

November is National Alzheimer's Awareness Month

In Celebration of November as Alzheimer's Disease Awareness Month the Alzheimer's Association is offering a special viewing of "The Alzheimer's Project."



The "Alzheimer's Project" is HBO's groundbreaking series changing the way America thinks about Alzheimer's disease. It has recently been honored with a Television Critics Association Award and two Emmy's.

We are offering 3 show locations to view the series. Choose one part of the series or all of them to view. Each part is an independent program.

Monday, November 2, 2009 • 1:00 p.m.-4:00 p.m.
M.M. Ewing Continuing Care Center
350 Parrish Street, Canandaigua
Parts 1 – 3 will be shown

Monday, November 9, 2009 • 1:00 p.m.-8:00 p.m.
Monroe Community Hospital
435 East Henrietta Road, Rochester
Parts 1 – 5 will be shown

Friday, November 20, 2009 • 2:00 p.m.-5:00 p.m.
St. Mary's Church
244 Franklin Street, Elmira
Parts 1 – 3 will be shown

• **PART 1: THE MEMORY LOSS TAPES**

This 90 minute documentary captures the devastating experience of memory loss from the point of view of the person with the disease.

• **PART 2: GRANDPA, DO YOU KNOW WHO I AM? WITH MARIA SHRIVER**

This portion of the series highlights children and young teens coping with a grandparent's illness.

• **PART 3: CAREGIVERS**

This is a collection of five family portraits that illustrate caring for those in different stages of Alzheimer's disease.

• **PART 4: MOMENTUM IN SCIENCE I & PART 5: MOMENTUM IN SCIENCE II**

Two years in the making, Momentum in Science I & II details the current explosion of knowledge within the scientific and medical communities.

Registration is required. To register or for more information, please contact the Alzheimer's Association at 585.760.5400 or 800.272.3900. Please visit our website to view the complete flyer for each location at www.alz.org/rochesterny.

28th Annual Luncheon

Please join us on **Wednesday, November 18, 2009** for the Alzheimer's Association's 28th annual luncheon. This year's luncheon will be held at **Monroe Golf Club**, 155 Golf Avenue, Pittsford, New York. **Registration begins at 11:30 a.m.** followed by the luncheon and **keynote speaker at 12:00 noon.**

Keynote speaker is Scott Gardner, Vice President, Chapter Relations National Alzheimer's Association. Mr. Gardner will present "*Mission, Alignment and Planning: the Key to Moving the Association Closer to a World Without Alzheimer's Disease.*"

Tickets are available for \$40.00 per person or \$400.00 for a table of ten. Contact Kelly Harris at 585.760.5400 or kelly.harris@alz.org for more information, directions or to purchase your ticket(s).

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Early Bird Discount for the 2010 Caregiver Resource Guide®

Attention professionals! Order the 2010 Caregiver Resource Guide® by December 1 and receive it at the reduced rate of \$25 (the price for family caregivers). This is an excellent tool for both professional and non-professional caregivers. The 200+ page guide provides the latest information on caregiver support options with the most comprehensive listings of community services and resources throughout Monroe County. **To order, please call 585.760.5470.**

New Telephone Support Group

The Alzheimer's Association is now offering a Telephone Support Group that will be facilitated by a professional in dementia care. This is a great program for individuals who are unable or uncomfortable participating in one of our caregiver support groups. Space is limited and registration is required. **To register, please call 585.760.5400 or 800.272.3900.**

New Support Group Offered – For those who have placed a loved one in a facility

The decision to place a loved one into a facility is never easy and often times caregivers struggle with services provided and feel at a loss for where or how they fit into the continuum of care. Come join us for an open discussion about these challenges in a supportive confidential environment. See Page 4 for date, time and location.

For more information, contact the Resource Center at 585.760.5470 or 800.272.3900.

Caregiver Corner

Q: *My wife was diagnosed with Alzheimer's about one year ago. She has still been driving, but has become more confused recently. I rode in the car with her last week and she had to be told where to turn and also ran a red light with a pedestrian in the crosswalk. I'm afraid that she is going to hurt herself or someone else. I think it is time to stop her from driving, but it is very important to her and I don't even know where to begin.*

A: This is a very difficult decision for many families. However, it sounds like the concerns you have are valid and serious. Driving is a complex task that can become more difficult as the disease progresses and the individual has more difficulty with decision making, depth perception and safety awareness.

Many caregivers struggle with being the one that takes away this element of independence from the person with dementia. It is important to have this conversation with your wife's doctor and discuss how to address this with her. Sometimes the news can be better accepted from the doctor than the caregiver. If this option doesn't work, there are driver evaluation programs in many communities that provide the opportunity for the person with dementia to take a test to see if they are still able to drive. This allows an impartial person to assess driving skills and discuss the test results with you and your wife. There is generally a fee for this service.

To ensure that your wife doesn't feel that she will no longer be able to do the things out of the home that are important to her, explore other transportation options in your community and ask family members or friends if they would be willing to provide assistance. Provide reassurance that you want her to continue doing the things that are important to her and that she can still continue these things without driving there herself. If your wife continues to want to drive after these things have been tried, you may have to consider hiding the keys to the car, disabling the car or selling the car so that it's not a visible reminder to her everyday that she can no longer drive.

Please contact the Alzheimer's Association at 585.760.5400 or 800.272.3900 for locations of driver evaluation programs in your area or for additional support or suggestions in dealing with this difficult life transition.

Caregiver Resource Centers

As part of a contract with Monroe County to support all caregivers whether they are caring for someone with dementia or caring for an older adult with other chronic conditions, we provide Caregiver Resource Centers in five locations throughout Monroe County. Each location offers visitors a current list of educational opportunities, support group listings and informational sheets about caring for an aging loved one. Caregiver Resource Centers are located at:

Brockport Free Methodist Church
6787 4th Section Road
Brockport, NY 14420

Mt. Olivet Baptist Church
141 Adams Street
Rochester, NY 14608

Mendon Public Library
15 Monroe Street
Honeoye Falls, NY 14472

Henrietta Public Library
455 Calkins Road
Rochester, NY 14623

Jewish Home of Rochester
2021 Winton Road South
Rochester, NY 14618

Gates Public Library
1605 Buffalo Road
Rochester, NY 14624

For more information, please contact the Resource Center™ at 585.760.5470.

Free Enrollment in Medic Alert + Safe Return in November!

In recognition of November as Alzheimer's Disease Awareness month, enrollment in Medic Alert + Safe Return is free for the month. Call the Resource Center at 585.760.5400 to register today!

Support for those with Dementia

The Alzheimer's Association offers a variety of support groups and supportive activities for people with dementia. To learn more about these support options please call 585.760.5400 and one of our Care Coordinators can assist you in finding the best option to meet your needs. A calendar of events can also be found on our website www.alz.org/rochesterny.

Voices

Panel Question: What changes have you noticed most in yourself since your diagnosis? Are there tricks or special things you do to help compensate for these changes and to help you stay as independent as possible? What are the most important things that you can tell someone who is dealing with the same changes in himself or herself?

Answer: Panel members shared many common changes they have noticed since their diagnoses. Among the challenges discussed were difficulty remembering names and difficulty with language. Many panel members said that they often know what they want to say, but have difficulty getting it out. Others cited trouble with directions and numbers as challenges, specifically reading the bill in a restaurant and figuring out the tip. One of the biggest concerns expressed was losing driving privileges as a result of the changes experienced due to dementia.

Everyone shared their own tricks to compensate for the challenges they are facing as a result of their illnesses. Many say that they take more time to listen and process what is happening around them or what someone is saying to them before answering. One gentleman says he often gives people nicknames like "buddy" to compensate for not knowing someone's real name. Another says he tries to only focus on people's first names. Memory aides such as calendars and computers are used frequently to keep track of appointments and daily events. Looking for landmarks and using GPS systems were found to be helpful to those of the group that continue to drive with their doctor's support. Every member of the panel agreed that their most important assistance to compensate for loss has come from their care partners, families, friends and support group members who are there to encourage them and assist when they are stuck. They also stressed how it's important to take one day at a time and not be too hard on yourself when you forget something. Most importantly, panel members want to tell others to enjoy life and to stay active.

Voices poses questions to a panel of individuals with dementia. If you have a question or would like to know more about participating, please call 585.760.5400 or 800.272.3900.

Voices panelists for this article include: Chuck, Marvell, John, Jake, Terry, Jim, Ralph, James and Mike



+ safe return alzheimer's association

Safe Return Saves Lives

MedicAlert®+ Alzheimer's Association Safe Return® is a program to help identify, locate and return individuals who are memory impaired. Sixty percent of people with Alzheimer's disease will wander and research shows that almost half of those will be severely compromised or die of dehydration or the elements unless found within the first 24 hours. Those enrolled in Safe Return are located nearly 100% of the time. The partnership with MedicAlert® ensures that medical information is available for emergency providers upon recovery.

Enrollment is as easy as visiting our web site at www.alz.org/rochesterny and clicking on "we can help" and then MedicAlert®+ Safe Return on the drop down menu. The initial enrollment fee is \$54.90 (enrollment plus S&H) with a \$25 administration fee per year after the first year. Financial assistance is available. You may use your VISA, MasterCard, American Express, Discover or pay by cash or check at one of the MedicAlert®+ Safe Return sites listed below.

- **Monroe County:** Alzheimer's Association, 585.760.5400
- **Bath:** Steuben County Office for the Aging, 607.664.2298
- **Canandaigua:** Ontario County Office for the Aging, 585.396.4040
- **Dansville:** Noyes Memorial Hospital, 585.335.4359
- **Elmira:** Chemung County Office for the Aging, 607.737.5520
- **Geneva:** Adult Day Health Center, 315.787.4710
- **Lyons:** Wayne County Department of Aging and Youth, 315.946.5624
- **Montour Falls:** Schuyler County Office for the Aging, 607.535.7108
- **Mt. Morris:** Livingston County Office for the Aging, 585.243.7520
- **Penn Yan:** ProAction Yates County Office for the Aging, 315.536.5515
- **Waterloo:** Seneca County Office for the Aging, 315.539.1765

Caregiver Support Groups

The Alzheimer's Association sponsors several ongoing monthly caregiver support groups in our nine county region. Support groups provide an opportunity for family members, friends and caregivers to meet regularly for mutual emotional support and to share coping skills with one another in a safe, supportive and confidential environment. In addition to dementia-specific support groups, the Alzheimer's Association also offers general support groups to caregivers caring for an aging loved one with long and short-term care needs in Monroe County. These support groups are highlighted in green.

CHEMUNG COUNTY	GREECE Crimson Ridge 2 nd Tuesday 7:00 – 8:00 PM	PENFIELD Penfield Library 3 rd Wednesday 7:00 – 8:30 PM	ONTARIO COUNTY	STEBEN COUNTY
HORSEHEADS Appleridge at Bethany Village 3 rd Thursday 12:15 – 1:15 PM (Lunch provided)	Greece Baptist Church 2 nd Monday <i>Note New Time:</i> 3:00 – 4:00 PM	PITTSFORD Pittsford Library 2 nd Wednesday 12:30 – 2:00 PM	CANANDAIGUA Canandaigua VA 1 st Thursday 1:00 – 2:30 PM	BATH Steuben County Health Care Facility* 2 nd Monday 10:30 AM – 12:00 PM
LIVINGSTON COUNTY	Park Ridge Free Methodist Church** 1 st Wednesday 5:30 – 6:30 PM	ROCHESTER St. Ann's Nursing Home Last Tuesday 5:00 – 6:00 PM	CLIFTON SPRINGS Clifton Springs Hospital 3 rd Wednesday 12:00 – 1:00 PM	PAINTED POST Green Meadows 4 th Monday 2:30 – 4:00 PM
AVON Avon Nursing Home 3 rd Thursday 6:00 – 7:00 PM	HENRIETTA Monroe Community Hospital 3 rd Tuesday 6:00 – 7:30 PM	St. Bernard's Park Last Monday 9:30 – 11:00 AM	SENECA COUNTY	WAYNE COUNTY
DANVILLE Noyes Memorial Hospital 1 st Monday 7:00 – 8:30 PM	Monroe Community Hospital 4 th Wednesday 4:00 – 5:00 PM	Trinity Emmanuel Lutheran Church 1 st Friday 6:00 – 7:00 PM	WATERLOO Huntington Living Center 2 nd Friday 1:30 – 2:30 PM	NEWARK DeMay Living Center 2 nd Wednesday 2:00 – 3:30 PM
GENESEO United Methodist Church 2 nd Tuesday 1:00 – 2:30 PM	Monroe Community Hospital 1 st Thursday 1:00 – 2:00 PM	WEBSTER Cherry Ridge 3 rd Wednesday 4:00 – 5:00 PM	Seneca County Office for the Aging 3 rd Thursday 1:30 – 3:00 PM	YATES COUNTY
MONROE COUNTY	IRONDEQUOIT St. Cecilia's 3 rd Thursday 1:00 – 2:00 PM	Baywinde (Sage Harbor) 4 th Wednesday 5:30 – 6:30 PM	SCHUYLER COUNTY	PENN YAN Yates County Office for the Aging 2 nd Thursday 2:00 – 3:00 PM
BROCKPORT Brockport Free Methodist Church 2 nd Thursday 7:00 – 8:30 PM			See Chemung, Steuben and Yates County Listings	

FAIRPORT
Church of the Assumption
1st Tuesday
1:00 – 2:00 PM

GATES
Seabury Woods
3rd Wednesday
6:00 – 7:30 PM

All support groups offered by the Alzheimer's Association are free of charge and registration is not required to attend. Limited in-home respite care is available for your loved one during support group meetings with a one-week notice. To arrange for in-home care, please call 585.760.5418.

If you would like more information about a particular support group including specialized groups, please contact the Alzheimer's Association Resource Center™ at 585.760.5400 or 800.272.3900.

For additional details about the support groups designed for caregivers of aging loved ones without dementia, please call 585.760.5470.

*Specialized Support Groups for spouses/partners **New Support Group for those who have placed a loved one.

What's New in the Marie C. and Joseph C. Wilson Library

Dementia Book

“The Alzheimer’s Answer Book: Professional Answers to More than 250 Questions about Alzheimer’s and Dementia” by Charles Atkins, 2008

Written by an experienced doctor who began his career as a geriatric psychiatrist, The Alzheimer’s Answer Book covers such topics as: Is Alzheimer’s hereditary? What is the best treatment? How do I know what level of care is right? How close are we to finding a cure? How can I avoid caregiver burnout? How can I make sense of Medicare, Medicaid, and what will insurance cover? Written in an easy-to-read Q&A format, The Alzheimer’s Answer Book explains confusing medical lingo and provides straightforward answers to all of your most pressing questions.

“The Alzheimer’s Action Plan” by Murali P. Doraiswamy, 2008

For those caring for a loved one with dementia, The Alzheimer’s Action Plan is a helpful and hopeful guide to understanding diagnosis and treatment of dementia. Written by a physician and a social worker, the book provides a comprehensive, readable manual about Alzheimer’s disease to three different audiences. People who have recently been diagnosed with Alzheimer’s or a related dementia, their caregivers, and those who are simply concerned about their memory and want to do what they can to prevent dementia will all find this book a valuable resource.

Dementia DVD

DVD: “Strategies for Nurturing the Emotional Well-being of the Alzheimer’s Patient” Produced by University of Maryland, 2008

This discussion highlights numerous strategies to incorporate emotional well-being into care for a patient. These strategies include connecting person to person; entering into the world of the person with Alzheimer’s disease even if this means accepting impossible realities; knowing treats and activities people enjoy; using physical touch to comfort and reassure; and empathizing with the confusion of their world.

Please call the Resource Center™ at 585.760.5400 or 800.272.3900 to borrow one of these resources or request a complete listing of available books, videos, CDs, DVDs and memory boxes. A \$20 refundable deposit is required for all videos, CDs, DVDs and memory boxes borrowed.

Log On

www.alz.org/rochesterny

What’s going on in our nine county Finger Lakes region for people affected by Alzheimer’s disease? You’ll find out here at our agency web site which includes information on programs, services and events. There’s also a “Contact Us” option if you have a specific request.

www.alz.org

The National Alzheimer’s Association web site offers information for persons with dementia, their professional and family caregivers and advocates. Get connected to advocacy efforts, research programs and a variety of appropriate links and area chapters.

Professional Network

The Alzheimer’s Association offers the Professional Network for those working in the field of dementia care. In addition to providing updates on research, resources and advocacy opportunities, our next two Professional Network meetings will focus on the new arts program, Meet Me at the MAG and on methods to assist families dealing with dementia who are in conflict.

On **Tuesday, November 10th**, please join us for a presentation by Susan Dodge-Peters Daiss, McPherson Director of Education at the Memorial Art Gallery on the **Meet Me at the MAG** program, co-sponsored by the Gallery and the Alzheimer’s Association. Through this program, care partners and people with dementia are led on an interactive tour of the Gallery by docents to elicit discussion about feelings and memories evoked by each piece. She will provide insight into the inception of this exciting new program, inspired by the *MoMA Alzheimer’s Project*, and how it has benefited caregivers and people living with dementia.

On **Tuesday January 12th, 2010** Carol A. Podgorski of Family Consultation Service will present on assessing **families in conflict**, particularly those dealing with the challenges that dementia brings on a daily basis. This Professional Network is designed to equip professionals in aging services and health care with confidence and competence to deal with families coping with dysfunction. Participants will gain a greater understanding of how to assess family function, caregiver stress and various interventions to diffuse conflict.

If you work in the field of dementia care, please join us for our upcoming Professional Network meetings on Tuesday, November 10th and Tuesday January 12th, from 1:00 pm to 2:30 pm at the Monroe Community Hospital, 435 East Henrietta Road, Rochester, Auditorium C. **The program is free of charge, but preregistration is required. To register call the Alzheimer’s Association at 585.760.5400 or 800.272.3900.**

Education Opportunities

Registration is required for all caregiver education seminars. To register or for directions, call 585.760.5400 or 800.272.3900 or visit our website at www.alz.org/rochesterny.

In addition to dementia specific educational programs, the Alzheimer's Association also offers seminars to caregivers caring for an aging loved one with long and short-term care needs in Monroe County. These educational programs are highlighted in green and are open to all caregivers.

CHEMUNG COUNTY

Wednesday, November 4, 2009

Caregiving 103: "Honor My Decisions: Making Plans"

6:30 PM – 8:30 PM

St. Mary's Church Southside,
224 Franklin St., Elmira

Friday, November 20, 2009

HBO Series, *The Alzheimer's Project* (3 of 5 parts to be presented)

2:00 PM – 5:00 PM

St. Mary's Church Southside,
224 Franklin St., Elmira

Wednesday, December 2, 2009

"Understanding Alzheimer's Disease"*

2:00 PM – 4:00 PM

Chemung County Office for the Aging,
425 Pennsylvania Ave., Elmira

Wednesday, December 2, 2009

Caregiving 104: "Keep Me Safe: Strategies for Improving the Environment"

6:30 PM – 8:30 PM

St. Mary's Church Southside,
224 Franklin St., Elmira

Wednesday, January 6, 2010

Caregiving 105: "Improving Communication with Persons with Dementia"

6:30 PM – 8:30 PM

St. Mary's Church Southside,
224 Franklin St., Elmira

LIVINGSTON COUNTY

Wednesday, December 16, 2009

"Understanding Alzheimer's Disease"*

2:00 PM – 4:00 PM

Noyes Memorial Hospital,
111 Clara Barton St., Dansville

MONROE COUNTY

Thursday, November 5, 2009

"Challenges of Dementia: A Geriatrician's Perspective"

Alzheimer's Association Fall Forum with Dr. Paul Katz

6:30 PM – 8:00 PM

Monroe Community Hospital, Auditorium A & B,
1st floor, 435 East Henrietta Rd., Rochester

Monday, November 9, 2009

HBO Series, *The Alzheimer's Project* (all 5 parts to be presented)

1:00 PM – 8:00 PM

Monroe Community Hospital,
435 East Henrietta Rd., Rochester

Tuesday, November 10, 2009

"Understanding Alzheimer's Disease"*

2:00 PM – 4:00 PM

Danforth Tower East, 140 West Ave., Rochester

Tuesday, November 10, 2009

"Managing Challenging Behaviors"

6:30 PM – 7:30 PM

Monroe Community Hospital, Alzheimer's
Association Education Center,
3rd Floor, 435 East Henrietta Rd., Rochester

Wednesday, November 11, 2009

"Understanding Alzheimer's Disease"*

6:30 PM – 8:30 PM

Monroe Community Hospital,
Alzheimer's Association Education Center,
3rd Floor, 435 East Henrietta Rd., Rochester

Monday, November 16, 2009

"Stress Relief" / "Renewal – Life After Caregiving"

6:30 PM – 8:00 PM

Mt. Olivet Baptist Church, 141 Adams St., Rochester

Monday, November 16, 2009

"Honor My Decisions: Making Plans"

6:30 PM – 8:00 PM

Faith Lutheran Church,
2576 Browncroft Blvd., Rochester

Wednesday, November 18, 2009

"Caregiving During Holidays and Special Family Events"

1:00 PM – 2:00 PM

St. Ann's at Cherry Ridge,
900 Cherry Ridge Blvd., Webster

Wednesday, November 18, 2009

"Maintain Your Brain™"

6:30 PM – 7:30 PM

Rivers Run, 50 Fairwood Dr., Rochester

Thursday, November 19, 2009

Caregiving 110: "Helping One Another: Falls, Restraint-Free Care, and Wandering"

1:00 PM – 3:00 PM

Clare Bridge of Perinton, 159 Sully's Tr., Pittsford

Thursday, November 19, 2009

Caregiving 105: "Improving Communication with Persons with Dementia"

2:00 PM – 4:00 PM

Cottage Grove, 4420 Buffalo Rd., N. Chili

Thursday, November 19, 2009

"Techniques for Families Giving Daily Care" / "Helping Children Cope"

6:30 PM – 8:30 PM

Monroe Community Hospital,
Alzheimer's Association Education Center,
3rd Floor, 435 East Henrietta Rd., Rochester

Sunday, November 22, 2009

"Maintain Your Brain" (Spanish language)

1:00 PM – 2:00 PM

St. Michael's Church, 124 Evergreen St., Rochester

Tuesday, November 24, 2009

"Brain Wellness Strategies"

7:00 PM – 8:00 PM

Crimson Ridge, 1 Treeline Dr., Rochester

Wednesday, December 2, 2009

"Honor My Decisions: Making Plans"

6:30 PM – 8:00 PM

Brockport Free Methodist Church,
6787 4th Section Rd., Brockport

Tuesday, December 8, 2009

"Understanding Alzheimer's Disease"*

(English language)
2:00 PM – 4:00 PM

Hudson Ridge Tower,
401 Seneca Manor Dr., Rochester

Tuesday, December 8, 2009

"Understanding Alzheimer's Disease"*

(Spanish language)
2:00 PM – 4:00 PM

Hudson Ridge Tower,
401 Seneca Manor Dr., Rochester

Tuesday, December 8, 2009

"Community Resources"

6:30 PM – 7:30 PM

Rivers Run, 50 Fairwood Dr., Rochester

Wednesday, December 9, 2009

"Understanding Alzheimer's Disease"*

6:30 PM – 8:30 PM

Monroe Community Hospital, Alzheimer's
Association Education Center,
3rd Floor, 435 East Henrietta Rd., Rochester

es for Family Caregivers

Tuesday, December 15, 2009

"Understanding Alzheimer's Disease"*

10:00 AM – 12:00 PM

Monroe Community Hospital, Auditorium C,
1st Floor, 435 East Henrietta Rd, Rochester

Wednesday, December 16, 2009

"End of Life Decision Making"

1:00 PM – 2:00 PM

St. Ann's at Cherry Ridge,
900 Cherry Ridge Blvd, Webster

Thursday, December 17, 2009

"Brain Wellness Strategies"

1:00 PM – 3:00 PM

Clare Bridge of Perinton, 159 Sully's Tr, Pittsford

Thursday, December 17, 2009

Caregiving 106: "Improving Dining and Tips for Personal Care for Persons with Dementia"

2:00 PM – 4:00 PM

Cottage Grove, 4420 Buffalo Rd, N. Chili

Thursday, December 17, 2009

"Final Stage: What to Expect"

6:30 PM – 7:30 PM

Monroe Community Hospital,
Alzheimer's Association Education Center,
3rd Floor, 435 East Henrietta Rd, Rochester

Thursday, December 17, 2009

"Managing Grief and Guilt"

7:30 PM – 8:30 PM

Monroe Community Hospital,
Alzheimer's Association Education Center,
3rd Floor, 435 East Henrietta Rd, Rochester

Tuesday, December 22, 2009

"Medicaid and Nursing Home Finance"

7:00 PM – 8:00 PM

Crimson Ridge, 1 Treeline Dr, Rochester

Thursday, January 7, 2010

CALO Week 1: "How to Get Started;" "Aging Trends;" "Sensory Impairments:" and "Mental Health"

1:00 PM – 3:00 PM

Rivers Run, Riparian Building,
50 Fairwood Dr, Rochester

Monday, January 11, 2010

"Effective Communication" / "Family Dynamics and Conflicts"

6:30 PM – 8:30 PM

Monroe Community Hospital,
435 East Henrietta Rd, Rochester

Tuesday, January 12, 2010

"Understanding Alzheimer's Disease"*

2:00 PM – 4:00 PM

Danforth Tower West, 160 West Ave, Rochester

Wednesday, January 13, 2010

"Understanding Alzheimer's Disease"*

6:30 PM – 8:30 PM

Monroe Community Hospital,
435 East Henrietta Rd, Rochester

Monday, January 18, 2010

"Memory Loss: Is It Always Alzheimer's Disease?"

6:30 PM – 8:00 PM

Faith Lutheran Church,
2576 Browncroft Blvd, Rochester

Wednesday, January 20, 2010

"Meaningful Activities for Persons with Dementia"

1:00 PM – 2:00 PM

St. Ann's at Cherry Ridge,
900 Cherry Ridge Blvd, Webster

Thursday, January 21, 2010

Caregiving 107: "The Mental Health Aspects of Dementia"

1:00 PM – 3:00 PM

Cottage Grove, 4420 Buffalo Rd, N. Chili

Thursday, January 28, 2010

"Creating a Comprehensive Care Plan" / "How to Talk to Your Doctor"

1:00 PM – 3:00 PM

Clare Bridge of Perinton, 159 Sully's Tr, Pittsford

ONTARIO COUNTY

Monday, November 2, 2009

HBO Series, *The Alzheimer's Project* (3 of 5 parts to be presented)

1:00 PM – 4:00 PM

M.M. Ewing Continuing Care Center,
350 Parrish St, Canandaigua

Tuesday, December 8, 2009

"Long Distance Caregiving" / "Community Resources"

10:00 AM – 12:00 PM

Ontario County Office for the Aging,
Human Services Building,
3010 County Complex Dr, Canandaigua

Tuesday, January 5, 2010

"Understanding Alzheimer's Disease"*

1:00 PM – 3:00 PM

Ontario County Office for the Aging,
Human Services Building,
3010 County Complex Dr, Canandaigua

SCHUYLER COUNTY

Tuesday, December 15, 2009

"Managing Challenging Behaviors" / "Caregiver Stress"

1:00 PM – 3:00 PM

Schuyler County Office for the Aging,
Suite 165, 323 Owego St, Montour Falls

Tuesday, January 12, 2010

"Adjusting to Residential Care" / "Managing Grief and Guilt"

1:00 PM – 3:00 PM

Schuyler County Office for the Aging,
Suite 165, 323 Owego St, Montour Falls

SENECA COUNTY

Thursday, November 5, 2009

"Understanding Alzheimer's Disease"*

10:00 AM – 12:00 PM

Seneca County Office for the Aging,
1 DiPronio Dr, Waterloo

STEBEN COUNTY

Thursday, November 12, 2009

"Understanding Alzheimer's Disease"*

6:00 PM – 8:00 PM

First Baptist Church, 28 Church St, Hornell

WAYNE COUNTY

Tuesday, December 1, 2009

"Meaningful Activities for Persons with Dementia" / "Music and Dementia"

2:00 PM – 4:00 PM

Faith United Methodist Church,
12223 Oswego St, Wolcott

YATES COUNTY

Wednesday, November 25, 2009

"Home Safety"

12:30 PM – 1:00 PM

Bluff Point United Methodist Church,
Yoder Hill Rd, Penn Yan

Monday, November 30, 2009

"Home Safety"

12:30 PM – 1:00 PM

St. Mark's Terrace, 36 Millard St, Dundee

* A two-hour seminar designed for families of persons newly diagnosed with Alzheimer's disease.



Problem Solving

Each of us faces challenges that confront us throughout life. How do we solve those problems?

We tend to first draw from the rich resource of our experience. If a specific strategy worked previously in a similar situation, perhaps the same strategy might

work for the current challenge we face.

Sometimes we are confronted by something completely new. We don't have the experience to draw from, so we do the next best thing. We find someone else who knows the answers!

The Learning Institute™ is the place for people to find answers about Alzheimer's disease and related dementias. Education offers practical approaches that we know are effective. We draw from our own vast experience in the field and body of scientific knowledge that has come from the research community.

We supply the tools caregivers can put to use to find immediate success.

We know that everyone does not learn the same way. Some love to sit down with a good book. Others like searching the Internet. Some are visual learners and enjoy videos; others are experiential and learn best by role-playing and interactive exercises. Yet others love the traditional classroom.

Our students are English speaking, Spanish speaking, bold inquisitors, and some are even shy. Our students come from a variety of educational backgrounds. Because there is such a diversity of educational experiences, cultural backgrounds, and needs, the Learning Institute™ has developed a diverse approach towards delivering person centered, culturally sensitive dementia education.

We offer classes in English and Spanish – and other languages may soon be coming! We have a diverse portfolio of topics, and we are always developing more. We've decentralized our classrooms and placed classes into our neighborhoods. We offer Internet based, peer-reviewed education. We are now beginning to launch one-minute YouTube family caregiver educational videos.

Whatever your style, whatever your challenges, whatever your background - we hope you'll turn to us to be your educational partner.

For more information, contact Todd Goddard at 585.760.5400 or todd.goddard@alz.org or visit our website at www.alz.org/rochesterny.

Education Opportunities for Professionals*

Registration is required for all professional education opportunities. To register, please call 585.760.5400 or 800.272.3900 or visit www.alz.org/rochesterny.

Wednesday, November 4, 2009

Train the Trainer Course #7:
"Meaningful Activities for Dementia Care"
 9:00 AM – 12:00 PM
 Monroe Community Hospital,
 Alzheimer's Association Education Center,
 3rd Floor, 435 East Henrietta Rd, Rochester

Wednesday, November 4, 2009

Train the Trainer Course #8:
"Strategies for Creating Better Care Environments"
 1:00 PM – 4:00 PM
 Monroe Community Hospital,
 Alzheimer's Association Education Center,
 3rd Floor, 435 East Henrietta Rd, Rochester

*Fees apply

Tuesday, November 17, 2009

Train the Trainer Course #9:
"Music and Dementia – Making a Connection"
 9:00 AM – 12:00 PM
 Monroe Community Hospital, Auditorium C, 1st Floor,
 435 East Henrietta Rd, Rochester

Tuesday, November 17, 2009

Train the Trainer Course #10:
"Dementia, Art and the Quality of Life"
 1:00 PM – 4:00 PM
 Monroe Community Hospital,
 Auditorium C, 1st Floor,
 435 East Henrietta Rd, Rochester

Thursday, November 19, 2009

Train the Trainer Course #11:
"How to Work With Families"
 9:00 AM – 12:00 PM
 Monroe Community Hospital,
 Alzheimer's Association Education Center,
 3rd Floor, 435 East Henrietta Rd, Rochester

The Début of One-Minute Video Education

The Learning Institute™ has launched a new effort to produce one-minute videos that provide caregiver tips and strategies to work with greater insight, safety, and compassion.

These videos are targeted towards caregivers and the interested general public. Our mission in this effort is to educate and empower care partners.

Videos are authored, produced, uploaded to YouTube, and embedded on our web page. The professional team of

educators and care coordinators are creating the content, based upon our national guidelines and standard of care. Popular topics are chosen based on recently raised questions in our classrooms and from our resource calls.

Individuals with access to a broadband connection (such as cable or DSL) will be able to easily view these video clips. The goal is to add three new topics each month. To view these videos, visit www.alz.org/rochesterny and follow the links!

If you or your business would like to sponsor one of these videos, contact Judy Lemoncelli, Senior Development Director, at 585.760.5404.

Dr. Paul R. Katz to Present the Fall Community Forum

The Learning Institute™ is offering a Fall forum for members of the general community, featuring Paul R. Katz, M.D., speaking on the topic “Challenges of Dementia: A Geriatrician’s Perspective.” Dr. Katz is a Professor of Medicine and Chief of the Division of Geriatrics / Aging at the University of Rochester School of Medicine and Dentistry.

The forum will be held on Thursday, November 5, 2009 from 6:30 P.M. to 8:00 P.M. at Monroe Community Hospital, Auditorium A and B on the ground floor, 435 East Henrietta Road, Rochester, NY 14620.

Dr. Paul R. Katz received his M.D. degree from the University of Michigan and completed training in Internal Medicine at Blodgett Memorial Medical Center in Grand Rapids, Michigan. Dr. Katz completed a fellowship in geriatrics at the State University of New York at Buffalo

in 1984 and went on to direct geriatric services at the Buffalo Veteran’s Administration Medical Center. Dr. Katz joined the faculty at the University of Rochester in 1991 where he is currently Professor of Medicine and Chief of the Division of Geriatrics/Aging. He is Medical Director of Monroe Community Hospital, one of the leading teaching nursing homes in the country, Director of the Finger Lakes Geriatric Education Center of Upstate New York, and is Associate Chief of Staff/Research at the Canandaigua VA.

Opportunities for vendor tables are available. Contact Nanette Friedman at 585.760.5473 for more information.

Attendance is free of charge and open to the public but pre-registration is required. To register, please call the Alzheimer’s Association at 585.760.5400 or 800.272.3900.

Memory Gardens

At a recent dedication ceremony, two new additions to the Memory Gardens, through the generosity of Bill and Sheila Konar were unveiled: the Garden of Tranquility and a Japanese Tea House. Both the new structure and surrounding natural area now provide visitors with additional space for enjoyment and relaxation.

The Alzheimer’s Association’s Memory Gardens are located on the grounds of Monroe Community Hospital in Rochester, New York. These nationally recognized gardens offer a tastefully designed outdoor environment, providing safety, accessibility, security, sensory stimulation, and a calming place for social interaction and healthy physical activity.

The Japanese Tea House offers a soothing and restful place for visitors to sit and reflect; and the surrounding Garden of Tranquility keeps the theme of peace and relaxation alive with

its unusual variety of plants, and indoor and outdoor lanterns.

The Memory Gardens also hold lasting memorials and are open to the public.



Many naming opportunities are available in the Memory Gardens, including engraved bricks to honor a loved one.

For more information, contact Judy Lemoncelli at 585.760.5404 or by e-mail at judy.lemoncelli@alz.org.

Alois Society

The Alois Society is a group of leadership donors who make gifts of \$1,000 or more each year to support our vital programs and services. Alois Society members assist in keeping our organization's framework strong and vibrant. They provide the very foundation of our day-to-day work, and for that, we are deeply grateful.

\$10,000 and Above

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For information about the Alois Society and how to become a member, please contact Senior Development Director Judy Lemoncelli at 585.760.5404 or at judy.lemoncelli@alz.org.

Public Policy Update



Sharon Boyd
 Senior VP &
 Public Policy Director

Along with the rest of the country, the Alzheimer's Association has been carefully watching the Health Care Reform debate. We have long known the devastating effect this disease will have on the financing of health care. Left unchecked, the government will spend nearly \$20 trillion (yes – that's trillion) to care for those with Alzheimer's between today and the middle of the century. Needless to say, any discussion

about Medicaid and Medicare will be mute as they will be bankrupt.

While still advocating strongly for our own "government stimulus" to jumpstart the research, we are making our Health Care Reform Priorities known to the policymakers in Washington. We need strong voices and informed advocates to help us critically look at the bills being introduced to assess if they contain the following Alzheimer's Association priorities for reform:

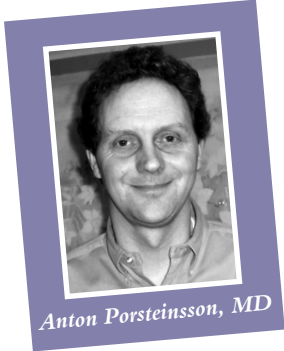
- Care Coordination** - specifically including people with Alzheimer's disease and other dementias;
- Improved Access to Health Coverage for People with Alzheimer's** - phasing out the 24-month waiting period for disabled individuals to become eligible for Medicare benefits and eliminate the waiting period for individuals with life-threatening conditions; and
- Long-term Services and Supports** - four long-term care bills that the Association supports are being considered as part of health reform:

- One is the *Community Living Assistance Services and Supports Act (CLASS Act)* (S. 697/H.R. 1721), sponsored by the late Senator Kennedy in the Senate and Rep. Pallone (D-NJ) in the House. This bill would create a nationwide voluntary insurance program to help people get coverage for long-term services and supports. It was included in the House health care bills and in the Senate Health Education Labor and Pensions (HELP) Committee version. The Association supports this legislation because it would benefit people with dementia and their caregivers.
- A second bill is the *Empowered at Home Act of 2009*, (S. 434/H.R.2688), sponsored by Senators Kerry (D-MA) and Grassley (R-IA) in the Senate and Rep. Pallone (D-NJ) in the House. This bill would improve the State plan amendment option for providing home and community-based services under the Medicaid program. Cognitive impairment is specifically mentioned in the bill.

Continued on page 11.

Results from a Clinical Trial of DHA for Alzheimer's Disease

By Anton P. Porsteinsson, M.D., Kelly M. Cosman and Kelly Stear, University of Rochester Medical Center



Salmon, tuna, flax, and soy...these are just some of the foods in which docosahexaenoic acid (DHA) is naturally found. DHA is an omega-3 poly-unsaturated fatty acid that is essential to humans – this means that humans must get DHA from food sources as the body cannot make DHA itself. Results from some epidemiological and

animal studies have suggested that higher DHA levels are associated with a lower risk of Alzheimer's disease (AD). Some studies have also shown that DHA and molecules that are built from DHA have neuroprotective and anti-inflammatory effects, which could help preserve brain health. Although research to date is not completely clean-cut on the possible beneficial properties of DHA, enough interest has been piqued to result in the development of clinical trials that investigate DHA oral supplements.

The AD-CARE Program at University of Rochester took part in one of these trials, which has recently released its

primary results. Recruitment for the study began in February of 2007, and the final participant completed the 18-month trial in May of 2009. The goal of the DHA-AD Study was to investigate the possible effects of dietary supplementation of DHA on cognitive and functional measures of impairment associated with AD. A total of 402 patients with mild to moderate AD enrolled in the study in 51 sites across the US. Approximately 2/3 of the participants received 2.0 g of DHA daily while the remaining 1/3 received placebo. When comparing testing results on the primary measures of cognition and function, no statistically significant differences were found between the DHA and placebo groups, suggesting that DHA treatment was ineffective at slowing the rate of decline caused by AD. There was one slightly encouraging finding, however: a post-hoc analysis of the subgroup of participants who do not carry the ApoE4 gene (which is associated with increased risk of developing AD) showed a trend of slower rate of decline on tests of mental function for participants treated with DHA compared to those treated with placebo. It is important to note, however, that this trend was not statistically significant.

Results from a second study of DHA were also released recently, offering more encouraging findings for the possible benefits of DHA. This was a six-month study following 485 healthy older adults that had complaints of mild memory problems. Participants were randomized to receive either 900 mg/day of algal DHA or placebo. After six months of treatment, participants in the DHA group had significantly improved on the memory test performance at a rate that was almost twice as great as the improvement shown by participants in the placebo group, suggesting that DHA does promote cognitive function.

Overall, the mixed results from the placebo-controlled trials are consistent with earlier mixed results from epidemiological studies, and we have more to investigate and learn. It is possible that the differential outcome of the studies reflects a timing effect, and that DHA is less likely to show any positive effects if it is started later on, after memory loss has already progressed. Perhaps the best advice for now for consumers of DHA is to stick with the fish, soy and flax as natural sources of the omega-3 fatty acid to promote brain health.

Public Policy Update

Continued from page 10.

- The third is the *Caring for an Aging America Act of 2009* (S. 750), sponsored by Senator Boxer (D-CA), which would also benefit people with cognitive impairments in the long-term care system. The purpose of this bill is to attract and retain trained health care professionals and direct care workers dedicated to providing quality care to the growing population of older Americans.
- The fourth is the *Retooling the Health Care Workforce for an Aging America Act of 2009* (S. 245/H.R. 468), sponsored by Senator Kohl (D-WI) in the Senate and Rep. Schakowsky (D-IL). This bill would expand, train, and support all sectors of the health care workforce to care for the growing population of older individuals in the United States. Health care workers would receive dementia training.

We invite you to join us in advocating for meaningful Health Care Reform within this framework. Our family and friends who have this disease cannot afford to wait another 16 years before Congress takes the courage again to tackle this difficult issue. The time is now! If not now – when?

Alzheimer's Association
Rochester New York Chapter
435 East Henrietta Road
Rochester, NY 14620

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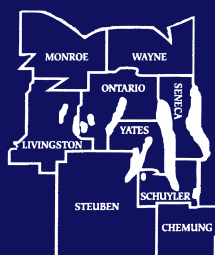
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SPECIAL EVENTS

SAVE THE DATE
FRIDAY, APRIL 23, 2010

**ALZHEIMER'S ASSOCIATION
ANNUAL GALA**

A Night at the Museum

★ *NEW LOCATION THIS YEAR* ★

**MEMORIAL ART GALLERY
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**CONTACT JUDY LEMONCELLI
SENIOR DEVELOPMENT DIRECTOR
585.760.5404 or judy.lemoncelli@alz.org
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