

American Women and Alzheimer's Disease: Groundbreaking Study Released

First Lady of California Maria Shriver has joined with the Alzheimer's Association to release *The Shriver Report: A Woman's Nation Takes on Alzheimer's*, the largest study ever conducted to examine the impact of Alzheimer's disease on American women as caregivers, advocates, and people living with the disease.

This is the second in a series for *The Shriver Report*, an ongoing study of transformational moments in American culture and society. Last year, Maria Shriver and the Center for American Progress published a landmark study looking at how Americans live and work today, now that mothers are the primary or co-breadwinners in nearly two-thirds of American families.

This year, *The Shriver Report: A Woman's Nation Takes on Alzheimer's* provides a pioneering and comprehensive examination of the Alzheimer's experience in our country. As the first of 78 million baby boomers are entering their mid-60s, an Alzheimer's tsunami is approaching, and it will impact women disproportionately. Women are not only the majority of Alzheimer's patients in this country; they are also the overwhelming majority of caregivers for people living with Alzheimer's and other dementias. This presents a huge and growing burden on millions of women – as people living with the disease, as caregivers, and as half of the American work force. This groundbreaking study poses the question: Is this country ready for the impact on family, the workplace,

our healthcare system, or our government? *The Shriver Report* intends to ignite a national conversation by asking timely questions and answering them in a comprehensive and accessible way.



Maria Shriver's father, Sargent Shriver, was diagnosed with Alzheimer's disease in 2003. "Alzheimer's has had a profound impact on my family," said Shriver. "As many as 5.3 million people, most of them women, are living with Alzheimer's in our country – and unless something is done, by 2050, it will impact up to 16 million families directly and millions more indirectly. We launched this edition of *The Shriver Report* to shine the spotlight on the fact that Alzheimer's is a national epidemic that affects all of us, not just the elderly, and cuts across economic and age groups to have overpowering implications on all aspects of American life."

For information regarding copies of *The Shriver Report: A Woman's Nation Takes on Alzheimer's*, please contact the Development/Marketing Office of the Alzheimer's Association at 585.760.5404.

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Alzheimer's Disease Biomarkers – An Update on Current Research

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



Anton Porsteinsson, MD

Biomarkers can be useful in detecting and diagnosing Alzheimer's disease, as well as in monitoring disease progression and response to therapy. Since the release of the consensus report of the Working Group on "Molecular Biochemical Markers of Alzheimer's Disease" in 1998, there has been a substantial push to find AD biomarkers that meet specified criteria: the biomarkers should be related to the neuropathology of AD;

they should have sensitivity* and specificity* measures of at least 80%; and the biomarkers should be reliable, reproducible, non-invasive, simple to perform, and inexpensive. (*Sensitivity reflects the test's ability to correctly categorize people affected by the disease, while specificity assesses the ability to correctly categorize people without the disease.)

Twelve years later, cerebrospinal fluid (CSF) $A\beta_{1-42}$, CSF τ -tau, and a particular type of tau (phosphorylated tau or p-tau) have been three of the most extensively studied AD biomarkers. Research has shown that lower levels of CSF $A\beta_{1-42}$ and higher levels of CSF τ -tau and p-tau are associated with AD. A newer study, published in Archives Neurology last August by De Meyer et al, revealed findings that supported the use of CSF $A\beta_{1-42}$, CSF τ -tau, and CSF p-tau in predicting progression to AD.

The study examined three independent datasets to assess and validate biomarker levels that were used to develop a model to distinguish an "AD signature" from "healthy" biomarker status. The model was built using the Alzheimer's Disease Neuroimaging

Initiative (ADNI) database, and validated using a dataset from a Belgian study and sub-study. One model that the researchers developed used a combination of CSF $A\beta_{1-42}$ and CSF p-tau to depict the AD signature. In the ADNI dataset, 36% of the cognitively normal subjects, 72% of subjects with Mild Cognitive Impairment (MCI), and 90% of subjects with AD possessed the AD signature. Subsequent validation studies showed that the AD signature predicted progression from MCI to AD over a 5-year timeframe with 100% sensitivity, and that the sensitivity of AD cases confirmed by autopsy was 94%. Researchers also examined trends in biomarkers compared to APO-E4 (a genotype associated with AD), and found a significant correlation between APO-E4 carrier status and the AD signature in cognitively normal subjects. These findings will need to be further validated, but it is promising that biomarkers such as the AD signature will improve the ability to accurately diagnose AD and predict changes in disease progression. These tests are still primarily used in research settings; they are currently available in clinical settings, but the test is not covered by insurance and is not a recommended practice standard for the diagnosis of AD. Researchers anticipate that the tests may be applied in the clinic soon. Importantly, CSF $A\beta_{1-42}$ and CSF tau will hopefully enable physicians to identify individuals who are most likely to develop AD before they begin to experience clinical symptoms. This information will facilitate decision-making in treating (and ideally, preventing) AD, and will be essential in monitoring changes in clinical trials. We have already seen an impact on the design of clinical trials for AD, as more studies are requesting (if not requiring) cerebral spinal fluid collection as part of the protocol. It is hopeful that AD research in drug discovery will also be boosted by the advances made in biomarker research.

Make Your Voice Heard – Become an Advocate!

We have accomplished so much. . .



Kelly Harris
Director of Administration

112,000 + Signatures Collected!

Thank you and congratulations! The Alzheimer's Breakthrough RideSM has collected more than 112,000 signatures for a petition asking Congress to make Alzheimer's disease a national priority. We deeply appreciate your efforts to make this goal a reality.

On Sept. 21, World Alzheimer's Day, participants cycled on to Capitol Hill to deliver your signatures to Congress. The presentation marks the culmination of a cross-country journey that began in San Francisco and involved more than 55 Alzheimer researchers cycling over 4,500 miles to raise awareness and support for the cause.

Compassionate Allowance Success!

The Social Security Administration (SSA) has added early-onset/younger onset Alzheimer's to the list of conditions under its Compassionate Allowance Initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). The Alzheimer's Association, a longtime advocate for those with early-onset Alzheimer's, has played an integral role in this movement to reduce the length of disability decision process.

Please visit our website at www.alz.org/rochesterny for more information. Living with Alzheimer's, Social Security Disability.

Over 200 Advocates Signed On!

Thank you to everyone who signed up to be an Advocate at each of our Memory Walks.

As Alzheimer's disease threatens to bankrupt families, businesses and our healthcare system, scientists are coming closer to finding

Continued on page 3.



I'm often asked "just what does the Alzheimer's Association do?" Our Board, staff and volunteers work to pursue five goals: 1) increasing concern and awareness for the disease, 2) engaging in advocating for public policies related to the cause, 3) providing care and support to those with the disease and their care partners, 4) promoting research efforts, and 5) of

course, raising funds to advance all of the above.

One of our many programs that "provide care and support" is the Just Friends Social Club. Twice a month, a group of people with the disease and their care partners meet informally to socialize. They talk, share their stories, and have a "party." In fact, one of the care partners whose wife died with the disease said his wife always asked when was the next party.

In recent months, I've had the privilege of attending some of the "parties" at the new home of the Just Friends Social Club: Pieters Family Life Center. At these events I get to sit and talk with folks who are facing the challenges of Alzheimer's. They seem to come alive with their friends – other people just like them.

This program is now three years old and has been held at a Catholic Family Center facility under the guidance of Nancy Szembrot. It now moves to Pieters Family Life Center with

Catalina Johnson, Social Wellness Coordinator, helping to offer a variety of services including therapy services (physical, occupational, speech-language, art, music, dance and massage), a physical fitness center, and much more.

So – special thanks to Nancy Szembrot and to Mary Kanerva, Director of Aging and Adult Services at Catholic Family Center, for helping to launch this important program. They have worked very hard to provide a great place for families to gather, to make new friends, to engage in various social activities, and to develop a great support network. And kudos to Patti, Terry, Marge and Moe! They were the first "party goers" and led the way. Finally, a special thank you to Corinda Crossdale, Director of the Monroe County Office for the Aging, that provides the funding support for this program.

Your Alzheimer's Association in Rochester and the Finger Lakes has several opportunities – support groups, supportive activities, and other services designed to "provide care and support to those with the disease and their care partners."

For more information and/or to get involved, go to our website – www.alz.org/rochesterny - or call 585.760.5400.

David Midland
President/CEO

Welcome . . . New Staff



The Alzheimer's Association welcomes **Chermaine Ramos** to its staff! Chermaine joins the Alzheimer's Association as a Care Coordinator

for the Resource Center where she coordinates the Dementia Support Services Program (DSSP) for Wayne and Yates counties, oversees the Care Line and Stepping Out programs, and manages several support groups for persons with dementia.

Previously, Chermaine has worked in the healthcare field at Fidelis Care in Rochester as a Facilitated Enroller, assisting those ages 64 and under with the health insurance enrollment process. She has completed both undergraduate and graduate programs at SUNY Brockport College where she received her M.P.A., and a Bachelors Degree in Social Work.

Become an Advocate!

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better treatments that could drastically alter the course of the disease. Now is the time to join us and speak up for the needs and rights of people with Alzheimer's and their families, and help persuade Congress to increase funding for research.

As an advocate, you will:

- Generate action from our elected officials by making calls and writing letters.
- Stay on top of policy and legislative issues through alerts and updates.
- Help elevate Alzheimer's from a disease to a cause.

. . .But there is so much more to do!

WHY GET INVOLVED?

Charles Cole - "I remember the day I walked in the door, looked into her eyes and said, 'Hi Mom.' She looked back with that cold dark stare, and she didn't know who I was. She didn't know me."

WHAT YOU CAN DO TODAY

Get on the bus to Albany!

Join us on Wednesday, March 2nd 2011 for our Annual Advocacy Day in Albany. Care partners, persons with dementia, chapter staff and board members from all over New York State will travel to Albany to visit Assembly and Senate representatives. Call today for more information about the day. Call Kelly Harris today at 585.760.5405 for more information about the day.



Write Congress Today!

Visit our website at www.alz.org/rochesterny to make your voice heard. **Click on Make Your Voice Heard button and click Act Now!**



Hounds with Heart. . .

Hounds with Heart is a new program offered through a partnership between the Alzheimer's Association and Therapy Dogs International (TDI). Through this program therapy dogs make visits to private residences of those with dementia. They can also visit support groups and other Alzheimer's Association sponsored events to spark memories and offer comfort and companionship. Research has concluded that participants in similar pet-assisted therapy programs have less challenging behaviors and confusion, a reduction in heart rate and improved apathetic state and emotional well-being. Hounds with Heart is committed to encouraging communication and a decrease in isolation through social interactions; reminiscing and sensory stimulation; and create a relaxing environment for both the person with dementia and care partner to experience moments of joy. **For more information about the Hounds with Heart program, contact us at 585.760.5400 or 1.800.272.3900.**

Voices

Panel Question: *What was it like to hear your current diagnosis? Did you have any trouble deciding who to tell? In your experiences of disclosing your diagnosis to others, what positive reactions have you had? Negative reactions? Have your feelings regarding disclosure changed from then to now? What would your advice be to others who are newly diagnosed and struggling with disclosing their diagnosis to others?*

Answer: Panelists discussed having a number of mixed feelings when they were diagnosed. A few had not noticed any changes in themselves, so the diagnosis came as a shock to them. One panelist said "I was crushed." A few others stated they were encouraged by family members to get tested because of changes they noticed in them and therefore the diagnosis was not much of a shock. All panelists noted that as time went on, they were able to take the diagnosis in stride and find a way to move on and live their lives. Most panelists had no difficulty disclosing their diagnosis to others and found overwhelming support from those who were told. One panelist said that disclosure was harder for him. He started by telling family and gradually told others as he felt more comfortable.

While most panelists had mostly positive experiences, this man said there were people he told via e-mail that he had expected to support him who did not respond to him. That was difficult, as he had known these people for a while and never expected the lack of response. Another panelist said that some people just chose to avoid him. Everyone was eager to share their advice with others who are newly diagnosed. They want people to know that being diagnosed is nothing to be ashamed of. It is no different than being diagnosed with any other illness. One man said that if the person with dementia is comfortable with talking about it, others will be too. Most found that people were overwhelmingly supportive once they knew the diagnosis and went out of their way to be helpful. Utilizing humor was acknowledged as a helpful coping mechanism to make everyone feel at ease in a stressful situation.

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: Mike, Dallas, Terry, Chuck, Manville, Joe and Vincent.

Care Partner Corner

Q: *My wife is in the middle stages of Alzheimer's disease. Lately, I have been noticing that eating and mealtime in general, is becoming more confusing for her and frustrating for me. Her appetite is not as good as it used to be and she eats about half of what she used to. Can you give me some tips to make mealtime easier on both of us?*

A: Mealtime, which should usually be an enjoyable time, can become more frustrating for caregivers of someone with dementia. There is a lot happening during a meal which can cause increased confusion resulting in decreased intake; here are some tips to help you and your loved one at mealtime. Some people with dementia get more confused and fatigued as the day goes on. Having a larger breakfast or lunch and making the dinner meal smaller and simpler can help. She may be more receptive to a larger meal earlier in the day, when she is more alert and not so overwhelmed by her surroundings. Another suggestion is to serve one food at a time. You might want to choose the food that is most nutritious and serve that first. Try serving other foods as she finishes the one before. For example, if she has always enjoyed breakfast, make

this the biggest meal of the day. You can serve the eggs first, then toast, and then juice. Another way to simplify the meal is to limit what is on the table as well as what utensils are on the table. If she is having cereal, but you know she will be having fruit as well, put only the cereal bowl with a spoon on the table. When she finishes the cereal, clear that away and put just the fruit and fork on the table. At mealtime, you might want to stick to items that you know she enjoys as she may be more likely to eat them. If she is having more trouble sitting for meals, offer finger foods at different times throughout the day rather than scheduled meals. You may want to offer a sandwich, banana, or granola bar that she can eat while on the run, rather than more complicated sit down meals. Although adjusting to changes can be difficult, there are many changes that can be made to encourage your wife to eat and make mealtime less stressful for both of you. A Dementia Care Specialist can also come out to your home to teach you how to feed your wife if needed.

For additional tips on this topic, contact the Alzheimer's Association at 585.760.5400 or 1.800.272.3900.

Caregiver Resource Guide® for Planning the Care of Aging Loved Ones

It's not too late! The 2010 Edition of the Caregiver Resource Guide® for Planning the Care of Aging Loved Ones is available for purchase at the reduced rate of \$20. 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. The 2011 Edition will be available for purchase in January 2011. **To order, please call 585.760.5400.**

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 nine 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

Mendon Public Library
15 Monroe Street
Honeoye Falls, NY 14472

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

The Law Offices of Richard A. Kroll
2425 Clover Street
Rochester, NY 14618

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

Henrietta Public Library
455 Calkins Road
Rochester, NY 14623

Gates Public Library
1605 Buffalo Road
Rochester, NY 14624

St George's Episcopal Church
635 Old Wilder Road
Hilton, NY 14468

Salvation Army
70 Liberty Pole Way
Rochester, NY 14604

Power House Kingdom Cathedral C.O.G.I.C
48 Clifton Street
Rochester, 14608

For more information, please contact the Alzheimer's Association at 585.760.5400.

Bed and Breakfast Hospitality Hour

Join us for a social gathering, sponsored by the Alzheimer's Association and hosted by Morgan Samuels Inn in Canandaigua. The Morgan Samuels Innkeeper will provide a tour and history of the Inn, a light snack and an opportunity for relaxation and reminiscence from **1:30pm-2:30pm on Wednesday, November 3**. People with dementia in the early to middle stages and a family member or friend are encouraged to attend together, however caregivers can attend alone if a break is needed.

The Bed and Breakfast Social:

- Offers an opportunity to reconnect with others
- Can spark pleasant memories
- Provides an opportunity to spend time in a calm, peaceful, supportive environment
- Promotes a sense of pride in one's community
- Provides an opportunity for reminiscence for the person with dementia
- Helps to establish a stronger support network

If you would like to join us or learn more about other supportive activities designed for those with dementia and their care partner please call the Alzheimer's Association at 585.760.5400 or 800.272.3900. A calendar of activities for those with dementia can also be found on our website www.alz.org/rochesterny.



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 \$30 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

Care Partner Support Groups

The Alzheimer's Association sponsors several ongoing monthly care partner support groups in our nine county region. Support groups provide an opportunity for family members, friends and care partners 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 those 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

HORSEHEADS

Appleridge at Bethany Village
3rd Thursday
12:15 – 1:15 PM
(Lunch provided)
(Moving to Courtyard @ Bethany Village in November)

LIVINGSTON COUNTY

GENESEO

United Methodist Church
2nd Tuesday
1:00 – 2:30 PM

CLIFTON SPRINGS

Clifton Springs Hospital
3rd Wednesday
12:00 – 1:00 PM

MONROE COUNTY

BROCKPORT

Brockport Free Methodist Church
2nd Thursday
7:00 – 8:30 PM

FAIRPORT

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

GATES

Seabury Woods
3rd Tuesday
5:30 – 7:00 PM

Trinity Emmanuel Lutheran Church*

1st Friday
6:00 – 7:00 PM

GREECE*

Crimson Ridge
2nd Tuesday
7:00 – 8:00 PM

Park Ridge Free Methodist Church*

1st Wednesday
5:30 – 6:30 PM

HENRIETTA

Monroe Community Hospital
3rd Tuesday
6:00 – 7:30 PM

Monroe Community Hospital
4th Wednesday
4:00 – 5:00 PM

Monroe Community Hospital
1st Thursday
1:00 – 2:00 PM

IRONDEQUOIT

St. Cecilia's
3rd Thursday
1:00 – 2:00 PM

PENFIELD

Penfield Library
3rd Wednesday
7:00 – 8:30 PM

PITTSFORD

Pittsford Library
2nd Wednesday
12:30 – 2:00 PM

ROCHESTER

St. Ann's Nursing Home
Last Tuesday
5:00 – 6:00 PM

St. Bernard's Park
Last Monday
9:30 – 11:00 AM

Lewy Body Group*

Faith Lutheran Church
3rd Thursday
2:30 – 3:30 PM

New Spanish Speaking Support Group Now Offered!

Centro de Oro
817 East Main Street
2nd Wednesday
7:00 – 8:00 PM

WEBSTER

Cherry Ridge
2nd Wednesday
3:00 – 4:00 PM

Baywinde* (Sage Harbor)
4th Wednesday
5:30 – 6:30 PM

ONTARIO COUNTY

CANANDAIGUA

Canandaigua VA
1st Thursday
1:00 – 2:30 PM

SENECA COUNTY

WATERLOO

Huntington Living Center
2nd Friday
1:30 – 2:30 PM

Seneca County Office for the Aging
3rd Thursday
1:30 – 3:00 PM

SCHUYLER COUNTY

See Chemung, Steuben and Yates County Listings

STEBEN COUNTY

BATH*

Steuben County Health Care Facility*
2nd Monday
10:30 AM – 12:00 PM

DANSVILLE

Noyes Memorial Hospital
1st Monday
7:00 – 8:30 PM

PAINTED POST

Green Meadows
4th Monday
2:30 – 4:00 PM

WAYNE COUNTY

LYONS

Wayne County Office for the Aging
2nd Tuesday
2:00 – 3:30 PM

YATES COUNTY

PENN YAN

Yates County Office for the Aging
2nd Thursday
2:00 – 3:00 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 585.760.5400.

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

For additional details about the support groups designed for care partners of aging loved ones without dementia, please call 585.760.5400.

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

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

Rudy's Memory Walk by Gloria Velasquez, October 2009. This novel provides education and teenage awareness on Alzheimer's disease. The author examines the experience of two Hispanic/Latina grandmothers who are experiencing symptoms of Alzheimer's disease and the mixed feelings it will cause to their families.

Down the Memory Hole by Bonnie Turner, February 2005. A twelve-year-old is forced to share his room and emotional space with his grandfather, who has Alzheimer's disease. He is not pleased with the idea since he thought his grandfather is troublesome. But then he wants to cure his grandfather's Alzheimer's and has an idea on how to do it. He later develops compassion and appreciation for his grandfather. This book exemplifies emotions and insight on the changes families experience when coping with Alzheimer's disease. This book is for ages 9-12.

All books, videos and memory boxes can be requested via the web at <http://alz-rochesterny.org/library.php> or by calling the by calling the Alzheimer's Association at 585.760.5400 or 800.272.3900. A \$20 deposit is required for all videos and DVD's as well as our memory boxes.

Skill-Based Education

In recognition of Alzheimer's Disease Awareness Month and National Caregiver Month we are excited to offer those caring for a loved one with Alzheimer's disease an abridged Home Health Aide Training Program. The goal of the program is to enhance and expand care partner knowledge of care techniques to make it easier to provide care in the home. *Care partners are encouraged to attend the full 4 part series for maximum benefit.*

The classes will be held at: Visiting Nurse Service, 65 College Ave., Rochester, NY 14607, (between the United Way and Red Cross)

Parking is available for free across the street. Please call the Alzheimer's Association at 585.760.5400 to register. Respite Care is also available for your loved one at no cost if needed. Please advise the receptionist if respite is needed at the time of registration. This Program is offered through the generous support of the United Way of Greater Rochester, Visiting Nurse Service of Rochester and Monroe County, Inc in collaboration with the Alzheimer's Association **free of charge.**

Date	Training Hours	Content
11/8/10 (Monday)	12:30-4:30 pm	• Food and Nutrition
11/9/10 (Tuesday)	11:00 am - 4:30 pm*	• Range of motion • Proper grooming: nails, hand, mouth • Bathing • Backrub
11/10/10 (Wednesday)	11:00 am - 4:30 pm*	• Proper care of skin • Continence/incontinence care • Medication administration • Vital signs (pulse, respiration) • Creating a safe environment
11/11/10 (Thursday)	10:30 - 4:30 pm*	• Body Mechanics • Bed making: occupied and unoccupied bed

*Please bring a lunch or snack

Support Groups for People with Dementia

HENRIETTA

Monroe Community Hospital
3rd Tuesday
6:00 - 7:30 PM
(early stage)

HENRIETTA

Monroe Community Hospital
1st Thursday
1:00 - 2:00 PM
(early stage)

WEBSTER

Cherry Ridge
2nd Wednesday
3:00 - 4:00 PM
(middle stage)

In addition to these ongoing monthly support groups noted above the Alzheimer's Association also offers a 6 week session for those newly diagnosed and their care partner to attend together. A couples support group is also being formed. **Registration is required for those with dementia. To register, please call the Alzheimer's Association at 585.760.5400 or 800.272.3900.**

Professional Network

For those working in the field of dementia care, we offer the Professional Network. In addition to providing updates on research, resources, and advocacy opportunities, our next two Professional Network Meetings will focus on meeting the needs of individuals with dementia through enhancing overall wellness.

On **Tuesday, November 9th** join us for a look the Alzheimer's Association's Soft Sensory Program. The program provides comfort and sensory stimulation to those in the late stages of Alzheimer's disease or related dementia through gentle massage, relaxing music and aroma therapy. The soft sensory techniques will be reviewed and demonstrated by one of our trainers and Learning Institute Faculty member, Nanette Friedman. In addition, personal accounts of the benefits of this approach for those with late stage Alzheimer's will be shared as well as video clips of the actual intervention.

Allen Power, MD, FACP and Eden Mentor to St. John's Home will share his insights regarding behavioral expressions on **Friday, February 11th** (*please note schedule change). He notes that, the care of people living with dementia is compromised by our tendency to address behavioral expressions with the use of psychotropic medication, especially antipsychotic drugs. In nursing homes across the US and other industrialized nations', about 40% of people with dementia are receiving antipsychotics, despite little evidence of efficacy and increasing concerns about morbidity and mortality.

Meeting dates and times have

changed. Please note that the Professional Network will now be held on a quarterly basis, the second Friday of February, May, August and November from 9:00 - 10:30 am at Monroe Community Hospital, 435 East Henrietta Road, Rochester. The program is free of charge, but preregistration is required.

For more information about the Professional Network or other offerings for professionals please call the Alzheimer's Association at 585.760.5400 or 800.272.3900 or visit our website at www.alz.org/rochesterny.



Education Opportunities for Family Care Partners

Registration is required for all care partner education seminars. To register or for directions, call 585.760.5400 or 800.272.3900 or visit our web site at www.alz.org/rochesterny. In addition to dementia specific educational programs, the Alzheimer's Association also offers seminars to care partners 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 care partners. **For general care partner programs highlighted in green, please call 585.760.5400.**

Chemung County

Wednesday, November 3, 2010

"Caregiving During Holidays and Special Family Events/Travel" / 1:00 PM - 2:30 PM
First Presbyterian Church
1054 W. Clinton St, Elmira

Wednesday, November 3, 2010

Caregiving 110: "Helping One Another: Falls, Restraint-Free Care and Wandering" / 6:30 PM - 8:30 PM
St. Mary's Church Southside
224 Franklin St, Elmira

Wednesday, November 10, 2010

"Managing Grief and Guilt" / "Advance Directives" / 5:00 PM - 7:00 PM
(Please call 607.378.6547 to register)
Bethany Village
3005 Watkins Rd., Horseheads

Wednesday, December 1, 2010

"Caregiver Efficacy: Coping and Empowerment" / 1:00 PM - 2:30 PM
First Presbyterian Church
1054 W. Clinton St, Elmira

Wednesday, December 1, 2010

"Managing Grief and Guilt" / 6:30 PM - 8:30 PM
St. Mary's Church Southside
224 Franklin St, Elmira

Tuesday, December 7, 2010

"Understanding Alzheimer's Disease" * / 1:00 PM - 3:00 PM
Chemung County Department of Aging and Long Term Care
425 Pennsylvania Ave, Elmira

Wednesday, January 5, 2011

"Safe Proofing Your Home" / 1:00 PM - 2:30 PM
First Presbyterian Church
1054 W. Clinton St, Elmira

Wednesday, January 5, 2011

"Caregiver Efficacy: Coping and Empowerment" / "Adjusting to Residential Care" / 6:30 PM - 8:30 PM
St. Mary's Church Southside
224 Franklin St, Elmira

Livingston County

Wednesday, November 17, 2010

"Improving Communication with Persons with Dementia" / 6:30 PM - 8:00 PM
Morgan Estates, 4588 Morgan View Rd, Geneseo

Tuesday, November 30, 2010

"Challenging Behaviors" / 6:00 PM - 8:00 PM
Noyes Memorial Hospital
111 Clara Barton St, Dansville

Wednesday, January 19, 2011

"Understanding Behaviors and Making Improvements" / 6:30 PM - 8:00 PM
Morgan Estates, 4588 Morgan View Rd., Geneseo

Monroe County

Monday, November 1, 2010

"Tell Me What You Need to Know - Listen to What I Have to Say: Improving Communication" / 1:00 PM - 3:00 PM
Chili Senior Center, 3235 Chili Ave, Rochester

Tuesday, November 2, 2010

"Caregiving During Holidays and Special Events/Travel" / "Safety Concerns" / 6:30 PM - 8:30 PM
Monroe Community Hospital
Alzheimer's Association Education Center
3rd Floor, 435 East Henrietta Rd, Rochester

Thursday, November 4, 2010

"Aging, Dementia and Alzheimer's Disease" / 1:00 PM - 3:00 PM
RIT Rivers Run, 50 Fairwood Dr, Rochester

Thursday, November 4, 2010

Community Education Seminar: "Care and Maintenance of the Hospitalized Brain" with Dr. Steven Rich / 6:30 PM - 8:00 PM
Monroe Community Hospital
Auditorium A & B, 1st Floor
435 East Henrietta Rd, Rochester

Wednesday, November 10, 2010

"Creating a Comprehensive Care Plan" / 10:30 AM - 11:30 AM
ABVI-Goodwill Store
50 Webster Commons Blvd, Webster

Wednesday, November 10, 2010

"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 15, 2010

"Understanding Behaviors and Making Improvements" / 6:30 PM - 8:00 PM
Faith Lutheran Church, 2576 Browncroft Blvd, Rochester

Wednesday, November 17, 2010

"Effective Communication" / 1:00 PM - 2:00 PM
St. Ann's at Cherry Ridge, 900 Cherry Ridge Blvd, Webster

Thursday, November 18, 2010

"Managing Challenging Behaviors" / "Family Dynamics and Conflicts" / 1:00 PM - 3:00 PM
Clare Bridge of Perinton
159 Sully's Tr, Pittsford

Wednesday, December 1, 2010

"Taking Care of Yourself" / 6:30 PM - 8:00 PM
Brockport Free Methodist Church
6787 4th Section Rd, Brockport

Monday, December 6, 2010

"Life After Diagnosis" / "Dealing with Denial - How to Tell Other Individuals" / 1:00 PM - 3:00 PM
Chili Senior Center, 3235 Chili Ave, Rochester

Monday, December 6, 2010

"Understanding Legal and Financial Planning" / 6:30 PM - 8:00 PM
Mt. Olivet Baptist Church, 141 Adams St
Rochester

Wednesday, December 8, 2010

"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

Thursday, December 9, 2010

"Maintain Your Brain™" / 1:00 PM - 3:00 PM
RIT Rivers Run, 50 Fairwood Dr, Rochester

Monday, December 13, 2010

"Dealing with Denial" / "Discussing Treatments with Your Doctor"
6:30 PM – 8:30 PM
Monroe Community Hospital
Alzheimer's Association Education Center
3rd Floor, 435 East Henrietta Rd, Rochester

Wednesday, December 15, 2010

"Health, Wellness and You"
1:00 PM – 2:00 PM
St. Ann's at Cherry Ridge
900 Cherry Ridge Blvd, Webster

Thursday, December 16, 2010

"Understanding Alzheimer's Disease" *
10:00 AM – 12:00 PM
Monroe Community Hospital
Alzheimer's Association Education Center,
3rd Floor, 435 East Henrietta Rd, Rochester

Thursday, December 16, 2010

"Caregiving During Holidays and Special Family Events/Travel" / "Stress Relief"
1:00 PM – 3:00 PM
Clare Bridge of Perinton, 159 Sully's Tr,
Pittsford

Tuesday, December 28, 2010

"Safety Concerns"
3:00 PM – 4:00 PM
Crimson Ridge, 1 Treeline Dr, Rochester

Monday, January 3, 2011

Caring for an Aging Loved One: Week 1:
"How to Get Started" / "Aging Trends" /
"Sensory Impairments and Mental Health"
1:00 PM – 3:00 PM
Chili Senior Center, 3235 Chili Ave,
Rochester

Tuesday, January 11, 2011

"Community Resources" / "Caregiver Efficacy: Coping and Empowerment"
2:00 PM – 4:00 PM
Danforth Tower West, 160 West Ave,
Rochester

Wednesday, January 12, 2011

"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

Thursday, January 13, 2011

Topic: TBD
2:00 PM – 4:00 PM
Ellison Park Apartments
122-B Bobrich Ave., Rochester

Monday, January 24, 2011

Caring for an Aging Loved One: Week 1:
"How to Get Started" / "Aging Trends"
/ "Sensory Impairments and Mental Health"
/ 6:30 PM – 8:00 PM
Faith Lutheran Church
2576 Browncroft Blvd, Rochester

Monday, January 24, 2011

"Driving and Dementia"
6:30 PM – 8:00 PM
Mt. Olivet Baptist Church
141 Adams St, Rochester

Tuesday, January 25, 2011

"Safe Proofing Your Home"
3:00 PM – 4:00 PM
Crimson Ridge, 1 Treeline Dr, Rochester

Wednesday, January 26, 2011

Caregiving 101: "Normal Aging, Dementia or Alzheimer's?" / 6:30 PM – 8:30 PM
Summit at Brighton
200 Summit Circle Dr., Rochester

Ontario County

Tuesday, December 14, 2010

"Nutrition and Dementia" / "Driving and Dementia" / 1:00 PM – 3:00 PM
Ontario County Office for the Aging, 3010
County Complex Dr, Canandaigua

Tuesday, January 4, 2011

"Understanding Alzheimer's Disease" *
2:00 PM - 4:00 PM
Ontario County Office for the Aging, 3010
County Complex Dr, Canandaigua

Schuyler County

Tuesday, December 14, 2010

"Brain Wellness Strategies"
1:00 PM – 3:00 PM
Schuyler County Office for the Aging,
Suite 165, 323 Owego St, Montour Falls

Seneca County

Wednesday, November 3, 2010

"Understanding Alzheimer's Disease" *
6:00 PM – 8:00 PM
Seneca County Office for the Aging,
1 DiPronio Dr, Waterloo

Steuben County

Tuesday, November 30, 2010

"Challenging Behaviors"
1:00 PM – 2:00 PM
Corning Senior Center, 1 Park Ln, Corning

Wayne County

Tuesday, December 7, 2010

"Meaningful Activities for Persons with Dementia" / "Techniques for Families Giving Daily Care"
2:00 PM – 4:00 PM
Wayne County Department of Aging and Youth, 1519 Nye Rd, Lyons

Thursday, January 20, 2011

"Safe Proofing Your Home" / "Community Resources"
1:00 PM - 3:00 PM
Wayne County Department of Aging and Youth, 1519 Nye Rd, Lyons

Yates County

Monday, November 1, 2010

"Do I Have Your Attention?" [Please call 585.760.5400 for more information]
12:15 PM - 1:00 PM
St. Mark's Terrace, 36 Millard St, Dundee

Caregiver Webinar Series

High-speed Internet access is required for the following webinars and phone charges may apply. Please check with your local carrier. To register email the Learning Institute™ Office Manager at emily.smith@alz.org.

Thursday, November 4, 2010

"Caregiving During Holidays and Special Family Events/Travel"
10:00 AM – 11:00 AM

Tuesday, November 16, 2010

"Effective Communication"
2:00 PM – 3:00 PM

Thursday, December 9, 2010

"Understanding Alzheimer's Disease" *
5:00 PM – 7:00 PM

Wednesday, December 29, 2010

"Meaningful Activities" / "Managing Challenging Behaviors"
10:00 AM – 12:00 PM

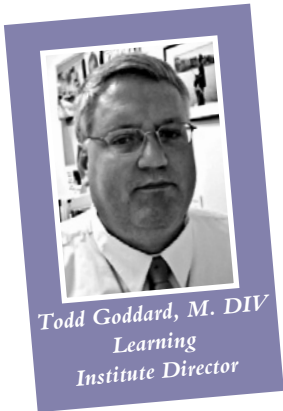
Thursday, January 6, 2011

"Dementia vs. Normal Aging"
10:00 AM – 11:00 AM

Thursday, January 27, 2011

"Long Distance Caregiving"
1:00 PM – 2:00 PM

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



News from the Learning Institute™

Aging Well Through Education

The Learning Institute™ is on track to reach a record number of students in 2010. We are projecting 6,000 students attending 490 classes, nearly 800 more attendees and 45 more sessions than in 2009, reflecting more than a 15% increase in attendance. I attribute these impressive results to a dedicated group of staff and volunteer faculty members, a focus on neighborhood based

education, targeted topics that reflect issues identified by Resource Center™ calls, the availability of respite resources, and intentional efforts to deliver education to underserved and diverse communities.

While these results are exciting, they are humbling when compared to the fact that over 24,000 individuals in our nine-county region have Alzheimer's disease. Furthermore, we estimate there are over 100,000 paid and unpaid care partners supporting these individuals. Clearly, there is much more that can be done.

The Learning Institute™ has the latest research-validated information to provide persons with dementia and their care partners' effective strategies to promote health and wellness, decrease the risk of later life health problems, improve quality of life, provide greater access to services, maximize self-autonomy and choice for seniors, and promote safely aging in place.

Fall Community Forum: "Care and Maintenance of the Hospitalized Brain"

Featuring Dr. Steven Rich

You are invited to attend the Fall Community Forum featuring Steven A. Rich, M.D. It will be held at Monroe Community Hospital, 435 East Henrietta Road, Rochester NY 14620. It will take place in the ground floor auditorium on Thursday, November 4, 2010, 6:30PM – 8:00PM.

Steven Rich, MD is the Medical Director for the Division of Long Term Care and Senior Services and Chief of the Geriatric Division of the Department of Medicine at Rochester General Health System. He is responsible for overseeing the Geriatric program which includes inpatient and outpatient consultation and education to residents, house staff and non-physician employees providing care to older adults in the RGH system. Since arriving at RGH in 2007, he has instituted a program to help keep hospitalized elderly from developing delirium.

The Fall Forum is a general educational event targeting the non-clinical public. Information stations will be available to help connect interested individuals with community services. Free, non-medical respite care is available upon request for care partners of persons with dementia. This event is free of charge. RSVP by calling 585.760.5400 or 1.800.272.3900.

Classroom education is not enough. As we grow free family education in your local community we are also growing our efforts for individuals to participate in Internet continuing education. We offer three different Internet education choices. Choose the approach that best meets your need: Live Meetings (also known as "webinars"), One Minute Videos, and Online Courses. Each of these three strategies can be accessed through the Learning Institute™ tab on our website (alz.org/rochesterny).

Sign up for Live Meetings directly on our "Calendar and Registration" link, or call our toll-free number (800.272.3900), and we will send you the link to attend. Please forward the link to others! Click on our "One Minute Caregiver Videos" link to find nearly 30 short videos in English and Spanish on popular care partner topics. Follow the "Online Courses" link under the Learning Institute™ tab to go to 18 text based courses on 11 different topics.

Education Opportunities for Professionals

Registration is required for all professional education opportunities and a fee may be charged. To register please call 585.760.5400 or 800.272.3900 or visit www.alz.org/rochesterny.

Wednesday, November 3, 2010

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

Wednesday, November 3, 2010

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

Thursday, November 18, 2010

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

Tuesday, November 23, 2010

Train the Trainer® Course #9: "Music and Dementia – Making a Connection" / 9:00 AM – 12:00 PM, Monroe Community Hospital 7th Floor Conference Room, 435 East Henrietta Rd, Rochester

Tuesday, November 23, 2010

Train the Trainer® Course #10: "Dementia, Art and the Quality of Life" / 1:00 PM – 4:00 PM
Monroe Community Hospital
7th Floor Conference Room, 435 East Henrietta Rd, Rochester

Tuesday, November 30, 2010

Train the Trainer® Course #12: "Health, Wellness... and You!" / 9:00 AM – 4:00 PM, Monroe Community Hospital 7th Floor Conference Room, 435 East Henrietta Rd, Rochester

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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**Invest in a world without Alzheimer's.
 And discover the financial benefits
 you'll get in return.**

.....

Every significant discovery in the fight against Alzheimer's disease has occurred within the last 20 years. With continued support, one day we will achieve our goal of a world without Alzheimer's. You can make a difference in our mission through planned giving. Planned gifts allow you to make charitable contributions through your estate toward Alzheimer's research, care, and support programs, while benefiting from tax savings and steady income opportunities. To learn how to leave a legacy of support for millions of families living with this disease, call us at 866-233-5148 or visit alz.org/plannedgiving.

alzheimer's  association®

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

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

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Community Partner
designate #130



Address Service Requested

24-Hour Helpline

- Available anytime, day or night
- Information about Alzheimer's disease
- Referrals to services and resources in the community

Care Consultation

- Assessment of needs
- Assistance with planning and problem solving
- Development of an action plan

Counseling

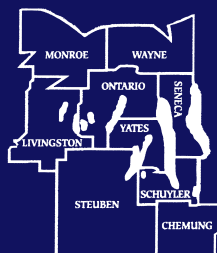
- For individuals and families
- Designed to help sort out issues
- Helps with reaching decisions appropriate to life circumstances

www.alz.org/rochesterny

585 760 5400 phone

585 760 5401 facsimile

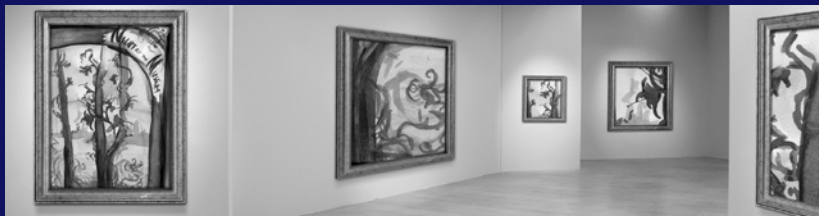
800 272 3900 24-hour helpline



We serve Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates counties.

SPECIAL EVENTS

SAVE THE DATE



SATURDAY, MAY 7, 2011

**ALZHEIMER'S ASSOCIATION
30th ANNUAL GALA**

A Night at the Museum

**MEMORIAL ART GALLERY
500 UNIVERSITY AVENUE
ROCHESTER, NY**

Tickets and Event Specifics Available after January 1, 2011

CONTACT

**JUDITH LEMONCELLI,
SENIOR DEVELOPMENT DIRECTOR**
585.760.5404 or judy.lemoncelli@alz.org
for more information

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