

## 2011 Alzheimer's Disease Facts and Figures

Last month the Alzheimer's Association released its **New Facts and Figures** report which sheds light on the growing impact of a disease that currently is the sixth-leading cause of death and the only cause of death among the top 10 causes in America without a way to prevent, cure or even slow its progression.

The 2011 Alzheimer's Disease Facts and Figures underscores that someone is diagnosed with Alzheimer's every 69 seconds, and there will be as many as 16 million Americans who will be diagnosed in 2050, at which time someone will develop the disease every 33 seconds.

Today there are an estimated 5.4 million Americans living with Alzheimer's disease. Most people survive an average of four to eight years after an Alzheimer's diagnosis but many can live as long as 20 years with the disease. This prolonged duration places increasingly intense care demands on caregivers with more than 60 percent of these caregivers rating their emotional stress as high or very high.

The new Facts and Figures report explores the issue of early detection and outlines the various benefits it provides families, including access to valuable support services and resources which will help reduce anxiety among caregivers. David Midland, President/CEO of the Rochester and Finger Lakes Region Chapter, said "We are committed to increasing awareness about the importance of early detection and diagnosis. Our goal

is to serve people with dementia in our nine county region and provide information that helps them better understand and manage what Alzheimer's disease introduces into their lives. This knowledge is not only empowering to those who have been diagnosed but essential to the whole family and network of caregivers."



Specific information in this year's Facts and Figures report includes: overall number of Americans with Alzheimer's nationally and for each state; proportion of women and men with Alzheimer's and other dementias; estimates of lifetime risk for developing Alzheimer's disease; number

of family caregivers, hours of care provided, economic value of unpaid care nationally and for each state, and the impact of caregiving on caregivers.

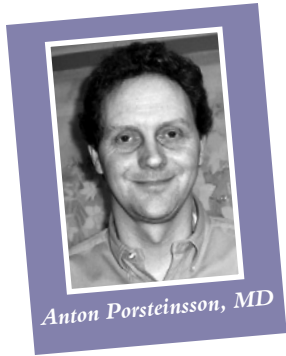
Copies of the 2011 Alzheimer's Disease Facts and Figures report are available online at [www.alz.org](http://www.alz.org) or by calling 1.800.272.3900.

### What's Inside

Page 2 .....	Research
Page 2 .....	Raise Your Voice
Page 3 .....	Message From the President
Page 3 .....	Walk the Talk
Page 4-7 .....	Resource Center
Page 8-15 .....	Learning Institute

# A Leap Forward in AD Diagnostics and Research

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



Intensive research on imaging and biomarkers in AD is bearing fruit. Last July at the International Conference on Alzheimer Disease's annual meeting, three scientific workgroups formed by the Alzheimer's Association and the National Institute on Aging presented proposals of revised diagnostic research criteria for three specific stages related to Alzheimer's disease (AD): preclinical AD, mild cognitive impairment (MCI) due to AD, and Alzheimer's dementia.

A contemporary theory proposes that AD should be broken down to dimensions ranging from preclinical to minimally symptomatic to full-blown clinical AD. The workgroups consistently proposed adding biomarkers (discussed in greater detail in the Fall 2010 edition of this newsletter) and/or imaging to the diagnostic criteria to sharpen precision in terms of diagnostic accuracy and outcome measures in intervention studies. Criteria that were reported at the meeting have since been opened for discussion in the scientific and medical community. The preliminary proposals were also posted on the Alzheimer Association's website ([http://www.alz.org/research/diagnostic\\_criteria](http://www.alz.org/research/diagnostic_criteria)) for a few months of public discussion, but are currently under revision before their official release.

The proposals regarding Alzheimer's dementia and MCI are similar to diagnostic criteria that were used previously. Briefly, Alzheimer's dementia requires a patient to have cognitive impairment that is severe enough to also cause impairment in the person's ability to function

independently, while MCI is characterized by milder symptoms of cognitive impairment without any impact on ability to function. The new criteria add that biomarkers and imaging (i.e. proteins from the blood or fluid surrounding the brain, and images from MRI or PET scans) should be used to detect the pathological changes associated with AD. At present, biomarkers are intended for use primarily in research settings. They help identify a uniform group of patients, which may result in a better-controlled population for testing experimental interventions such as medications; but the biomarkers need to be further validated, standardized, and refined before use in the clinic.

The earliest stage – preclinical AD – describes a novel category that is only intended to be used for research purposes at this time. Preclinical AD will be defined almost entirely by the presence of certain biomarkers, and is thought to identify individuals who have an increased risk of developing AD-related cognitive impairment. Scientists hope that by recognizing this high-risk group long before the onset of clinical symptoms, they will be able to more efficiently focus their research on preventing the development and progression of AD symptoms.

Biomarkers for AD have been explored in studies including the AD Neuroimaging Initiative and the Rochester Aging Study, but will need to be further validated in the context of larger formal research studies. Following validation, the new diagnostic criteria will substantially help guide future research, especially for secondary prevention trials. In time, scientists and clinicians will be equipped to make earlier and more accurate predictions of who is at risk of developing AD so that treatment can begin as early as possible, when interventions are likely more effective at stopping or slowing the disease progression.

## Raise Your VOICE... To End Alzheimer's!

We have accomplished so much...



### HEALTHY PEOPLE 2020

For the first time since its inception in 1979, the federal government's decennial Healthy People report – which sets out the nation's health promotion and prevention goals for the following decade – includes goals and objectives for Alzheimer's and other dementia. Inclusion of Alzheimer's disease in Healthy People 2020 underscores the growing recognition of Alzheimer's as a public health crisis. It also serves as

an argument for why state and local public health officials need to address this crisis now.

The Association worked for over a year to make sure dementia, including Alzheimer's was included in the Healthy People 2020

document. In fact, the draft version did not include either. The public policy office responded by asking members of The Alzheimer's Association International Society to Advance Alzheimer Research and Treatment (ISTAART) to send letters to the committee. During Christmas week 2009, over 300 researchers responded to our request and wrote letters expressing the need to include dementia in Healthy People. The office subsequently worked with the Healthy People 2020 team to suggest potential objectives, and finally received confirmation in December 2010 as the document was unveiled.

To see the report visit [www.healthypeople.gov](http://www.healthypeople.gov).

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

### WHY GET INVOLVED?

*"I've never seen an organization with such focus, passion and care for those people affected. It was immediately obvious to me that indeed this was a cause that I could put a lifelong worth of work against and try to make a difference for other families feeling the same kind of pain I felt as I watched my dad slip quietly into the abyss."* Lawrence Varnes

If you would to become involved visit our website at [www.alz.org/rochesterny](http://www.alz.org/rochesterny) and click on Advocate or call 585.760.5405.



What's an "Alzheimer's Advocate" definition? An Advocate is a person who signs up to take specific actions (e.g., email, call,

and/or ask visit members of Congress or the administration, sign petitions, attends town halls, etc.) to further legislative priorities.

What's an "Alzheimer's Ambassador" definition? An Ambassador is a volunteer advocate who is paired with his/her U.S. Congressman or Senator to develop a relationship with the member of Congress and his/her district/state staff. The Ambassador also serves as an advocacy media contact in the district, attends member town meetings, and recruits other advocates in order to advance our federal legislative priorities. Several top-tier Voluntary Health Associations (VHA) have similar Ambassador programs.

One of the five goals of our strategic plan is "advancing public policy" with the following:

**Strategic Objective:**  
Advance public policy by securing governmental action to increase federal research investment to \$2 billion, create early detection and care planning initiatives, create a federal Alzheimer plan, and implement coordinated nationwide state policy priorities.

**Priority Activities:**

1. Increase the number of advocates nationwide to at least 500,000, with a minimum of 900 in each congressional district and with at least 25 percent of total advocates taking at least two actions per year.
2. Have an Alzheimer's Ambassador for every member of the U.S. House and Senate.
3. Meet at least seven times a year with every member (or his/her staff) of the U.S. House and Senate.

Our chapter is responsible for two congressional districts (28th District with Representative Louise Slaughter

and 29th District with Representative Thomas Reed) as well as collaborating with all of our New York State Chapters for both US Senators.

I am delighted that Candace Ryan of Canandaigua, NY has been accepted as our Alzheimer's Ambassador for the 29th Congressional District with Representative Thomas Reed. We are now seeking someone to fill this role in the 28th District.

Kelly Harris, our Director of Administration (and staff coordinator of public policy activities) along with our Public Policy Committee (Miles Zatkowsky, Chair; Terry Christiansen, Dan Katz, and Dale Sells) are actively seeking additional advocates to help us fulfill and meet our goals.

If you would like to work with us in "advancing public policy," please contact Kelly Harris (Kelly.harris@alz.org or 585.760.5405.)



David Midland  
President/CEO



## Walk the Talk



On June 16, 2011 from 11:00 AM to 6:00 PM, please join us at our Southern Tier office at Bethany Village in Horseheads, NY to kick off our new *Walk the Talk* event.

3005 Watkins Road, Horseheads, NY

### Who should attend?

Anyone who is willing to help move our cause forward.

During this event you can register for the **2011 Walk to End Alzheimer's** and sign on to use your **Voice!**

### VOICE!

We need as many people as we can to use their Voice to move this very important cause forward. An advocate is someone who is willing to take an action. An action is emailing, calling, and visiting your legislator, signing petitions, and volunteering for advocacy events.

### Are you ready to take action?

**Join us on June 16, 2011  
in Horseheads, NY!**

**Giveaways!! Refreshments!! Raffle Prizes!!**



Paula Casselman, LMSW  
Resource Center Director

## 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.

Bob Rice, a representative from the Rochester Animal Assisted Therapy Initiative (RAATI), will be speaking about the benefits of animal-assisted therapy and how it relates to dementia. RAATI is composed of several area professionals who are dedicated to increasing animal-assisted therapy (AAT) practice, training, research, and outreach in the Rochester area. Joanne Rehtine from Therapy Dogs International (TDI®) will also be joining us along with a representative handler and therapy dogs. TDI is a volunteer organization dedicated to regulating, testing and registration of therapy dogs and their volunteer handlers for the purpose of visiting nursing homes, hospitals, and other institutions. TDI is a partner with the Alzheimer's Associations Hounds with Heart pet-assisted therapy program. Join us on **Friday, May 13th** for Pet-Assisted Therapy in Dementia Care.

On **Friday, August 12th** our Professional Network will be visited by a panel of those living with dementia and their care partners for an enlightening presentation and open discussion about what dementia presents to the families in our community. Personal stories will be shared about sacrifices but also about the positives the diagnosis has brought to their daily lives.

**Meetings are held on a quarterly basis, on Fridays from 9:00 am to 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 1.800.272.3900 or visit our website at [www.alz.org/rochesterny](http://www.alz.org/rochesterny).**

## Care Partner Corner

**Q:** *I am caring for my husband with Alzheimer's disease and I have often thought about emergency/ disaster preparation. In light of the recent events in Japan, it has been on my mind more in the recent weeks. Can you give me some tips on how to prepare, should an emergency or disaster occur?*

**A:** Being prepared for this type of situation is something everyone should think about. Emergencies are just that because we do not know when they will occur. Here are some tips to help you prepare for an event that we hope never occurs:

- When appropriate, inform others (hotel or shelter staff, family members, airline attendants) that your loved one has dementia and may not understand what is happening.
- Do not leave the person alone. It only takes a few minutes to wander away and get lost.
- Enroll your loved one in the MedicAlert + Safe Return program.
- Changes in routine, traveling and new environments can cause agitation, wandering, and an increase in behavioral symptoms such as hallucinations, delusions and sleep disturbances.
- Do your best to remain calm. The person with dementia will respond to the emotional tone you set.
- Provide as much reassurance as you can.

### Emergency Kit

Consider preparing an emergency kit in advance. Keep it in a watertight container and store it in an easily accessible location. Your emergency kit might include:

- Easy on/off clothes (a couple of sets).
- Supplies of medication (or minimally, a list of medications with dosages).
- Velcro shoes/sneakers.
- A spare pair of eyeglasses.
- Incontinence products.
- Extra identification items for the person, such as an ID bracelet and clothing tags.
- Copies of legal documents, such as a power of attorney.
- Copies of medical documents that indicate the individual's condition and current medications.
- Copies of insurance and Social Security cards.
- Use waterproof bags to hold medications and documents.
- Physician's name, address and phone numbers (including cell phone).
- Recent picture of the person with dementia.
- Bottled water.
- Favorite items or foods. Liquid meals.
- Pillow, toy or something else to hug.
- Alzheimer's Association and MedicAlert + Safe Return phone numbers.

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

## Caregiver Resource Guide® Now Available

The 2011 Caregiver Resource Guide® is now available online. An excellent tool for both professional and non-professional caregivers, this 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 a hard copy or CD, please call 1.800.272.3900 or view the guide on our website at [www.alz.org/rochesterny](http://www.alz.org/rochesterny).

## 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 4<sup>th</sup> 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, NY 14608

**Faith Hope and Charity Worship Center**  
44 Columbia Ave  
Rochester, NY 14608

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

### Meet Me at the MAG

People with dementia are invited to engage in an interactive tour of the Memorial Art Gallery along with their care partner. The tour will be led by professional Gallery docents.

**Date:** First Tuesday of each month

**Time:** 2:30-4:00pm

**Location:** Memorial Art Gallery  
500 University Ave. Rochester, NY 14607

**Registration:** This program is free of charge but advance registration is required. To register please call the Alzheimer's Association at 1.800.272.3900.

Meet Me at the MAG is underwritten in part by a gift made in memory of Audrey Gordon.



## 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](http://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

**ELMIRA**  
4<sup>th</sup> Thursday  
6:30 - 7:30 PM  
St. Joseph's Hospital  
555 St. Joseph's Blvd.

4<sup>th</sup> Monday  
1:00 - 2:00 PM  
St. Mary's Church  
224 Franklin Street

**HORSEHEADS**  
The Courtyards at  
Bethany Village  
3<sup>rd</sup> Thursday  
12:15 - 1:15 PM  
(Lunch provided)

## LIVINGSTON COUNTY

**DANSVILLE**  
Noyes Memorial  
Hospital  
1<sup>st</sup> Monday  
7:00 - 8:30 PM

**GENESEO**  
United Methodist  
Church  
2<sup>nd</sup> Tuesday  
1:00 - 2:30 PM

## MONROE COUNTY

**New Support group for care partners of individuals with younger onset dementia**

This support group is specifically designed for individuals caring for a loved one with younger onset dementia. If your loved one has received a diagnosis of dementia before the age of 65 please join us on:

**Date:**  
3<sup>rd</sup> Thursday of the month  
Time: 6:30 PM - 7:30 PM

**Location:**  
JCC of Greater Rochester  
1200 Edgewood Avenue  
Rochester, NY 14618

**BROCKPORT**  
Brockport Free  
Methodist Church  
2<sup>nd</sup> Thursday  
7:00 - 8:30 PM

**FAIRPORT**  
Church of the  
Assumption  
1<sup>st</sup> Tuesday  
1:00 - 2:00 PM

**GATES**  
Seabury Woods  
3<sup>rd</sup> Tuesday  
5:30 - 7:00 PM

Trinity Emmanuel  
Lutheran Church\*  
1<sup>st</sup> Friday  
6:00 - 7:00 PM

**GREECE\***  
Crimson Ridge  
2<sup>nd</sup> Tuesday  
7:00 - 8:00 PM

**Park Ridge Free  
Methodist Church\***  
1<sup>st</sup> Wednesday  
5:30 - 6:30 PM

**HENRIETTA**  
Monroe Community  
Hospital  
3<sup>rd</sup> Tuesday  
6:00 - 7:30 PM

Monroe Community  
Hospital  
4<sup>th</sup> Wednesday  
4:00 - 5:00 PM

Monroe Community  
Hospital  
1<sup>st</sup> Thursday  
1:00 - 2:00 PM

**IRONDEQUOIT**  
St. Cecilia's  
3<sup>rd</sup> Thursday  
1:00 - 2:00 PM

**PENFIELD**  
Penfield Library  
3<sup>rd</sup> Wednesday  
7:00 - 8:30 PM

**PITTSFORD**  
Pittsford Library  
2<sup>nd</sup> 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

**New Spanish  
Speaking  
Support Group  
Now Offered!**  
Centro de Oro  
817 East Main Street  
2<sup>nd</sup> Wednesday  
7:00 - 8:00 PM

**WEBSTER**  
Cherry Ridge  
2<sup>nd</sup> Wednesday  
3:00 - 4:00 PM

## ONTARIO COUNTY

**CANANDAIGUA**  
Canandaigua VA  
1<sup>st</sup> Thursday  
1:00 - 2:30 PM

**CLIFTON SPRINGS**  
Clifton Springs Hospital  
3<sup>rd</sup> Wednesday  
12:00 - 1:00 PM

## SENECA COUNTY

**WATERLOO**  
Huntington Living Center  
2<sup>nd</sup> Friday  
1:30 - 2:30 PM

Seneca County Office  
for the Aging  
3<sup>rd</sup> Thursday  
1:30 - 3:00 PM

**SCHUYLER COUNTY**  
**WATKINS GLEN**  
3<sup>rd</sup> Thursday  
7:00 - 8:00 PM  
St. Mary's Center  
110 Tenth Street

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. \*\*\*for those caring for a loved one with Younger Onset

## STEBEN COUNTY

### BATH\*

Health Care Facility\*  
2<sup>nd</sup> Monday  
10:30 AM – 12:00 PM

### PAINTED POST

Green Meadows  
4<sup>th</sup> Monday  
2:30 – 4:00 PM

## WAYNE COUNTY

### LYONS

Office for the Aging  
2<sup>nd</sup> Tuesday  
2:00 – 3:30 PM

## YATES COUNTY

### PENN YAN

Yates County Office  
for the Aging  
2<sup>nd</sup> Thursday  
2:00 – 3:00 PM



## Support Groups for People with Dementia

### HENRIETTA

Monroe Community  
Hospital  
3<sup>rd</sup> Tuesday  
6:00 – 7:30 PM  
(early stage)

### HENRIETTA

Monroe Community  
Hospital  
1<sup>st</sup> Thursday  
1:00 – 2:00 PM  
(early stage)

### WEBSTER

Cherry Ridge  
2<sup>nd</sup> Wednesday  
3:00 – 4:00 PM  
(middle stage)

In addition to these ongoing monthly support groups noted above, the Alzheimer's Association also offers an 8 week session for those newly diagnosed and their care partner to attend together. For more details, please call the Alzheimer's Association at 1.800.272.3900.



## Voices

**Panel Questions:** *What have been the most significant changes that have happened in your life since your dementia diagnosis? How have you adapted to these changes? What are the things or people in your life that give you strength and encouragement?*

**Answer:** Panelists described a number of changes that have impacted them since their diagnosis. Among the most prevalent were the loss of driving ability and how this relates to independence. While all mentioned that their families are more than willing to take them places, the loss of driving ability has caused them to have to rely on others to go places and schedule things when someone is available to take them. Panelists missed being able to just get in the car and go anywhere, whether it is for work or hobbies. Other significant changes were related to sensory changes such as sight or taste. These sensory changes have resulted in a loss of pleasure in previously enjoyed activities such as cooking

or eating. One man said that due to his lack of taste for food, he relies on his stomach to tell him when he needs to eat and often eats due to necessity rather than for pleasure. Increased difficulty with reading, writing and word finding were also noted as being sources of frustration.

The panelists continue to adjust to changes which can be difficult at times, but they have tried to stay positive and find ways to compensate for the challenges they face. They have often learned to be more flexible and appreciate when someone is available to take them somewhere. Many have learned to increase lighting in their homes in areas where they are having difficulty seeing or there are depth perception concerns. Some may avoid challenging areas altogether. One man suggested using a tape recorder to help him remember things especially when reading and writing becomes more challenging. Another uses his computer often and increases his font size and spacing to see his work better. When having difficulty finding the right word to say, one

gentleman says he often describes the item or its function in place of the word.

Panelists offered many areas for encouragement and support. Staying connected and active was noted as being very important. Support from family, friends and church communities were of enormous value in facing the challenges discussed. One man is starting to write his memoirs which helps remind him of his purpose in life as well as leaving behind a legacy for his children and grandchildren. "They love it!" he says. Another says he has enrolled in a study which gives him a sense of purpose and he hopes will help those facing Alzheimer's disease or dementia in the future.

**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 1.800.272.3900.**

**Voices panelists for this article include: Manville, Marvell, Ralph, Vincent and Dallas**



## Education Opportunities for Family Care Partners

Registration is required for all care partner education seminars. To register or for directions, call 1.800.272.3900 or visit our web site at [www.alz.org/rochesterny](http://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 1.800.272.3900.

### CHEMUNG COUNTY

**Wednesday, May 4, 2011**

**"Seminar for Understanding Alzheimer's Disease" \***

1:00 PM – 2:30 PM

First Presbyterian Church,  
1054 W. Clinton St, Elmira

**Wednesday, May 4, 2011**

**"Dealing with Denial" /  
"Discussing Treatments with Your Doctor"**

6:30 PM – 8:00 PM

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

**Wednesday, June 1, 2011**

**"Safety Concerns"**

1:00 PM – 2:30 PM

First Presbyterian Church,  
1054 W. Clinton St, Elmira

**Wednesday, June 1, 2011**

**"How to Utilize Home Care"**

6:30 PM – 8:00 PM

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

**Tuesday, June 21, 2011**

**"Personal Care – Getting the Most Out of Your Activities of Daily Living" / "Personal Care – Instrumental Activities of Daily Living and Remaining Independent"**

2:00 PM – 4:00 PM

Chemung County Department of  
Aging and Long Term Care,  
425 Pennsylvania Ave, Elmira

**Tuesday, August 16, 2011**

**"Seminar for Understanding Alzheimer's Disease" \***

6:00 PM – 8:00 PM

Chemung County Department of  
Aging and Long Term Care,  
425 Pennsylvania Ave, Elmira

### LIVINGSTON COUNTY

**Wednesday, May 18, 2011**

**"Depression and Dementia"**

6:30 PM – 8:00 PM

Morgan Estates,  
4588 Morgan View Rd, Geneseo

**Thursday, June 9, 2011**

**"Meaningful Activities for Persons with Dementia" / "Working with Your Physician"**

6:00 PM – 8:00 PM

Noyes Memorial Hospital,  
111 Clara Barton St, Dansville

**Thursday, August 11, 2011**

**"Seminar for Understanding Alzheimer's Disease" \***

2:00 PM – 4:00 PM

Noyes Memorial Hospital,  
111 Clara Barton St, Dansville

### MONROE COUNTY

**Monday, May 2, 2011**

**Caring for an Aging Loved One (CALO): Week 5: "Financial Planning" / "Elder Law: Estate and Medicaid Planning" / "Advance Directives"**

1:00 PM – 3:00 PM

Chili Senior Center,  
3235 Chili Ave, Rochester

**Tuesday, May 10, 2011**

**"Community Resources" /  
"Caregiver Efficacy: Coping and Empowerment"**

2:00 PM – 4:00 PM

Blackwell Estates,  
5 Antoinette Dr, Rochester

**Wednesday, May 11, 2011**

**"Seminar for Understanding Alzheimer's Disease" \***

6:30 PM – 8:30 PM

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

**Wednesday, May 18, 2011**

**"Personal Care – Instrumental Activities of Daily Living and Remaining Independent"**

1:00 PM – 2:00 PM

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

**SAVE THESE DATES!**

**9th Annual Symposium**  
June 15, 2011 from 4 PM – 7 PM,  
Rochester Academy of Medicine

**1st Annual Spanish Language Caregiver Conference**  
June 16, 2011 from  
8:30 AM – 12 Noon  
Monroe Community Hospital  
Brass Chandelier Room

**Wednesday, May 18, 2011**  
**"Medicaid (Nursing Home Finance)"**

6:30 PM – 7:30 PM  
 St. John's Meadows, Briarwood Building, Multi-Purpose Room, 1 Johnsarbor Drive West, Rochester

**Monday, May 23, 2011**  
**Caring for an Aging Loved One (CALO): Week 3: "Health Systems" / "Home Care and Alternative Housing Options"**

6:30 PM – 8:00 PM  
 Faith Lutheran Church, 2576 Browncroft Blvd, Rochester

**Wednesday, May 25, 2011**  
**Caregiving 105: "Tell Me What I Need to Know – Listen to What I Have to Say: Improving Communication with Persons with Dementia"**

6:30 PM – 8:30 PM  
 The Summit at Brighton, Creative Arts Room, 2000 Summit Circle Dr, Rochester

**Monday, June 6, 2011**  
**Caring for an Aging Loved One (CALO): Week 6: "Nurturing the Human Spirit"**

1:00 PM – 3:00 PM  
 Chili Senior Center, 3235 Chili Ave, Rochester

**Wednesday, June 8, 2011**  
**"How to Utilize Home Care"**

6:30 PM – 8:00 PM  
 Brockport Free Methodist Church, 6787 Fourth Section Rd, Brockport



**Wednesday, June 8, 2011**  
**Caring for an Aging Loved One (CALO): Week 3: "Health Systems" / "Home Care and Alternative Housing Options"**

6:30 PM – 8:30 PM  
 Monroe Community Hospital, Alzheimer's Association Education Center, 3<sup>rd</sup> Floor, 435 E. Henrietta Rd, Rochester

**Monday, June 13, 2011**  
**"Safety Concerns" / "Meaningful Activities for Persons with Dementia"**

1:00 PM – 3:00 PM  
 Greece Baptist Church, 1230 Long Pond Rd, Rochester

**Tuesday, June 14, 2011**  
**"Community Resources" / "Caregiver Efficacy: Coping and Empowerment"**

2:00 PM – 4:00 PM  
 Glenwood Gardens, 41 Kestrel St, Rochester

**Wednesday, June 15, 2011**  
**"Seminar for Understanding Alzheimer's Disease" \***

1:00 PM – 2:00 PM  
 St. Ann's at Cherry Ridge, 900 Cherry Ridge Blvd, Webster

**Wednesday, June 22, 2011**  
**Caregiving 106: "Make My Life Better! Improving Dining and Tips for Personal Care for Persons with Dementia"**

6:30 PM – 8:30 PM  
 The Summit at Brighton, Creative Arts Room, 2000 Summit Circle Dr, Rochester

**Monday, July 11, 2011**  
**"Community Resources" / "Caregiver Efficacy: Coping and Empowerment"**

1:00 PM – 3:00 PM  
 Chili Senior Center, 3235 Chili Ave, Rochester

**Tuesday, July 12, 2011**  
**"Community Resources" / "Care Partner Efficacy: Coping and Empowerment"**

2:00 PM – 4:00 PM  
 Kennedy Tower, 666 S. Plymouth Ave, Rochester

**Wednesday, July 13, 2011**  
**"Seminar for Understanding Alzheimer's Disease" \***

6:30 PM – 8:30 PM  
 Monroe Community Hospital, Alzheimer's Association Education Center, 3<sup>rd</sup> Floor, 435 East Henrietta Rd, Rochester

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

**Wednesday, July 20, 2011**

**“Meaningful Activities for Persons with Dementia”**

1:00 PM – 2:00 PM  
St. Ann’s at Cherry Ridge,  
900 Cherry Ridge Blvd, Webster

**Monday, July 25, 2011**

**Caring for an Aging Loved One (CALO): Week 4: “Hospital (Acute) Care” / “Skilled Nursing Facilities and P.A.C.E. Programs”**

6:30 PM – 8:00 PM  
Faith Lutheran Church,  
2576 Browncroft Blvd, Rochester

**Tuesday, July 26, 2011**

**“Personal Care – Instrumental Activities of Daily Living and Remaining Independent”**

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

**Wednesday, July 27, 2011**

**Caregiving 107: “I Am Not Losing My Mind! The Mental Health Aspects of Dementia”**

6:30 PM – 8:30 PM  
The Summit at Brighton, Creative Arts Room,  
2000 Summit Circle Dr, Rochester

**Thursday, July 28, 2011**

**“Steps to Understanding Legal and Financial Issues” / “Medicaid”**

1:00 PM – 3:00 PM  
Clare Bridge of Perinton,  
159 Sully’s Tr, Pittsford

**Monday, August 1, 2011**

**“Seminar for Understanding Alzheimer’s Disease” \***

1:00 PM – 3:00 PM  
Chili Senior Center,  
3235 Chili Ave, Rochester

**Monday, August 8, 2011**

## 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, contact Emily Smith at 585.760.5417 or emily.smith@alz.org.

Tuesday, May 10, 2011  
“Brain Wellness Strategies”  
11:00 AM – 12:00 PM

Wednesday, May 25, 2011  
“Community Resources” / “Caregiver Efficacy: Coping and Empowerment”  
10:00 AM – 12:00 PM

Tuesday, June 14, 2011  
“Seminar for Understanding Alzheimer’s Disease” \*  
3:00 PM – 5:00 PM

Thursday, June 30, 2011  
“Effective Communication”  
1:00 PM – 2:00 PM

Wednesday, July 13, 2011  
“Managing Challenging Behaviors”  
3:00 PM – 4:00 PM

Thursday, July 28, 2011  
“Meaningful Activities for Persons with Dementia” / “Stress Relief”  
10:00 AM – 12:00 PM

Tuesday, August 9, 2011  
“Seminar for Understanding Alzheimer’s Disease” \*  
5:00 PM – 7:00 PM

Tuesday, August 23, 2011  
“Personal Care – Getting the Most Out of Your Activities of Daily Living” / “Personal Care – Instrumental Activities of Daily Living and Remaining Independent”  
1:00 PM – 3:00 PM

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

**“Communication Through the Stages” / “How to Utilize Home Care”**

1:00 PM – 3:00 PM  
Greece Baptist Church,  
1230 Long Pond Rd, Rochester

**Tuesday, August 9, 2011**

**“Community Resources” / “Caregiver Efficacy: Coping and Empowerment”**

2:00 PM – 4:00 PM  
Parliament Arms,  
2122 St. Paul St, Rochester

**Wednesday, August 10, 2011**

**“Personal Care – Getting the Most Out of Your Activities of Daily Living”**

6:30 PM - 8:00 PM  
Brockport Free Methodist Church,  
6787 Fourth Section Rd, Brockport

**Wednesday, August 10, 2011**  
**Caring for an Aging Loved One (CALO): Week 4: “Hospital (Acute) Care” / “Skilled Nursing Facilities and P.A.C.E. Programs”**

6:30 PM – 8:30 PM  
Monroe Community Hospital,  
Alzheimer’s Association Education Center, 3<sup>rd</sup> Floor,  
435 East Henrietta Rd, Rochester

**Wednesday, August 17, 2011**

**“Effective Communication”**

1:00 PM – 2:00 PM  
St. Ann’s at Cherry Ridge,  
900 Cherry Ridge Blvd, Webster

**Monday, August 22, 2011**

**“Effective Communication Strategies”**

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

**Wednesday, August 24, 2011**

**Caregiving 108: "Keep Me Comfortable: Pain Assessment and Treatment for Persons with Dementia"**

6:30 PM – 8:30 PM  
The Summit at Brighton,  
Creative Arts Room,  
2000 Summit Circle Dr, Rochester

**Thursday, August 25, 2011**

**"Family Dynamics and Conflicts" / "Managing Challenging Behaviors"**

1:00 PM – 3:00 PM  
Clare Bridge of Perinton,  
159 Sully's Tr, Pittsford

**ONTARIO COUNTY**

**Tuesday, May 3, 2011**

**"Community Resources" / "Safe Proofing Your Home"**

2:00 PM – 4:00 PM  
Ontario County Office for the Aging,  
3010 County Complex Dr, Canandaigua

**Tuesday, July 5, 2011**

**"Caregiver Efficacy: Coping and Empowerment" / "Meaningful Activities for Persons with Dementia"**

2:00 PM – 4:00 PM  
Ontario County Office for the Aging,  
3010 County Complex Dr, Canandaigua

**SCHUYLER COUNTY**

**Tuesday, May 24, 2011**

**"Personal Care – Getting the Most Out of Your Activities of Daily Living" / "Personal Care – Instrumental Activities of Daily Living and Remaining Independent"**

6:00 PM – 8:00 PM  
Schuyler County Human Services  
Complex, Silver Spoon Café,  
323 Owego St, Montour Falls

**SENECA COUNTY**

**Tuesday, June 21, 2011**

**"Seminar for Understanding Alzheimer's Disease" \***

10:00 AM – 12:00 PM  
Seneca County Office  
for the Aging,  
1 DiPronio Dr, Waterloo

**STEUBEN COUNTY**

**Thursday, June 9, 2011**

**"Aging and Addictions"**

2:00 PM – 4:00 PM  
Corning Senior Center,  
1 Park Ln, Corning

**Thursday, August 11, 2011**

**"Community Resources" / "Caregiver Efficacy: Coping and Empowerment"**

6:00 PM – 8:00 PM  
Hornell First Baptist Church,  
28 Church St, Hornell

**WAYNE COUNTY**

**Thursday, May 19, 2011**

**"Caregiver Efficacy: Coping and Empowerment" / "Effective Communication"**

1:00 PM – 3:00 PM  
Wayne County Department of  
Aging and Youth,  
1519 Nye Rd, Lyons

**Thursday, July 21, 2011**

**"Personal Care – Getting the Most Out of Your Activities of Daily Living" / "Personal Care – Instrumental Activities of Daily Living and Remaining Independent"**

1:00 PM – 3:00 PM  
Wayne County Department of  
Aging and Youth,  
1519 Nye Rd, Lyons

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

**Jan's Story: Love lost to the long goodbye of Alzheimer's.**

*Barry Petersen, July 2010*

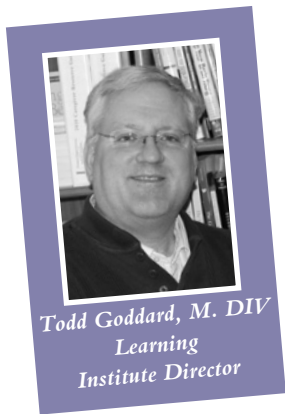
Barry Petersen, an award winning CBS correspondent has covered wars, genocide, and several Bosnian war crimes. One report he could have never prepared himself for, however, is when his wife, Jan, was diagnosed with Early Onset Alzheimer's at the age of 55. He describes the progression of the disease, life as a caregiver, emotional struggles, and deciding placement options. This love story tells the heart wrenching details of Early Onset Alzheimer's disease.

**The Shriver Report: A Woman's Nation Takes on Alzheimer's.**

*Maria Shriver, October 2010*

A woman's perspective on Alzheimer's is the first comprehensive multi-disciplinary look at these questions during this transformational moment. The report will examine the current trends in thinking about Alzheimer's, societal impacts, and medical research. Individuals share their personal struggles with the disease as patients, caregivers, and family members.

All books, videos and memory boxes can be requested via the web at <http://alz-rochesterny.org/library.php> or by calling the Alzheimer's Association at 1.800.272.3900. A \$20 deposit is required for all videos and DVD's as well as our memory boxes.



## News from the Learning Institute

There is a high likelihood that dementia touches your life. We estimate 5.4 million Americans have Alzheimer's disease. Hundreds of thousands have related dementias. Nearly 15 million provide unpaid care and double that provide professional care.

Care partner education provides strategies and tools that benefit individuals you care about who are affected by dementia. Whether you

are a person with dementia or a care partner, education provides opportunities to improve your life and the lives of others.

We offer educational opportunities for families and friends in all nine counties we serve. Either by class room or via the Internet, our staff provides the most up to date proven strategies for individuals to overcome some of the most challenging barriers facing people with dementia.

We focus on life and living well. Given the reality of Alzheimer's disease and related dementias, we believe it is very important to focus on abilities and strengths, celebrating the individual, and providing supportive programs and services for both care partner and the person with dementia.

The education we provide professionals is targeted to those who provide services across the aging spectrum. You are likely to find us teaching classes of paramedics and police officers, clergy and faith community leaders, and nurses and occupational therapists. Our classes are taught to social workers parked in their car while they connect to us by computer after a home visit, to activity professionals working in assisted living communities, and to nursing assistants providing care in nursing homes.

All of our education is tailored to enhance sensitivity to the diverse people we serve. We teach in English and Spanish. Some of our classes are even translated into Russian. We intentionally seek out individuals who are at greater risk of developing late life dementia, especially members of the African-American and Hispanic / Latino community.

Of the 24,000 people with Alzheimer's in our nine-county area, we served nearly 6,000 people in our classes last year. This tells us that there remain considerable barriers to getting people into education. Know that we are actively seeking new strategies to serve more people and that we are always open to your feedback. Email me at [todd.goddard@alz.org](mailto:todd.goddard@alz.org) or give me a call at 1.800.272.3900.

See you in class!

## 4<sup>th</sup> Annual Early Stage Conference

The Alzheimer's Association is hosting the 4th Annual Early Stage Conference, planned by people with dementia for people with dementia and their care partners. This event will take place on **Wednesday, August 3, 2011** at the **Pieters Family Life Center**, 1025 Commons Way, Rochester, New York 14623.

The planning committee has chosen the theme for the day: **"Living Your Best with Memory Loss."** Topics of interest have yet to be chosen, however, topics in the past have included research, laughter yoga, acceptance and disclosure, depression and stress reduction, legal and financial issues, organize and streamline your home, healthy lifestyle strategies, driving and dementia, and music and the arts. Leading professionals will be recruited to facilitate sessions selected by the planning committee.

RSVP early! Space is limited and there is always a waiting list. Call to register 1.800.272.3900, toll-free, anytime 24/7/365. This whole day conference is free for persons with dementia, \$15 for care partners, and \$50 for professionals. Lunch and snacks are included.

Our thanks is extended to Heritage Christian Service and Pieters Family Life Center for their continued support of this event.

## 1<sup>st</sup> Annual Spanish Language Caregiver Conference

**La pérdida de la memoria, ¿Cuándo debemos preocuparnos? Con la participación del Dr. José Lafosse.**

Reserve el día! La Asociación del Alzhéimer cordialmente le invita a asistir a la conferencia; La pérdida de la memoria, ¿Cuándo debemos preocuparnos? Presentada por, **José M. Lafosse, Ph.D., ABPP; Regis University**, Tendremos la Colaboración de, Greg Piede, abogado y presentador de, La ley del Envejeciente (Elder Law), Planificación de las, Posesiones y del Seguro Médico (Medic Aid), Carmelo Ramos, A.A.S. Instructor de Tai Chi & Especialista de Medicina Integrada.

Fecha de la Conferencia: Jueves 16 de junio del 2011. Hora: 8:30 am. - 12:00 pm.

Brass Chandelier Room, Monroe Community Hospital, 435 East Henrietta Road, Rochester, New York, 14620.

Costo: gratis!

La conferencia será en español. Para más información acerca de esta conferencia o de otros servicios que provee la Asociación del Alzhéimer en Rochester, favor de llamar al 1.800.272.3900.

## Mt. Olivet Baptist Church Dementia Caregiver Symposium - "Healthy Body, Healthy Mind, Healthy Living"

The Alzheimer's Association is pleased to announce the 4th Annual African American Dementia Caregiver Symposium, planned for Saturday, May 21, 2011, from 8:30 AM to 2:00 PM. It will be held at Monroe Community Hospital, Brass Chandelier Room, located 435 East Henrietta Road, Rochester, New York 14620.

The theme of the African American Symposium is, "Healthy Body, Healthy Mind, Healthy Living." The focus will be on caring for the aging population, and their caregivers. Also discussed will be effective communication strategies, improving brain health by enhancing lifestyle changes [through the preparation of healthy meals and adapting to healthy eating habits].

The keynote lecturer will be Ashley Harmon, M.D.: Dr. Harmon is a Geriatric Psychiatry Fellow with the Older Adults

Outpatient Clinic at the University of Rochester Medical Center, Rochester, New York. She was educated at the University of Louisville School Of Medicine and completed her residency in the Department of Psychiatry and Behavioral Neuroscience at the University of Cincinnati, Cincinnati, Ohio.

Also speaking will be Mollie Richards, OTR/L, MS Ed, an Occupational Therapist and Director of Rehabilitation Programs at Jewish Senior Life, Rochester, New York. She will discuss "Effective Communication Strategies." Mrs. Richards is a recognized state and national leader in the field of dementia and is a member of the Alzheimer's Association, Board of Directors, Rochester, NY and the Finger Lakes.

A registered dietician will speak on the benefit of healthy nutrition and eating habits.

Special guest will include Mt. Olivet Baptist Church / Alzheimer's volunteers, Marvell and Rosa Payne. Marvell is in the early stages of Alzheimer's and Rosa is his life-long wife and care partner.

This is a cooperative event, supported by Jewish Senior Life, Mt. Olivet Baptist Church Alzheimer's Outreach Ministry, American Diabetes Association, the National Kidney Foundation, Linda Davis, certified massage therapist, and the Alzheimer's Resource / Support Team.

There is no charge for this event and a light healthy snack will be provided. Registration is important; space may be limited. RSVP by May 13, 2011 to 1.800.272.3900, or contact Emily Smith at [emily.smith@alz.org](mailto:emily.smith@alz.org).

## 9<sup>th</sup> Annual Academic Symposium

Professionals working in the field of aging are invited to attend the 9th Annual Academic Symposium, titled "Innovation! Alzheimer's Disease, Diagnosis, and Care." This event, held with our partner, Finger Lakes Geriatric Education Center of Upstate New York (FLGEC-UNY), will be at the **Rochester Academy of Medicine**, 1441 East Avenue, Rochester, NY 14610 on **Wednesday, June 15, 2011 from 4:00 pm to 7:00 pm**.

**Jose M. Lafosse, Ph.D.**, Associate Professor, Department of Psychology & Neuroscience, Regis University, Denver, CO will speak from 5:00 pm to 6:00 pm on "A Cultural Perspective of Dementia in Latinos." Dr. Lafosse is a bi-lingual, licensed clinical neuropsychologist, a graduate of University of Southern California and Loyola Marymount University, and has had extensive research, publication, and presentation experience in the field of neuropsychology and dementia. He serves on the Medical – Scientific Committee of the Alzheimer's Association, Colorado Chapter.

**Anton P. Porsteinsson, M.D.**, William B. and Sheila Konar Professor, Department of Psychiatry, University of Rochester Medical Center, Rochester, NY will speak from 6:00 pm to 7:00 pm on "Ending Alzheimer's Disease as We Know It!" Dr. Porsteinsson is a graduate of the University of Iceland School of Medicine. He completed his psychiatry residency at the University of Rochester School of Medicine and Dentistry. He is a leading researcher, has published extensively, and is the Director of the Memory Disorders Clinic and the Alzheimer's Disease – Care, Research, and Education Program for the University of Rochester Medical Center.

Registration will begin at 4:00 pm with a welcome wine and cheese reception. The cost of this event is \$50 per person. Reservations are limited. Call to register 1.800.272.3900, or contact Emily Smith at [emily.smith@alz.org](mailto:emily.smith@alz.org).

## Education Opportunities for Professionals

Registration is required for all professional education opportunities and a fee may be charged.  
To register please call 1.800.272.3900 or visit [www.alz.org/rochesterny](http://www.alz.org/rochesterny).

### **Tuesday, May 3, 2011**

Train the Trainer© Course #4: "End of Life" (Part I)  
6:00 PM – 9:00 PM  
Monroe Community Hospital, Alzheimer's Association  
Education Center, 3rd Floor,  
435 East Henrietta Rd, Rochester

### **Thursday, May 5, 2011**

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

### **Thursday, May 5, 2011**

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

### **Tuesday, May 10, 2011**

Train the Trainer© Course #4: "End of Life" (Part II)  
6:00 PM – 9:00 PM  
Monroe Community Hospital, Alzheimer's Association  
Education Center, 3rd Floor,  
435 East Henrietta Rd, Rochester

### **Tuesday, May 17, 2011**

Train the Trainer© Course #5: "Sexuality and  
Intimacy"  
6:00 PM – 9:00 PM  
Monroe Community Hospital,  
7th Floor Conference Room,  
435 East Henrietta Rd, Rochester

### **Thursday, May 19, 2011**

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, May 24, 2011**

Train the Trainer© Course #6: "Spirituality"  
6:00 PM – 9:00 PM  
Monroe Community Hospital,  
Alzheimer's Association Education Center,  
3rd Floor, 435 East Henrietta Rd, Rochester

### **Thursday, May 26, 2011**

Train the Trainer© Course #12: "Health,  
Wellness... and You!"  
9:00 AM – 4:00 PM  
Monroe Community Hospital, Alzheimer's  
Association Education Center,  
3rd Floor, 435 East Henrietta Rd, Rochester

### **Thursday, May 26, 2011**

Train the Trainer© Course #1: "Nuts and Bolts of  
Dementia Care"  
9:00 AM – 12:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

### **Thursday, May 26, 2011**

Train the Trainer© Course #2: "Effective  
Communication in Dementia Care"  
1:00 PM – 4:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

### **Friday, June 3, 2011**

Train the Trainer© Course #3: "Problem Solving and  
Managing Behavioral Issues in Dementia Care"  
9:00 AM – 4:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

### **Tuesday, June 7, 2011**

Train the Trainer© Course #7: "Meaningful Activities  
for Dementia Specific Care"  
6:00 PM – 9:00 PM  
Monroe Community Hospital, Alzheimer's  
Association Education Center,  
3rd Floor, 435 East Henrietta Rd, Rochester

### **Friday, June 10, 2011**

Train the Trainer© Course #4: "End of Life"  
9:00 AM – 4:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

### **Friday, June 17, 2011**

Train the Trainer© Course #5: "Sexuality and  
Intimacy"  
9:00 AM – 12:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

**Friday, June 17, 2011**

Train the Trainer® Course #6: "Spirituality"  
1:00 PM – 4:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

**Friday, June 24, 2011**

Train the Trainer® Course #7: "Meaningful  
Activities for Dementia Specific Care"  
9:00 AM – 12:00 PM  
Southeast Steuben County Library,  
300 Nasser Civic Center Plaza, Corning

## Skill-Based Education

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, skill based education is being offered free of charge.

**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 800.272.3900 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.

## First Crush

Pro-Value Distribution Inc. is pleased to support the Alzheimer's Association with "First Crush" which automatically turns pills into powder. The rechargeable unit is easy to use. The regular price for this unit is \$249.95 but for a limited time only, it can be purchased for \$199.95 and \$25.00 will be donated to the Rochester Chapter of the Alzheimer's Association by the manufacturer. First Crush pillcrusher uses RX medication cups that can be purchased from the distributor as well for \$39.95 per thousand. This state of the art technology helps patients swallow and allows caregivers to administer medication accurately and painlessly. Call 585.783.1455 ext. 24 to order. All major credit cards accepted. Allow 5-7 days for shipping.



**FIRST CRUSH™**  
AUTOMATICALLY TURNS PILLS INTO POWDER™

First Crush™ Automated Pill Crusher—automated technology that helps patients swallow and clinicians administer medication accurately and painlessly.

**Additional benefits:**

- Better utilize nurse medpass time
- Hands-free operation—Reduce potential nurse injuries from manual devices
- More accurate dosing—more meds to the patient
- Minimize tube clogging
- Eliminate patients "spitting" out chunks
- Enhance compliance to medpass time regulations
- Vehicle to address "culture change" mandated by federal standards
- Standardize medication delivery—irrespective of whom is crushing

**Over 200% Finer Powder vs. Competition**  
Independent Analysis: Penn State Univ. 2009

**COMPLETE CUP™**

- One cup to crush, mix, and serve.
- Unique MEDSHIELD—FDA-cleared "Static-Free Treatment"

**CREATE POWDER, NOT PROBLEMS**  
Whether clogging of patient feeding tubes or patient's spitting out their medication, fineness of powder impacts clinical efficacy.

Across various combinations of the hardest pills to crush (Calciums, Multi-Vitamins, Senokot laxatives), First Crush™ consistently produced more fine powder than the competition for a set period of time and effort.

**Robert J. Miller, R.Ph., FASCP**  
"Compliance is fundamental in providing appropriate medication management and good patient care!"

As pharmacists and caregivers, we must utilize all our resources and do everything in our power to provide complete and accurate drug dosing to our patients. Over time, even small variations can be critical!"

2011

alzheimer's  association®

# CLASSIC LINKS GOLF RAFFLE

**Drawing: Thursday, May 26, 2011**

**6:30pm - 8:30pm**

**Monroe Golf Club, Pittsford, NY 14534**

Proceeds will benefit the Respite Program  
of the Alzheimer's Association

**TICKET PRICE \$100**

At least 19 raffle prizes, each for a round of golf  
for 3 people along with the prize sponsor,  
including greens fees, caddie or cart, plus lunch at:

Blue Heron Country Club	Monroe Golf Club
Bristol Harbour Golf Course*	Niagara Falls Country Club
Bristol Harbour Golf Course*	Oak Hill Country Club/West Course
Brockport Country Club	Penfield Country Club
Cobblestone Creek Country Club	PGA Village, Port St. Lucie, FL*
Country Club of Rochester	Ravenwood Golf Club*
Greystone Golf Club*	Shadow Lake Golf & Racquet Club*
Irondequoit Country Club*	Shadow Pines Golf Club*
Midvale Golf and Country Club	Silver Lake Golf Club*
Monroe Golf Club	

\*Golf foursome

Ticketholders need not be present to win.  
No substitution of the offered prize may be made  
and no cash will be given in lieu of the prize.

Alzheimer's Association • 585.760.5400 • [www.alz.org/rochesterny](http://www.alz.org/rochesterny)



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



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**

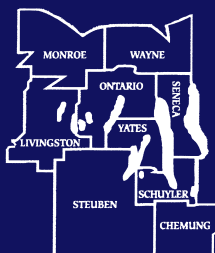
- For individuals and families
- Designed to help sort out issues
- Helps with reaching decisions appropriate to life circumstances

[www.alz.org/rochesterny](http://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.



**Save the Dates!**

**SATURDAY, SEPTEMBER 17, 2011  
CANANDAIGUA, NY**

**Registration:** 9:00 AM      **Walk:** 10:00 AM  
**Location:** M. M. Ewing Continuing Care Center  
350 Parrish St., Canandaigua, NY

**SATURDAY, SEPTEMBER 24, 2011  
ROCHESTER, NY – SUBURBAN WALK**

**Registration:** 9:00 AM      **Walk:** 10:00 AM  
**Location:** Mendon Ponds Park, Rochester, NY

**SATURDAY, OCTOBER 1, 2011  
ELMIRA, NY**

**Registration:** 9:00 AM      **Walk:** 10:00 AM  
**Location:** Eldridge Park, Elmira, NY

**SATURDAY, OCTOBER 22, 2011  
ROCHESTER, NY – CITY WALK**

**Registration:** 9:00 AM      **Walk:** 10:00 AM  
**Location:** Corn Hill Neighborhood - Adams Street  
Recreation Center

**SATURDAY, OCTOBER 29, 2011  
GENESEO, NY**

**Registration:** 9:00 AM      **Walk:** 10:00 AM  
**Location:** Village Park – Main Street, Geneseo, NY

**REGISTER TODAY AT: [www.alz.org/rochesterny](http://www.alz.org/rochesterny)**  
**For more information contact the Alzheimer's Association**  
**at 585.760.5472 or email [christine.lacey@alz.org](mailto:christine.lacey@alz.org)**

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