

Welcome...David Midland, new President/CEO of the Alzheimer's Association Rochester Chapter!

The Alzheimer's Association extends a warm and heartfelt welcome to the new President/CEO of the Rochester Chapter – David Midland.

David brings a wealth of nonprofit leadership expertise to his new position. He was most recently Executive Director of the National Association of Health Education Centers in Milwaukee, Wisconsin, and prior to that was President of Artpark in Lewiston, New York. David also was the first Executive Director of the Tampa Bay Performing Arts Center, and General Manager of the Brooklyn Academy of Music.

He holds a BA from the University of Chicago and an MFA from New York University's School of the Arts. In addition, he has two Honorary Doctorate degrees and was given the Leonard L. Huttleson Special Services Award by the New York State Council of Parks and Recreation.

"I am delighted to join the Rochester Chapter team and further the mission of the Alzheimer's Association. We have made great strides in the past few decades in terms of programs, services, funding, and research, but there is much more work to do. I feel privileged to have an opportunity to contribute to that process."

Recognizing that almost 30 years ago, a small group of people in the Rochester region (led by Debra Mayberry) came together to seek support as they were coping with the devastating effects of Alzheimer's disease, David added, "back then, little was known about Alzheimer's and the positive difference support could play in the quality of life for people with the

disease and their caregivers. Now, decades later and with solid involvement of a dynamic team comprised of staff, volunteers, and an impressive board of directors, as well as the incredible generosity of thousands of donors, we have made great strides. I promise you that we will continue do our best each and every day to provide the very best in educational programs and supportive services that improve and enhance the physical and emotional health of people with dementia and those who care for them."

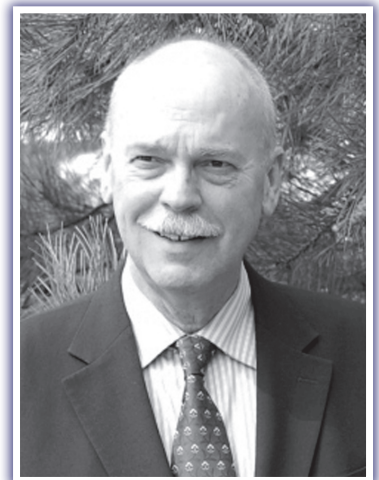


Photo by Dayna Carroll

*David Midland
President/CEO*

David looks forward to keeping in touch on a regular basis with those connected to the Rochester chapter through this newsletter, the website, Facebook and Twitter postings, as well as a President's blog. Should you have any questions or comments for David, please feel free to contact him at 585.760.5400.

What's Inside

Page 2-5.....	Resource Center™
Page 6-9.....	Learning Institute™
Page 10.....	Public Policy
Page 11.....	Research



Soft Sensory for those with Late Stage Alzheimer's

Our new Soft Sensory program provides comfort and sensory stimulation to those in the late stage of Alzheimer's disease or related dementia through gentle massage, relaxing music and aroma therapy. The soft

sensory techniques are reviewed with families through our hands-on education program and are provided in the privacy of their own homes. Dementia care specialists meet with interested families to demonstrate the soft sensory techniques so families can continue to connect

with their loved one in a more meaningful way.

This program is free of charge but families will need to purchase a soft sensory kit to continue the program on their own after the hands-on education is provided. If you'd like to underwrite the cost of a kit for families with limited means, please call our development office at 585.760.5400.

Introduction to soft sensory takes 1-1½ hours and dates and times are flexible. To learn more about this program or to sign up for education contact the Resource Center™ at 585.760.5400 or 800.272.3900.

Caregiver Corner

Q: *I am 55 years old and was recently diagnosed with what my doctor called “younger-onset” Alzheimer’s disease. My wife and I are overwhelmed and do not really understand what this means. I continue to work, but I am noticing that it is becoming more challenging to keep up with the pace. Can you give us some information and advice on how to handle this new diagnosis?*

A: Receiving a diagnosis of Alzheimer's disease at any age is overwhelming. However, we do acknowledge that “younger-onset” Alzheimer's disease brings with it a unique set of challenges usually due to the young age of those affected. “Younger-onset” refers to those who are diagnosed with Alzheimer's disease before the age of 65.

You and your wife are navigating new ground in your lives that can be scary. Keep your lines of communication open with each other, your family, and doctors. Find ways to connect to other people dealing with the same diagnosis so you can gain strength and support from them. Your local Alzheimer's Association is a good place to start not only for support, but for education about the diagnosis and community resources. Feelings of anger, denial, fear, depression, and frustration are all normal feelings for each of you to experience.

If you feel comfortable, talk to your employer about your diagnosis and see if the job can be modified at all to make it easier for you to accomplish tasks. You can use calendars, planners and memos to remind yourself of timelines. Sometimes breaking larger tasks down into smaller, more manageable ones makes things a bit easier to handle. Discuss with your wife and doctor when might be the right time to consider retiring. It may be helpful to do

some research ahead of time on early retirement packages, insurance policies or benefits such as Social Security Disability that are available to you when you need them.

For additional information on “younger-onset” Alzheimer’s disease or programs and services available to you, contact the Alzheimer’s Association at 1.800.272.3900.

Caregiver Resource Centers

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

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

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

Salvation Army
70 Liberty Pole Way
Rochester, NY 14604

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

Voices

Panel Question: *It is common for people with Alzheimer's disease or a related dementia to experience changes in their senses. Have you experienced changes in any of the five senses? If so, how do you compensate for these changes? In planning for changes that can occur, what safety precautions have you taken to ensure that you are safe inside or outside of your home?*

Answer: Panelists did not find that there were too many changes in the areas of touch, hearing or smell, but several were noted in the areas of taste and sight. Many agreed that food does not taste as good as it used to and many people are using more salt, pepper and other seasonings, dressings and sauces to make food more enjoyable. One man noted that his appetite in general is not as robust as it once was and he does not have the same desire for food as he used to. In the area of sight, changes in depth perception were noted by several panelists. One man said that a black and white tile pattern on his kitchen floor poses a challenge for him because the black tiles often look like they are jumping out at him. Stairs can also be challenging especially if they were all one color said one panelist commenting on how difficult it is to tell when one starts and another ends. One man also noted difficulty when driving; he said it is hard to distinguish the lines on the road and which lane he is supposed to be in. Some panelists noted that they do not see things that are right in front of them or have knocked over an object such as a drink due to being unsure where exactly the object was on the table.

Panelists are doing well planning for changes that can take place in the disease process. Many have installed grab bars or handrails both inside and outside to improve stability on stairs, in bathrooms or walkways. Many people have also increased the lighting in several areas of their homes or installed lights that come on automatically when they enter a room. Several are renovating their current homes to make them more accessible or getting their homes ready to sell to move into a home that better accommodates their changing needs. During winter months, panelists stressed how important it is to keep walkways free of ice and snow to prevent unnecessary accidents. Many panelists are also registered in the Medic Alert® + Alzheimer's Association Safe Return® Program as an additional safety measure.

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

Voices panelists for this article include: Chuck, Jim, Marvell, Ralph, Marion, Manville and Jake.

Early Stage Support Group

Since the early 1980's the local Alzheimer's Association has offered Early Stage Support Groups for caregivers and those with Alzheimer's disease or other related dementias in the early stage. The groups are designed to educate families on the disease and provide the needed support to both the person with dementia and their primary caregiver in a confidential, supportive environment. The next ESSG will be held on six **Thursdays, June 10th – July 15th 2010 2:00-3:30PM**. There is no fee to attend but registration is required.

Please contact the Alzheimer's Association at 585.760.5400 for further information.



+ safe alzheimer's association
return

Safe Return Saves Lives

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

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

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

Caregiver Support Groups

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

CHEMUNG COUNTY

HORSEHEADS

Appleridge at Bethany Village
3rd Thursday
12:15 – 1:15 PM
(Lunch provided)

LIVINGSTON COUNTY

DANSVILLE

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

GENESEO

United Methodist Church
2nd Tuesday
1:00 – 2:30 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 Wednesday
6:00 – 7:30 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

Trinity Emmanuel Lutheran Church
1st Friday
6:00 – 7:00 PM

Lewy Body Group
Faith Lutheran Church
3rd Thursday
2:30 – 3:30 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

CLIFTON SPRINGS

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

PAINTED POST

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

WAYNE COUNTY

NEWARK

DeMay Living Center
2nd Wednesday
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 585.760.5418.

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

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

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

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

Dementia Book

The Last of His Mind: A Year in the Shadow of Alzheimer's disease, by John Thorndike, October 2009. In this engrossing memoir, a son tells a touching story of family, death, discovery, and devotion. At 92 his father is suffering from congestive heart failure and Alzheimer's disease. Due to his declining cognitive ability, he is not able to care for himself. The son honors his father in the most profound way and is blessed by participating in the event of his father's life.

Life in the Balance: A Physician's Memoir of Life, Love, and Loss with Parkinson's Disease and Dementia by Thomas Graboys & Peter Zheutlin, September 2009. Dr. Tom Graboys was one of the most respected cardiologist at Boston's Brigham and Women's Hospital. Before long, he was diagnosed with Parkinson's and Lewy body dementia. In this memoir he writes how this debilitating disease has affected him, and the effect it has on his family. He is continuing to provide vital medical help to patients and their families in an innovative way through his experience.

Dementia DVD

DVD: "What Every Caregiver Needs to Know about Alzheimer's Disease" produced by Terra Nova Films. This DVD designed for professionals and family caregivers explains the different regions of the brain and how changes to various areas can cause different types of behaviors or memory problems. Doctors, care staff and caregivers discuss ways of adapting and simplifying tasks that can help provide dignified care for a loved one.

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

New Caregiver Support Group for Individuals Impacted by Lewy Body Dementia

This support group is specifically designed for individuals caring for a loved one with Lewy Body Dementia. No pre-registration required. Call the Resource Center at 585.760.5400 for more information.

Date: 3rd Thursday of the month

Time: 2:30 PM – 3:30 PM

Location: Faith Lutheran Church, 2576 Browncroft Boulevard, Rochester, NY 14625

Log On, Friend Us, Tweet Us...

www.alz.org/rochesterny

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

www.alz.org

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



Professional Network

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 Professional Network meeting will focus on the unique needs of individuals with younger-onset dementia.

Anton Porsteinsson, MD, Associate Professor of Psychiatry, Director of the Alzheimer's Disease Care, Research and Education Program and the Memory Disorders Clinic will share his insights on younger-onset dementia. Younger-onset is characterized by an individual who is affected by the disease under the age of 65, many in their 40s and 50s. In addition to the medical component of this disease the specific social and emotional challenges will also be explored by Tanita Bell, MSW Care Coordinator of the Alzheimer's Association. On **Tuesday, May 11th** join us for a look at *younger-onset dementia*.

Meetings are held from 1:00 pm to 2:30 pm 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.

Support for those with Dementia

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

Education Opportunities for Family Caregivers

Registration is required for all caregiver 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 caregivers caring for an aging loved one with long- and short-term care needs in Monroe County. These educational programs are highlighted in green and are open to all caregivers. For general caregiver programs highlighted in green, please call 585-760-5400.

Chemung County

Wednesday, May 5, 2010

"Communication Through the Stages"

1:00 PM - 2:30 PM

First Presbyterian Church
1054 West Clinton St, Elmira

Wednesday, May 5, 2010

Caregiving 107: "I Am Not Losing My Mind! The Mental Health Aspects of Dementia" / 6:30 PM - 8:30 PM

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

Wednesday, June 2, 2010

"Managing Challenging Behaviors"

1:00 PM - 2:30 PM

First Presbyterian Church
1054 West Clinton St, Elmira

Wednesday, June 2, 2010

"Dementia vs. Normal Aging"

6:30 PM - 8:30 PM

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

Thursday, June 10, 2010

"Newest Alzheimer's Treatment Modalities" / "Discussing Treatments with Your Doctor"

6:00 PM - 8:00 PM

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

Wednesday, July 7, 2010

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

6:30 PM - 8:30 PM

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

Livingston County

Wednesday, June 23, 2010

"Nutrition and Dementia" / "Driving and Dementia"

6:30 PM - 8:30 PM

Central Presbyterian Church
31 Center St, Geneseo

Monroe County

Saturday, May 1, 2010

3rd Annual African American Symposium:

"Aging Well" / 8:30 AM - 3:00 PM

Mt. Olivet Baptist Church, 141 Adams St, Rochester

Tuesday, May 4, 2010

"Nutrition and Dementia" / "Techniques for Families Giving Daily Care"

6:30 PM - 8:30 PM

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

Thursday, May 6, 2010

CALO Week 5: "Financial Planning" / "Elder Law: Estate and Medicaid Planning" / "Advance Directives"

1:00 PM - 3:00 PM

RIT Rivers Run, 50 Fairwood Dr, Rochester

Tuesday, May 11, 2010

"Understanding Alzheimer's Disease" *

2:00 PM - 4:00 PM

Blackwell Estates, 5 Antoinette Dr, Rochester

Wednesday, May 12, 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, May 13, 2010

"Aging, Dementia and Alzheimer's Disease" [Spanish language]

2:00 PM - 4:00 PM

Hudson Ridge Tower
401 Seneca Manor Dr, Rochester

Monday, May 17, 2010

"Brain Wellness Strategies"

6:30 PM - 8:00 PM

Faith Lutheran Church
2576 Browncroft Blvd, Rochester

Monday, May 17, 2010

"Hospital (Acute) Care" / "Nursing Home Placement" / 6:30 PM - 8:00 PM

Mt. Olivet Baptist Church
141 Adams St, Rochester

Wednesday, May 19, 2010

"Topic: TBD"

10:30 AM - 11:30 AM

ABVI-Goodwill, 1807 Nathaniel Poole Way
Brockport

Wednesday, May 19, 2010

"Dealing with Denial"

1:00 PM - 2:00 PM

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

Thursday, May 27, 2010

"Communication Through the Stages" / "Role Changes and Transitions"

1:00 PM - 3:00 PM

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

Thursday, May 27, 2010

"Family Dynamics and Conflicts" / "Stress Relief"

1:00 PM - 3:00 PM

Cottage Grove, 4420 Buffalo Rd, North Chili

Tuesday, June 1, 2010

"Aging, Dementia and Alzheimer's Disease" [Spanish language]

11:00 AM - 1:00 PM

Community Place, 144 Parsells Ave, Rochester

Wednesday, June 2, 2010

"Community Resources"

6:30 PM - 8:00 PM

Brockport Free Methodist Church
6787 4th Section Rd, Brockport

Thursday, June 3, 2010

CALO Week 6: "Nurturing the Human Spirit"

1:00 PM - 3:00 PM

RIT Rivers Run, 50 Fairwood Dr, Rochester

Tuesday, June 8, 2010

"Memory Loss" [Spanish language]

10:30 AM - 12:30 PM

Centro de Oro, 817 East Main St, Rochester

Tuesday, June 8, 2010

"Understanding Alzheimer's Disease" *

2:00 PM - 4:00 PM

Glenwood Gardens, 41 Kestrel St, Rochester

Tuesday, June 8, 2010

“Long Distance Caregiving” / “Managing Grief and Guilt”

6:30 PM - 8:30 PM

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

Wednesday, June 9, 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

Wednesday, June 16, 2010

“Managing Challenging Behaviors”

1:00 PM - 2:00 PM

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

Thursday, June 17, 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, June 17, 2010

“Health, Wellness and You”

1:00 PM - 3:00 PM

Cottage Grove, 4420 Buffalo Rd, North Chili

Tuesday, June 22, 2010

“Communication Through the Stages”

3:00 PM - 4:00 PM

Crimson Ridge, 1 Treeline Dr, Rochester

Thursday, June 24, 2010

“Steps to Understanding Legal and Financial Issues” / “Community Resources”

1:00 PM - 3:00 PM

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

Thursday, July 1, 2010

CALO Week 1: “How to Get Started” / “Aging Trends” / “Sensory Impairments and Mental Health”

1:00 PM - 3:00 PM

RIT Rivers Run, 50 Fairwood Dr, Rochester

Wednesday, July 7, 2010

“Meaningful Activities for Persons with Dementia” / “Humor” / 6:30 PM - 8:30 PM

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

Tuesday, July 13, 2010

“Understanding Alzheimer's Disease” *

2:00 PM - 4:00 PM

Parliament Arms, 2130 Saint Paul St, Rochester

Wednesday, July 14, 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, July 19, 2010

“Caregiver Efficacy: Coping and Empowerment” / 6:30 PM - 8:00 PM

Faith Lutheran Church
2576 Browncroft Blvd, Rochester

Wednesday, July 21, 2010

“Dementia vs. Normal Aging”

1:00 PM - 2:00 PM

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

Thursday, July 22, 2010

“Assertiveness in Emergency and Public Situations / Hospitalization” / “Safe Proofing Your Home”

1:00 PM - 3:00 PM

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

Thursday, July 22, 2010

“Creating a Comprehensive Care Plan” / “Community Resources”

1:00 PM - 3:00 PM

Cottage Grove, 4420 Buffalo Rd, North Chili

Thursday, July 22, 2010

“Topic: TBD” [Russian language]

2:00 PM - 4:00 PM

Ellison Park Apartments
122-B Bobrich Ave, Rochester

Ontario County

Wednesday, June 23, 2010

“Understanding Alzheimer's Disease” *

10:00 AM - 12:00 PM

St. Januarius, 180 North Main St, Naples

Thursday, July 15, 2010

“Health, Wellness and You”

1:00 PM - 3:00 PM

Finger Lakes VNS, 756 Pre-Emption Rd, Geneva

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

Schuyler County

Tuesday, May 25, 2010

“End of Life Decision Making for the Cognitively Impaired” / “Final Stage: What to Expect” / 1:00 PM - 3:00 PM

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

Tuesday, July 13, 2010

“Memory Loss: Is It Always Alzheimer's Disease” / “Working with Your Physician Through the Diagnosis Process”

1:00 PM - 3:00 PM

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

Seneca County

Thursday, May 6, 2010

“Understanding Alzheimer's Disease” *

10:00 AM - 12:00 PM

Seneca County Office for the Aging
1 DiPronio Dr, Waterloo

Steuben County

Tuesday, May 25, 2010

“Understanding Alzheimer's Disease” *

1:00 PM - 3:00 PM

Centenary United Methodist Church
3 West Washington St, Bath

Wednesday, July 14, 2010

“Understanding Alzheimer's Disease” *

5:30 PM - 7:30 PM

Healthworks Wellness and Fitness Center
9768 Lynn Morse Dr, Painted Post

Wayne County

Thursday, May 13, 2010

“Understanding Alzheimer's Disease” *

6:00 PM - 8:00 PM

Faith United Methodist Church
12223 Oswego St, Wolcott

Sunday, May 23, 2010

“Aging, Dementia and Alzheimer's Disease” [Spanish language]

3:30 PM - 5:30 PM

St. Gregory's Church, 3799 Union St, Marion

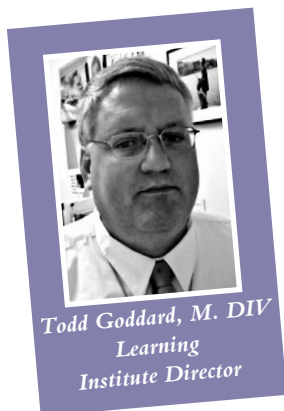
Tuesday, July 13, 2010

“Effective Communication” / “Managing Challenging Behaviors”

10:00 AM - 12:00 PM

Wayne County Department of Aging and Youth
1519 Nye Rd, Lyons

News from the Learning Institute™



Our efforts to bring education to traditionally underserved constituents are beginning to bear fruit. In the first two months of this year we hosted 4 sessions totaling 121 African-American attendees, 7 Spanish language sessions totaling 139 Hispanic/Latino participants, and one session for blind and visually impaired individuals totaling 18.

The number of targeted classes and new site sponsors for the future is quickly expanding.

At the same time we have launched two Advisory Councils in the first quarter of the year: one focused on meeting the needs of African-Americans and the other dedicated to serving our Spanish language constituents. The goal of each Advisory Council is to sustain and grow our outreach and to extend the reach of the Learning Institute™ and all the programs and services of our chapter. If you are a leader in the African-American or Hispanic/Latino community who would like to serve in this volunteer capacity, contact me (585.760.5471 or todd.goddard@alz.org) and we'll get the process rolling.

Webinars are coming to the Learning Institute™! Plans are being made to launch internet based educational events starting this fall. Students will be able to open their internet browser, go to a specified web address, enter the login information, and be connected to a live meeting hosted by one of our experienced faculty. This additional educational opportunity will nicely complement our text based education, One Minute video education, and the classroom education already offered by the Learning Institute™.

Southern Tier Hospice and Palliative Care recently contracted with the Learning Institute™ to become a long term partner, bringing dementia education to staff and families. We applaud their efforts to create a dementia specific interdisciplinary team to complement their existing cancer and cardiac related teams. Southern Tier Hospice and Palliative Care is on the cutting edge of delivering in-home, appropriately managed pain and end of life care for persons in Steuben, Schuyler, and Chemung counties. The Learning Institute™ is currently meeting with other agencies to bring evidence based, dementia specific caregiver education to both professionals and families.

The Third Annual Early-Stage Conference is planned for

Continued on page 9.

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, May 5, 2010

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

Tuesday, May 11, 2010

Train the Trainer Course #9: "Music and Dementia - Making a Connection"

9:00 AM - 12:00 PM

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

Tuesday, May 11, 2010

Train the Trainer Course #10: "Dementia, Art, and the Quality of Life"

1:00 PM - 4:00 PM

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

Wednesday, May 12, 2010

"Alzheimer's Disease for Emergency Services"

6:30 PM - 8:30 PM

St. Joseph's Hospital
555 East Market St, Elmira

Wednesday, May 19, 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

Wednesday, May 26, 2010

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, June 3, 2010

8th Annual Symposium: "Alzheimer's Disease and Related Dementias: Putting Research to Work" / 8:00 AM - 4:15 PM

RIT Inn & Conference Center
5257 West Henrietta Rd, West Henrietta

Wednesday, June 9, 2010

"Alzheimer's Disease for Law Enforcement" / 6:30 PM - 8:30 PM

St. Joseph's Hospital
555 East Market St, Elmira

Thursday, June 10, 2010

Train the Trainer Course #5: "Sexuality & Intimacy" / 6:00 PM - 9:00 PM

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

Tuesday, July 13, 2010

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

Tuesday, July 20, 2010

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

3rd Annual African American Symposium: “Aging Well”

Join us for our third annual African American Symposium, hosted by the Mt. Olivet Baptist Church Alzheimer's Support Ministry, at Mt. Olivet on Saturday, May 1, 2010 from 9:00 AM to 3:00 PM. Keynote speakers include Miles Zatkowsky, Esq. on Medicaid and Medicare Laws, Dr. Bernie Shore, a stroke specialist and a stroke survivor. Other healthcare organizations are collaborating with this event, including The American Diabetes Association, The American Heart Association, The National Kidney Foundation, and Jewish Senior Life.

This symposium is designed to inform the community

about dementia specific diseases such as Alzheimer's and stroke, to provide caregivers with information about available community resources and education, and to educate participants on reducing the risk of memory loss by maintaining a healthy brain. This program will provide understanding of Medicaid and Medicare laws and their effects on personal assets.

There is no admission fee and lunch will be provided. Registration is required. To register please call the Alzheimer's Association at 585.760.5400 or 800.272.3900.

8th Annual Symposium: “Alzheimer's Disease and Related Dementias: Putting Research to Work”

The Learning Institute™ and the Finger Lakes Geriatric Education Center of Upstate New York (FLGEC-UNY) are hosting a collaborative symposium to create a platform for specialists to share research, open means for future synergistic collaboration, strengthen the regional research effort, and to collectively create a world without Alzheimer's disease.

Presenters include leaders in the field of neuroscience and dementia care, including:

- Dr. Frederick Marshall, a Neurologist with URMC
- Dr. Anton Porsteinsson, a Psychiatrist with URMC
- Susan Ruhlin with URMC
- Dr. Michelle Carpenter, a Geriatrician with URMC
- Elaine Rinfrette, a Ph.D. candidate at the University at Buffalo
- Bobby Jo Milton, ProAction Yates County Office for the Aging
- Tamara Leach, Lifespan's Geriatric Addictions Program
- Dr. G. Allen Power, St. John's Home

- Dr. Annette Medina-Walpole, URMC Division of Geriatrics and Aging
- Marvell Adams, The Living Center at The Highlands
- Chantel Truax, The Living Center at The Highlands
- Kim Bidleman, The Living Center at The Highlands
- Pat Interlicchia, The Living Center at The Highlands
- Paula Casselman, Alzheimer's Association
- Dr. Gary Warner, Canandaigua Veteran's Administration and URMC Geriatric Assessment Clinic
- Dr. Gary Kockersberger, Canandaigua Veteran's Administration and URMC Geriatric Assessment Clinic

This event will be held Thursday, June 3, 2010 at the R.I.T. Inn & Conference Center, 5257 West Henrietta Road, West Henrietta, New York 14586. The event begins at 8:00 AM and ends at 4:15 PM. The fee is \$90 per person through 4/30, \$100 per person after 5/1. Breakfast, lunch, and breaks are included. Brochures / Registration Forms are available at: <http://www.alzassnrochny.org/2010Symposium.html>

News from the Learning Institute

Continued from page 8.

Tuesday, August 3, 2010 at Pieters Family Life Center, 1025 Commons Way, Rochester, NY 14623. Individuals in the early stage of dementia and care partners are encouraged and welcome to attend. This conference is planned by persons with dementia for persons with dementia. We have more than 6 couples on the planning committee, several volunteer professionals, and staff.

The theme for the Early-Stage Conference is “Hope for Tomorrow, Tools for Today.” Our featured keynote speaker is Dr. Saleem Ismail, from the University of Rochester Memory Disorders Clinic. He will be speaking on research developments for those in the early stages of dementia. This event will include lunch and snacks and will cost \$10 for persons with dementia, \$25 for care partners, and \$50 for professionals. There will also be numerous breakout sessions and community partners sponsoring tables. To learn more, contact Eve Moses (585.760.5412 or eve.moses@alz.org).

Alois Society

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

\$10,000 and Above

JOHN AND MARY BARTHOLOMEW
 JOHN AND NATALIE BARTHOLOMEW
 MAX AND MARIAN FARASH FOUNDATION
 WILLIAM AND SHEILA KONAR
 BERNARD*, ILENE AND BARBARA KOZEL
 MARIE C. & JOSEPH C. WILSON FOUNDATION

\$5,000- \$9,999

DAVENPORT-HATCH FOUNDATION
 BILL AND CANDACE RYAN
 MARGARETE U. SNEAD
 ALEXANDER FAMILY/CRAIGIE BRAE REALTY Co., INC.

\$1,000- \$4,999

ANONYMOUS
 BARTHOLOMEW
 HEALTH CARE GROUP
 WILLIAM AND MARGARET BARTLETT
 RAYMOND BENITEZ
 BETHANY VILLAGE
 DONALD R. CHARLES JR.
 CAROL CHRISTENSEN
 COMFORT KEEPERS EAST
 T.M. AND M.W. CRANDALL
 FOUNDATION
 EISAI INC.
 EPISCOPAL SENIORLIFE COMMUNITIES
 EXCELLUS BLUECROSS BLUESHIELD
 THE FRIENDLY HOME
 HENRY AND YOLANDA GASBARRE
 MARY GAUDIOSO
 BURTON GORDON
 EILEEN AND MICHAEL GROSSMAN
 JIM AND ALICE HOLIHAN
 BRUCE HOLROYD
 ROBERT C. AND
 MARY K. HORTON FUND
 JEWISH SENIORLIFE COMMUNITIES
 BRADLEY KAMM HOLZ
 NAOMI KENNEDY
 DAVID KHALIL
 ROBERT LATOUR &
 PATRICIA TAYLOR
 MR. AND MRS. D. WILLIAM LEVESQUE

JAMES A. LOCICERO JR.
 M&T BANK FOUNDATION
 DEBRA AND THOMAS MAYBERRY
 MEDIVATION NEUROLOGY, INC.
 MELANIE MEYER
 GLENN AND BARBARA MILLER
 DAVID, JAMES, AND PAUL MINOR
 MONROE COUNTY OFFICE
 FOR THE AGING
 RICHARD E. MUELLER
 BARBARA NUSSMAN
 JOSEPH PERRONE
 STEWART C. PUTNAM
 SAM'S CLUB OF HORSEHEADS, NY
 QES SOLUTIONS
 RALPH AND MOLLIE RICHARDS
 EFP ROTENBERG LLP
 ST. ANN'S COMMUNITY
 ST. JOHN'S
 UNIVERSITY OF ROCHESTER
 MEDICAL CENTER/AD-CARE
 THE VANDIVERT FAMILY
 VISITING NURSE SERVICE
 WAL-MART OF PAINTED POST, NY
 ROBERT AND SUSAN WEBER
 CHRISTINE WICKERT
 SALLY WILKINS
 JAMES YOCKEL

*deceased

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.

Governor Signs Family Health Care Decisions Act!



Miles Zatkowsky, Esq.
 Board Member and Chair
 Public Policy Committee

On March 16, 2010 Governor Paterson signed into law the long awaited Family Health Care Decisions Act ("FHCD"). The law will now give family members and those close to a patient the right to make important medical decisions without a health care proxy.

The act was first introduced 17 years ago. New York had been one of the few states that prohibited family members from making health care decisions for incapacitated loved ones.

This legislation establishes a protocol for health care practitioners to determine whether a patient in a hospital or nursing home has decision-making capacity. When it is determined that a patient does not have decision-making capacity, the legislation requires the selection of a surrogate from a list of individuals ranked in order of priority, including family members, domestic partners and close friends. Various safeguards are required under the FHCD to prevent inappropriate decisions, including procedures for a patient, family member or physician to assert objections to the selection of a particular person as a surrogate or to a decision made by a surrogate.

Please keep in mind, the new law is not a replacement for executing an Advance Directive. Advanced Directives are as important as ever as medical advances change the landscape of available medical treatments. Work with your doctor, your attorney and your trusted family members to insure that not only you have the proper Advance Directives but that your treating physician has a copy in your medical record.

Without a statute such as the FHCD, the common law of New York State provides that life-sustaining treatment cannot be withdrawn

Continued on page 11.

Alzheimer's Disease Neuroimaging Initiative (ADNI): It's Been a Long Road, Baby!

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



Over five years have passed since the initiation of one of the largest US collaborative efforts for the study of Alzheimer's disease (AD). The Alzheimer's Disease Neuroimaging Initiative (ADNI) was an ambitious project designed to improve researchers' understanding of the clinical characteristics and biomarkers (measurable physical signs) of AD and create a standardized method for measuring signs of AD. Two hundred elderly controls, 400 participants with Mild Cognitive Impairment (MCI), and 200 participants with mild AD were followed over a period of 2-3 years, during which time participants completed annual or biannual tests of memory, cognition and function, and had brain imaging and blood work collected to analyze biomarkers of AD. Now the final "last" visits are nearing completion and the information collected so far has proved to be useful.

Perhaps one of the most unique characteristics of the ADNI Study is that the collected information is accessible to the public, which has encouraged many groups of researchers to look at the available data. Already approximately 50 articles referencing the ADNI Study have been published; many describe findings from the MRI and PET imaging sub-studies and several discuss advancements made in understanding the AD biomarkers beta amyloid and tau. One recent study, published in *Neurology* this past January (Petersen et al 2009) explores the clinical characteristics of the ADNI Study population at baseline and at the 12-month benchmark. As one might predict, statistically significant differences on most of the cognitive testing measures and levels of CSF biomarkers separated the three cohorts (control vs. MCI vs. AD) at

baseline. The differences between the cohorts' 12-month change scores (the change between baseline and month 12) were also frequently statistically significant, as overall the control cohort maintained performance while the MCI and AD cohorts worsened by different degrees on many of the tests. From the results of the study, researchers identified changes in CSF biomarkers that preceded changes in cognitive testing, suggesting that we may be able to identify who is at risk of further decline and who is likely to remain stable. It is hopeful that this information can be applied to improvement in measurements used for future AD clinical trials.

Based on the value of the information collected from the ADNI study the principal investigators were awarded additional funding to extend the study, thus providing a longer follow-up period. Most recently, a sequel to the study has been added: ADNI-GO ("Grand Opportunity"). In addition to continuing to follow currently enrolled participants from the control and MCI cohorts of the original study, ADNI-GO will add an additional cohort of 200 volunteers with Early MCI (EMCI). The researchers hope to continue building a deeper understanding of the relationship between the different signs and symptoms of AD while broadening the spectrum of memory impairment that is being studied. This new study allows researchers to better "fine-tune" the tools used in AD-related diagnostics and assessments and may lead to even earlier detection and subsequent improvements in the development of prevention strategies.

For more information about the ADNI studies, please refer to these websites:

www.adni-info.org

<http://www.adcs.org/Studies/ImagineADNI.aspx>

www.ClinicalTrials.gov (search for "ADNI")

Public Policy

Continued from page 10.

or withheld from an individual who has lost the capacity to make such decisions, unless clear and convincing evidence can be produced to show that the individual would have declined treatment if competent. An Advance Directive, such as a living will or a health care proxy, can serve as clear and convincing evidence of a patient's wishes, but many people do not prepare such directives while they are competent to do so. It is estimated that, although most people think it is a good idea, only 20% of New Yorkers have a health care proxy.

Each year, about 75,000 people die in New York without a health care proxy and lack the capacity to make their own health care decisions. Without this newly signed law, some incapacitated patients were denied appropriate palliative treatment which could have improved quality of life and reduced suffering, while others were subjected to burdensome, highly invasive treatment that potentially violated their wishes and prolonged their suffering.

For more information on Public Policy initiatives contact Kelly Harris at 585.760.5405.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ROCHESTER, NY
PERMIT No. 843

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

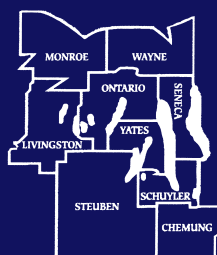
- Assessment of needs
- Assistance with planning and problem solving
- Development of an action plan

Counseling

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

www.alz.org/rochesterny

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.

2010 Classic Links Golf Raffle

This one-of-a-kind raffle gives you and your friends the unique opportunity to enjoy a round of golf at one of New York State's (and Florida's) premier golf and country clubs.

Tickets – \$100.00 each
(No more than 200 tickets will be sold!)

Ticket price includes a lively reception at Monroe Golf Club
Thursday, May 27, 2010 • 6:30 PM-8:30 PM

Drawing takes place during reception. (Ticket holders need not be present to win.)

FOR THE 17* WINNERS: The Prize includes a round of golf for 3 people along with the prize sponsor, greens fees, caddie or cart, and lunch at:

- | | |
|--------------------------------|--|
| Bristol Harbour Golf Course** | Oak Hill Country Club/West Course |
| Bristol Harbour Golf Course** | Oak Hill Country Club/West Course |
| Cobblestone Creek Country Club | Penfield Country Club |
| Country Club of Rochester | Ridgmont Country Club |
| Greystone Golf Club** | Shadow Lake Golf & Racquet Club** |
| Irondequoit Country Club** | Shadow Pines Golf Club** |
| Midvale Golf and Country Club | Ravenwood Golf Club** |
| Monroe Golf Club | PGA Village, Port St. Lucie, Florida** |
| Monroe Golf Club | |

**Golf Foursome *Additional courses may be added before evening of event.

To purchase a raffle ticket, contact the Alzheimer's Association at 585.760.5404.

All proceeds from this event benefit the Respite Program of the Alzheimer's Association,
435 E. Henrietta Road, Rochester, NY 14620 www.alz.org/rochesterny

Board of Directors

Victoria Hines
Chair

William Ryan
Vice Chair

Charles Runyon
Treasurer

Anthony Lee, Esq.
Secretary

Steven Ash
Melva Brown, Ph.D.

Todd Butler
Andrew Cappotelli
Elizabeth Harness Murphy

Norma Holland
Daniel Katz
Sheila Konar

Donald Lennox
Carol Podgorski, Ph.D.

Kay Prey
Stewart Putnam
Ralph Richards

Randy Terho
G. Russell West
David Woehr

Miles Zatkowsky, Esq.