through a bequest, please contact us at 1.866.233.5148 or visit our website at alz.org.

We look forward to helping you!

alzheimer's  association®

If you would like more information about including the Alzheimer's Association in your estate plan, or would like to share that you have included the Association in your plan, please contact:

Angela Grimm, Vice President of Development
at 412-261-5040.

Ways to Give

The Alzheimer's Association - Greater Pennsylvania Chapter depends on the support of individuals like you to provide the services and programs to meet the continually changing needs of those affected by Alzheimer's disease and their families.

Here are some ways that you can make a gift to the Greater Pennsylvania Chapter:

- **CHECK:** Please make your check payable to the Alzheimer's Association - Greater Pennsylvania Chapter and mail to any of our 4 offices:

Alzheimer's Association
1128 State Street, Ste. 301
Erie, PA 16501
814-456-9200

Alzheimer's Association
1100 Liberty Avenue, Suite E-201
Pittsburgh, PA 15222
412-261-5040

Alzheimer's Association
3544 N. Progress Avenue, Ste. 205
Harrisburg, PA 17110
717-651-5020

Alzheimer's Association
57 N. Franklin Street
Wilkes Barre, PA 18701
570-822-9915

- **CREDIT CARD:** We accept MasterCard and Visa. Please contact any of the offices above to make your gift.
- **SECURITIES:** Gifts of appreciated stock (held for at least one year) may provide you with two tax benefits: a charitable deduction for the full fair market value of the stock that you give and avoidance of the assessment of capital gains that you would pay if you sold the stock.
- **BEQUEST:** Please remember the Alzheimer's Association in your will. Your gift will insure that the Association is able to continue to provide quality services and programs.

Here is sample language:

I give _____ to the Alzheimer's Association - Greater Pennsylvania Chapter or any successor thereto, currently located at (one of the addresses listed above). You can decide to give a specific dollar amount, a percentage of your estate or the residue or a portion of the residue of your estate.

- **MEMORIAL TRIBUTES:** You can make a gift to the Association to honor the memory of someone affected by Alzheimer's disease. We will notify the family of the person whom you honor with your gift in his or her name.
- **LIFE INSURANCE:** There are many ways in which you can make a charitable gift of insurance. The most common way is to designate the Alzheimer's Association - Greater Pennsylvania Chapter as charitable beneficiary. Please call us for additional options.
- **RETIREMENT BENEFITS:** You can designate the Alzheimer's Association - Greater Pennsylvania Chapter as charitable beneficiary of qualified retirement benefits. This is a very tax-effective way to make a charitable gift.
- **UNITED WAY:** The Alzheimer's Association - Greater Pennsylvania Chapter is an approved agency to designate your contribution. **The agency code for the Pittsburgh area is 2600 and 3503 for the Harrisburg area.**
- **MATCHING GIFTS:** Your company may offer this valuable benefit that will greatly increase the value and impact of your generous gift. Please contact your human resources department to inquire if your company has a matching gifts program.

As you consider these options, please contact your advisor to determine the tax and financial implications for you and your family. If you have any questions about these gift options or the tax benefits, please do not hesitate to call Angela Grimm, Vice President of Development, at 412-261-5040.

The official registration and financial information of the Alzheimer's Association – Greater Pennsylvania Chapter may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

The End of Alzheimer's Disease Starts Here

It's not too late to register to Walk to End Alzheimer's™ and unite in a movement to reclaim the future for millions. The Alzheimer's Association – Greater Pennsylvania Chapter hosts 29 walks throughout September and October. *To find a walk near you visit alz.org/pa.*

In 2010, you helped the Greater Pennsylvania Chapter raise over \$1.48 million dollars to enhance Alzheimer's care and support and advance critical research. Now, we need your help in 2011!

At the Walk to End Alzheimer's events, you will be able to learn more about Alzheimer's disease, advocacy opportunities, clinical trial enrollment, and support programs and services. You will also have the opportunity to join in a meaningful ceremony to honor those affected by Alzheimer's disease.

Why We Walk

Alzheimer's is not normal aging, it is a progressive and fatal disease and is the nation's sixth leading cause of death.

- Every 69 seconds someone in America develops Alzheimer's; by 2050 someone will develop the disease every 33 seconds and the numbers could reach as high as 16 million.
- Alzheimer's disease is the only cause of death among the top 10 in America without a way to prevent, cure or even slow its progression.
- One in eight people aged 65 and older have Alzheimer's disease and nearly half of people aged 85 and older (43 percent) have the disease.

Tell us why YOU Walk! Send your story to Kira Walters at kira.walters@alz.org.

What Does Walk to End Alzheimer's Support?

The Association is the leading voluntary health organization in Alzheimer's care, support and research. Walk to End Alzheimer's supports our mission to eliminate Alzheimer's disease through the advancement of research; to provide and enhance and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's.



EVENT HIGHLIGHTS

“AN AFFAIR TO REMEMBER”

Nearly 100 supporters attended the Greater Pennsylvania Chapter of the Alzheimer's Association's 8th Annual gala event: “An Affair to Remember” held on Sunday, May 22 at Fox Hill Country Club, Exeter. This year's Brunch featured a Silent Auction as well as an Art auction of works donated by regional artists.

Debra A. Pierson, PMP, was the special guest speaker. As a member of the Noonan Family, a family coping with the early-onset familial Alzheimer's Disease (eFAD), that has wreaked havoc on 3 generations of their family, Deb spoke passionately about the experience that has inspired them not only to participate in research but also to speak up about the disease and take active roles in finding a way to stop the disease.

The 2011 Honorary Chairs were Robert and Shirley Fortinsky. Planning committee members included: Leslie Bullock, Mike Burnside, Katie Callahan, Marion Conyngham, Kathi Flack, Elizabeth Fulton, Patricia Graham, Ramah Hackett, Maryjane Henry, Beverly Johnson, Michael Last, Allison Maslow, Michele Millington, Rhondi Nachlis, Roni Paritsky, Russell Roberts, Erica Romanowski, Melissa Parente, Jean Flack and Jill Fortinsky Schwartz.



Carabella Presents:

“Some Like It Haute”

On Friday, August 19th, Carabella and the Alzheimer's Association Greater Pennsylvania Chapter hosted “Some Like It Haute” raising over \$64,000 for the Chapter. A crowd of 300 filled the streets of Oakmont enjoying delicious food, cocktails and musical entertainment from Uptown Rhythm and Brass while bidding on fabulous silent auction items. New this year, five local restaurants competed for the “Best Burger in the Burgh” title. BRGR, Carnivores, Cioppino, Joseph Tambellini Restaurant and What's Cookin' at Casey's donated their grilling talents for the evening. Guests voted for their favorite burger via donation and Carnivores won with 618 votes. At 8:00 p.m. guests took their seats under the stars and were treated to a stylish show featuring fashions from Carabella. Jim Roddey along with Sally Wiggin from WTAE-TV served as emcee's for the event. This event would not have been successful without the support of our sponsors, Highmark Blue Cross Blue Shield as our Presenting Sponsor and our Bronze Sponsors: PNC Wealth Management and Jim& Judy Schwartz.

5th Annual Women's Hat Brunch

Amazing women, fabulous food, a champagne toast – all for a great cause. The 5th Annual Women's Hat Brunch was held on a beautiful morning at the Erie Yacht Club on Saturday, May 21st. The event was attended by over 150 women and was a tremendous success. The event was sponsored by Home Instead Senior Care, Westlake Woods, Twinbrook Medical Center, National Fuel, Eriez Magnetics, and Golden Living Walnut Creek. With the help of the vendors (Banglz, Tastefully Simple, Ambridge Rose, Amway, and Silpada), in addition to the generous business owners who donated items for the Chinese Auction, the 2011 Hat Brunch raised over \$11,000 for the Alzheimer's Association. The Erie Yacht Club once again provided a fantastic meal and great service. The Mistress of Ceremonies was Lisa Zompa Nietupski and the mission moment centered on the “Faces of Alzheimer's.” Each of the four speakers, Cassandra Lockett, Stephanie Robertson, Molly Herr, and Lauren Taylor generously provided their stories to the attendees. The event culminated with a champagne friendship toast.



PITTSBURGH MARATHON - SUNDAY, MAY 15, 2011

There were over 18,000 people that participated in the 2011 Dick's Sporting Goods Pittsburgh Marathon on Sunday, May 15, 2011. Of those thousands of participants the Alzheimer's Association was represented by 17 individuals running together as ALZ Stars, a charity team started to raise funds and awareness for the Association.

The goal for ALZ Stars for 2011 was to raise \$20,000 as a team for programs, services and research. The participants not only had to train for their long distance event, but also secure donations from friends, family, co-workers, fundraising sales and events. This year, when all was said and done the team members and the Corporate Challenge team from Burns, White, & Hickton together rose over \$29,400. The ALZ Stars team members celebrated together at Lydia's the night before the big race while enjoying some great pasta. Then on May 15th, the ALZ Stars Team members wore their team singlets (shirts) proudly for all runners and spectators to see at the 2011 Dick's Sporting Goods Pittsburgh Marathon.



We would like to thank Holly Gatto, the ALZ Stars coach for putting together a wonderful training program that allowed all of our participants to complete the race with no serious injuries, aside from the normal aches and pains that accompany running great distance. We would also like to thank Ed Doyle for donating the race day singlets to all of the runners that

met their goal (everyone) and to Scott Colombo, Physical Therapist, for working with some of our runners that experienced discomfort in their individual training. Finally, we would like to thank Beth Shutt for educating our runners on the importance of diet and answering specific questions from runners about eating for every day training and race day.

A special thank you to Ronald Rankin for his support and dedication to the team in both personal training and fundraising. Ron began running with the Alzheimer's Association for the 2010 Pittsburgh Marathon and completed the Half Marathon his first year. This year he ran the Full Marathon and rose over \$2,200. Over the two years Ron has participated in ALZ Stars, he has not only completed both the half and the full, but he has also rose a total of over \$4,000. We could not be as successful at raising funds and awareness without support like this. Thank you and congratulations Ron!

Aileen Robertson was our top fundraiser ever for this event, raising \$2,565! Congratulations to Aileen on completing her event and for setting the fundraising bar so high.

If you or someone you know is interested in running with our team at the upcoming Pittsburgh Marathon on Sunday, May 6th, 2012, please fill out the interest form and send it to Alyssa Kaczmarek at 1100 Liberty Avenue, Suite E-201, Pittsburgh, PA 15222.

Those who sign up to run on behalf of the Alzheimer's Association with ALZ Stars will receive a number of benefits including a training program for the event; a personal fundraising webpage; race singlet; pasta dinner; day of snacks and support.

Training for and completing the marathon is an incredible challenge for all participants whether they are seasoned marathoners or novice runners. We would like to congratulate those who ran with us in 2011 and invite them to join us again in 2012.



Every 69 seconds, someone in the United States develops Alzheimer's disease.

Help fund life-saving research and provide hope for an estimated 5.4 million Americans living with Alzheimer's.



Be Involved.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Yes, I would like to be contacted with more information on the Alzheimer's Association Pittsburgh Marathon Team.

Yes, my company has a matching gifts program.

Yes! I would like you to email me additional information about the Alzheimer's Association.

Return completed form to:

ATTENTION: Alyssa Nicole Kaczmarek
Alzheimer's Association - Greater Pennsylvania Chapter
1100 Liberty Avenue, Suite E-201
Pittsburgh, PA 15222
412-325-1684 (fax)

To contact Alyssa call 412-261-5040 x111 or e-mail alyssa.kaczmarek@alz.org.

15th Annual Sarsfield Golf Classic In Honor of Bob Sarsfield, Sr.

As the Annual Golf Classic in Memory of Bob Sarsfield, Sr. celebrated its 15th year, I feel blessed to have worked with and encouraged by the dedication of Bob, Jr. and his wife, Erin and their family and friends.

Bob Sarsfield, Sr. was a generous man and a wonderful father. After nearly 30 years of service, he retired from the PA Department of Banking. In 1988, he was diagnosed with Alzheimer's disease and this began his new path in life with his only son, Bob, Jr.

Bob, Sr.'s journey ended in 1993, at the age of 69. Having Alzheimer's touch a family is life-changing and through the sorrow it is often hard to see the delightful memories that are shared with a love one that has changed so drastically. The Sarsfield family has found a unique way to celebrate Bob Sarsfield, Sr.'s life and to bring hope to caregivers.



This year's Memorial Golf Classic was attended by 112 golfers and with contributions from sponsors, family and friends the event raised more than \$37,900 –bringing the 15 year total to \$363,000!

On behalf of the Alzheimer's Association and individuals we serve, I want to sincerely thank The Sarsfield Family and Friends for their passion and support of the Golf Classic in memory of Bob Sarsfield, Sr.

Tiffani A. Chambers
Constituent Relations Manager

Please join us for the
16th Annual Sarsfield Memorial Golf Classic
on Saturday, July 14, 2012 at the
Hershey Links Golf Course in Hershey, PA.

For more information
please contact the Alzheimer's Association at
tiffani.chambers@alz.org or call 717.651.5020.



A Special Thank You to our 2011 Sponsors!



**SCHUTJER
BOGAR**



**Community
Veterinary Partners**

2011 Fall Education Conferences

Northeast Fall Conference

On October 17, 2011, the Wilkes Barre office of the Alzheimer's Association - Greater Pennsylvania Chapter will be hosting their annual Education and Research Conference at the Best Western-East Mountain Inn. Keynote speakers for the day will be Betsy and Molly Arnold, the daughter and granddaughter of Coach Frank Broyles; author of "Coach Broyles Playbook for Alzheimer's Caregivers. Betsy and Molly currently serve as the President/CEO and Director of Marketing/Media for the Barbara Broyles Foundation, respectively. The day's program will be rounded out with presentations from Jim Siberski MS, Assistant Professor and Coordinator of Gerontological Education at Misericordia University and Dr. Brenda Hage, Associate professor and Director of Graduate Nursing Programs at Misericordia University. A variety of topics will be covered throughout the day including: family dynamics in care provision, diagnostic staging and considerations, as well as, emerging research perspectives.

For more information or to have a brochure sent, please contact Clay Jacobs at 570-822-9915 or clay.jacobs@alz.org.

Southwest Fall Conference

On October 17, 2011, the Pittsburgh office of the Alzheimer's Association - Greater Pennsylvania Chapter will be hosting their annual Education and Research Conference "Living an Active, Meaningful Life as We Age" at the Four Points by Sheraton. Keynote speakers for the day will be Cameron J. Camp, Ph.D. on "Montessori-based Interventions for Persons with Dementia"; Kirk Erickson, Ph.D. on "Physical Activity and Brain Function in Late Life"; Catherine Forkin, MBA on "Twilight Wish Foundation"; Jolene Formaini, RN, MA, CT on "10 Keys to Healthy Aging" and Patrick Monaghan, CTRS, CPP on the "Woodlands Foundation". Continuing education units are confirmed for NHA, PCHA, contact hours Nursing, LSW and pending for NCAAP.

For more information or to have a brochure sent, please contact Lois Lutz at 412-261-5040 or lois.lutz@alz.org.

Northwest Fall Conference

On October 18, 2011, the Erie office of the Alzheimer's Association - Greater Pennsylvania Chapter will hold the 7th annual Education Conference at the Ambassador Banquet & Conference Center in Erie. The keynote speaker, Cameron J. Camp, Ph.D., will present on "Montessori Based Activities for Individuals with Dementia." Dr. Camp is director of research and product development at Hearthstone Alzheimer Care. His current research involves the design of interventions to alleviate problem behaviors and increase the level of functioning of persons with dementia. Other speakers include Estella Parker-Killian, BA, from Alzheimer's Association who will present on "Memories in the Making: Enhancing the Lives of Individuals with Alzheimer's disease and related dementia's." Rebecca Parkhurst, PAC, from Northshore Neurosciences will present on "Other Types of Dementia." Continuing education units are pending for NHA, PCHA, SW, CTRS, and RN's.

For more information about CEU's and interest in sponsorships please contact Kristen Bires, at 814-456-9200 or kristen.bires@alz.org.

South Central Fall Conference

On November 2nd, 2011, the Harrisburg office of the Alzheimer's Association - Greater Pennsylvania Chapter will be hosting their 14th annual Education and Research Conference held at the Holiday Inn Harrisburg/Hershey. We will be joined by keynote speakers Betsy and Molly Arnold, the daughter and granddaughter of Coach Frank Broyles; author of "Coach Broyles Playbook for Alzheimer's Caregivers." The day will also include exciting presentations from Peggy McFarland, Ph.D., Professor at Elizabethtown College and Dr. Daniel George, Professor in the Department of Humanities at Penn State College of Medicine. We will explore a variety of topics throughout the day including: "Male Caregivers: Preparing for the Caregivers of the Future", relationship-centered interventions, creative storytelling, as well as, care for the caregiver.

For more information or to have a brochure sent, please contact Sarah Keene at 717-651-5020 or sarah.keene@alz.org.

Save The Date

Northeast Spring Conference

Wednesday, April 25, 2012 at the Best Western-East Mountain in Wilkes-Barre, Pa

Keynote: Naomi Feil, M.S.W., A.C.S.W.

She will be presenting a full day conference entitled "The Validation Breakthrough" on Validation therapy was developed by Naomi Feil for older people with cognitive impairments and dementia. The full day program is designed for health and human services workers, families, and volunteers who wish to learn how to enhance communication and improve care for disoriented people. Its overall objective is to restore dignity to the old person; to teach empathy, self-awareness of one's own aging, and the applications of Validation® techniques.

Inaugural Early Stage Conference

Wednesday, April 25, 2012 at the Holiday Inn Harrisburg – Hershey
This conference will focus on issues faced by persons diagnosed and living with Alzheimer's or another related dementia.

The conference will be designed so that it will meet the needs of Professionals working with individuals living with Alzheimer's and other related dementias. There will also be sessions for individuals living in the Early Stages of Alzheimer's and other related dementias and their care partners. Continuing Education Credits will be offered.

If you are interested in attending or sponsoring this event please contact Candy Yingling at 717-651-5020 or candy.yingling@alz.org.

Southwest Spring Conference

Friday, April 27, 2012 at the Four Points by Sheraton in Mars, Pa
"Daily Care Strategies for Older Adults"

Steven Sabat, Ph.D., Georgetown University will speak on "The Experience of Alzheimer's Disease: Life Through a Tangled Veil". Wilbert Milligan, Ph.D., D.M.D will discuss Dental Care Practices, Evan Waxman, M.D., Ph.D. will discuss Geriatric Eye Care and Susan DeMeio, Executive Director of Broadmore Assisted Living will talk about Skin Care and Wound Care.

A Special Thank You to our Education Conference Sponsors

SOUTHWEST:

Our Gold Sponsors: Aseracare Hospice; Sunrise Senior Living; Highmark; Highland Park Care Center.

Our Silver Sponsors: Arden Courts; Community Life; Country Meadows at Home; Amberwoods at Harmer Village; Lutheran Senior Life; Rosecrest Assisted Living; Gallagher Home Health Services; Aging Institute; Canterbury Place - UPMC Senior Communities; Katera's Kove Personal Care and Secured Dementia Community; Odyssey Hospice.

Our Display Sponsors: Home Helpers; Medoptions; Saxony Health Center; Jewish Association on Aging; Kittanning Care Center; Wexford House Nursing & Rehabilitation Center.

NORTHEAST:

Our Silver Sponsor: Caregivers America

SOUTH CENTRAL:

Our Gold Sponsor: Highmark

NORTHWEST:

Our Gold Sponsor: Highmark

Benefits of the Alzheimer's Association Affiliated Support Group

Written by Bethany Adhikari, MSW

The Greater Pennsylvania Chapter maintains nearly 200 support groups in its 59 county service area. These support groups are run by much appreciated volunteer facilitators who have attended the Alzheimer's Association support group facilitator training. Support groups are integral in supporting the caregivers of Pennsylvania. Family, friends and caregivers receive many benefits from attending these support groups.

Caregivers frequently describe themselves as lonely and isolated and feel that they are the only people dealing with the frustrations and emotional struggles of being a caregiver. An Alzheimer's affiliated support group gives caregivers the opportunity to connect with their peers and fellow caregivers within in their community. It gives attendees a sense of camaraderie and a feeling of being understood. Emotional support is essential when caring for a loved one with Alzheimer's disease as the experience of being a caregiver can feel like an emotional whirlwind. One support group member shared, "This felt like such a lonely journey, despite the best efforts of those around me. The support group is very uplifting. It gave me a new view of everything going on around me."

Obtaining coping skills is another benefit to attending a support group. As a caregiver, we know that every day can be different and our experiences can vary greatly. Caregivers tend to acquire a vast amount of knowledge while caring for their loved ones; they learn through trial and error what works in their situation and what does not. In support groups, caregivers are able to share their experiences, their techniques and their strategies for coping. This allows other caregivers to utilize this valuable information from their peers and find what works for them. "I feel a real sense of belonging at the support group; I get to learn but I also get to help", was a comment by one of the group members. Finding the right coping skills

allows caregivers to manage stress, allowing for a better mood and a better experience.

Support groups can provide much more than emotional support, it is also an opportunity to learn about Alzheimer's disease and related dementias. Facilitators of the support groups are encouraged to maintain a balance between educational opportunities and emotional support to ensure the groups meet the needs of everybody. It is not uncommon for support groups to have guest speakers that include, but are not limited to, elder law

attorneys, neurologists, hospice directors, funeral directors and representatives from the local social security office or local aging offices. The information sharing component of support groups allow people

"I feel a real sense of belonging at the support group; I get to learn but I also get to help"

- Group Member

access to community resources and give them options they may have never known were available.

Though the interaction at support groups can be very therapeutic with the sharing of personal experiences and feelings, the support groups do not provide a diagnosis or the treatment of emotional and behavioral concerns. It does provide a non-judgmental environment where individuals can share concerns, provide positive reinforcement for one another, find hope, foster personal growth and become a better caregiver. Also very important, it allows caregivers to take some time to care for themselves. One support group attendee was asked what she enjoyed most about attending the support groups, she responded "When others share their stories it often gives me moments of clarity, sometimes it even reminds me what I have to be thankful for."

*To find a support group near you, contact the **Alzheimer's Association Helpline** at 1-800-272-3900 or visit us online at www.alz.org/pa.*

Alzheimer Families and the Holidays

The holidays are a time when family and friends come together and share memories, laughs and good cheer. But for families living with Alzheimer's, the holidays can also be a difficult time.

Caregiving responsibilities layered on top of keeping up with holiday traditions can take its toll on Alzheimer families, especially the caregiver. The person with Alzheimer's may also feel a sense of loss during the holidays.

With some planning and adjusted expectations, your celebrations can be filled with joy and magical moments to cherish forever. We offer these tips and ideas to help you make these special times more enjoyable for everyone.

Tips to enjoy the season:

Adjust your expectations:

No one, including yourself, should expect you to maintain every holiday tradition or event.

- Give yourself permission to do only what you can reasonably manage
- Choose holiday activities and traditions that are most important to you
- Host a small family dinner instead of a throwing a big holiday party
- Consider serving a catered or takeout holiday meal. Many grocery stores and restaurants offer meals to go
- Start a new tradition. Have a potluck dinner where family or friends each bring a dish
- Involve the person in the festivities

There are many manageable activities that you can do together, such as:

- Wrap gifts
- Bake favorite holiday recipes together. The person with dementia can stir batter or decorate cookies.
- Set the table. Avoid centerpieces with candles and artificial fruits and berries that could be mistaken for edible snacks.
- Talk about events to include in a holiday letter
- Prepare simple foods such as appetizers
- Read cards you receive together
- Look through photo albums or scrapbooks. Reminisce about people in the pictures and past events.
- Watch a favorite holiday movie
- Sing favorite carols or read biblical passages

When the person lives in a care facility:

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

- Consider joining your loved one in any facility-planned holiday activities
- Bring a favorite holiday food to share
- Sing holiday songs. Ask if other residents can join in.
- Read a favorite holiday story or poem out loud



Gift-Giving Tips For People With Dementia

Early Stage: Individuals may be aware of their problems. Choose gifts that will enhance independence and activity.

- Tickets to a concert, musical or sporting event
- A fruit basket, frozen meals or other meals that are healthful but easy to prepare
- Photo albums or a collage of old family photos

Middle Stage: Since more assistance is needed and the attention span of the individual is shorter, try gifts that focus on organization and the familiar.

- Gifts that involve sorting and arranging or cutting
- Picture books featuring celebrities, historical places and nature
- Taped religious services and music from church services

Late Stage: Capacity to deal with anything complicated is diminished in the later stage, so choose gifts that keep in mind that comprehension and understanding is poor.

- Memory books or boxes made up of old photos and mementos
- Visits from well-behaved animals
- Lap robes, shawls and warm footwear to keep warm with poor circulation
- Stuffed animals, dolls, or pillows to bring a sense of comfort
- Hand and body lotion along with a massage

Lastly, be reminded that the holidays are a rest point between past struggles and an uncertain future. Enjoy the moment! Products such as MedicAlert + Safe Return may also be an unexpected but welcome gift idea.



A Guide to Holiday Travel

The holidays often involve travel, whether near or far, by road or plane. Here is a check list to ensure that holiday travel is as safe and comfortable as possible.

- Avoid rushed schedules that heighten anxiety.
- Minimize stops and long layovers in air travel.
- Go at a time of day when your loved one is more alert and able to cope with changes.
- Rely on familiar destinations, companions and modes of travel.
- Carry identification and consider a Medic Alert/Safe Return bracelet.
- Use the buddy system and invite an extra travel companion to help out.
- Enlist the help of staff in planes and hotels. An Alzheimer's Association **Courtesy Card*** often gets quick cooperation and may insert you to the head of a long line!
- Have a contingency plan in the event that travel becomes just too stressful.
- Buy flexible travel insurance.
- Call the Alzheimer's Association's 24/7 Helpline at 800.848.7097 for assistance and resources at your destination.



Memories in the Making Program

Memories in the Making (MIM) is a unique program of creative expression for individuals with Alzheimer's disease and other dementias. Through art and the creative process, these individuals speak to us, offering us the essence of themselves. The art they produce is a tangible means of expression, which speaks to their families, the professional caregivers and to the general public.

As part of the Memories in the Making program, patients with no art background can create art to regain the ability to communicate, while boosting self-esteem and opening the channels of communication with loved ones. The MIM program gives something back to patients, families and the community that no other program has been able to duplicate. Patients benefit through the creation of art. Families benefit because communication is made possible, allowing them to develop a unique appreciation of their loved ones suffering from Alzheimer's or other dementias.

Memories in the Making was piloted in the Northeast PA region with the support of the Maslow Family Foundation. It was recently introduced to the South Central Region where it was enthusiastically embraced by additional facilities including: Menno Haven (Menno Village and Penn Hall); IntegraCare/Magnolias of Lancaster; IntegraCare/The Woods at Cedar Run; Messiah Village Adult Day Centers; Mountain View Nursing & Rehabilitation; and the Mennonite Home.

Memories in the Making Artwork Exhibitions:

- The Memories in the Making artwork will be featured at the First Friday festivities in downtown Scranton on Friday, November 4, 2011 at the Artworks Gallery & Studio, 503 Lackawanna Avenue. The work will be on display through Saturday, November 5, 2011.
- A special exhibit and reception is being planned for Monday, November 14, 2011 in the East Wing Rotunda of the Capitol in Harrisburg. The 4:00 - 5:30 p.m. reception will conclude the, "Day on the Hill" public policy visits. Advocates from throughout the Commonwealth will gather at 8:00 a.m. for a breakfast and policy briefing followed by visits to elected officials. The Advocates, the Legislature, MIM participants and families will be invited to the reception. The artwork will remain on display through the week.
- Sen. Lisa Baker's office in Dallas will host an exhibit of MIM artwork during the month of November. An Opening Reception is being planned and visitors will be able to view the work during regular office hours.

The 2012 calendar and notecard collection featuring selected pieces of art created by MIM participants will also be available in November.

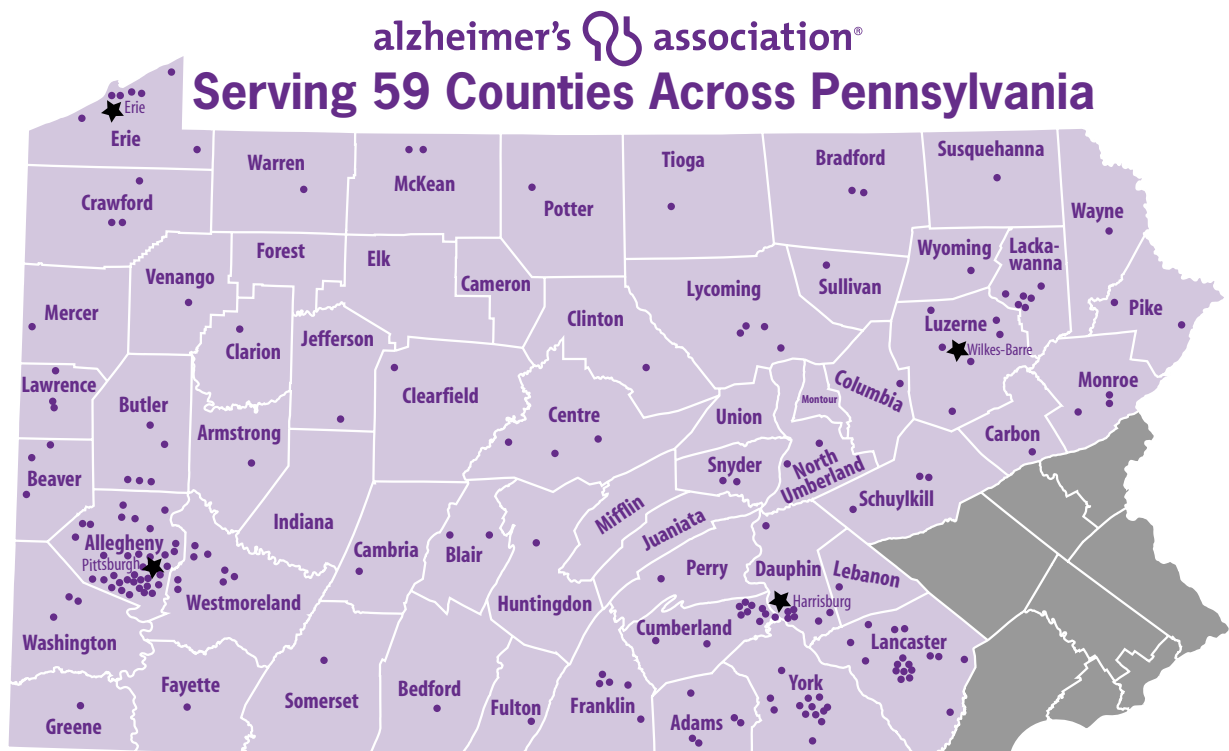
For additional information on the **MIM program** or **November 14, 2011 reception**, please contact *Estella Parker Killian* at estella.killian@alz.org
For information about participating in the "**Day on the Hill**" contact *Leah Kithcart* at leah.kithcart@alz.org

We are here to answer your questions 24/7
1-800-272-3900

www.alz.org/pa

 [fb.com/alzgpa](https://www.facebook.com/alzgpa)

 [@alzgpa](https://twitter.com/alzgpa)



● Greater Pennsylvania Support Groups ★ Greater Pennsylvania Office Locations

ERIE
1128 State Street, Suite 301
Erie, PA 16501
814-456-9200

HARRISBURG
3544 N. Progress Ave., Suite 205
Harrisburg, PA 17110
717-651-5020

PITTSBURGH
1100 Liberty Avenue, Suite E-201
Pittsburgh, PA 15222
412-261-5040

WILKES BARRE
57 North Franklin Street
Wilkes Barre, PA 18701
570-822-9915

As always, you can contact our toll-free Helpline 24/7 at 1-800-272-3900.