



Thank you for helping us raise nearly \$645,000 last year through Walk to End Alzheimer's! In this issue, we'd like to highlight some of your stories and successes, as well as thank our generous corporate sponsors of the 2011 Walk season.

Meet South Carolina's top fundraising team, the Williams Warriors!

The Williams Warriors team raised an amazing \$20,792 at the 2011 Columbia Walk to End Alzheimer's. Their inspiration? An amazing woman.

Karen J. Williams of Orangeburg, SC, is a retired judge of the United States Court of Appeals for the Fourth Circuit. She was appointed in 1992 and served as its Chief Judge from 2007 until she stepped down in 2009 due to her diagnosis of younger-onset Alzheimer's. At that time, she was on the short list of President Bush's list of candidates for the opening on the Supreme Court.

"It was heartbreaking to me to see my mother, at the peak of her career, to be devastated by such an overwhelming diagnosis," said Charlie Williams, one of Karen's sons and the team leader of the Williams Warriors. "It was really devastating news to our family, but like we usually do, our family came closer together."

Not long after Judge Williams went public with her disease and retired, a close family friend told them about the Walk to End Alzheimer's in Columbia. The whole family got involved with fundraising, and they've participated each year since.

"While we could sit and wring our hands waiting to see what the future brings, my family chose to be proactive," said Marian Scalise, one of Karen's daughters. "Fundraising means that there may be new medicines to slow the advancement of the disease, to perhaps reverse the effects of the disease or even to cure it. As Mom has participated in clinical trials, we have seen the benefits firsthand of how these funds are being used."



Karen with her husband Charles Williams.

"The one thing I can assure my children of everyday is that there are people out there trying to find a way to help their grandmother," said Ashley Williams, also daughter to Karen. "Hopefully, one day there will be a drug to help with the symptoms and more importantly a cure. Until that time comes all we can do is treasure the memories we have and the memories we are making with her today."

Charlie attributes his team's Walk success to an outpouring of love and support for his mother. "We are truly blessed to have such caring and generous friends, who are willing to give, especially when times are hard for almost everyone. My mother is an amazing woman, and I am proud that she has had such an effect on so many people who chose to donate."

For more about Walk to End Alzheimer's, please turn to p. 8-9.



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A Message From Our CEO



Dear Friends,

As we usher in the New Year, we welcome new opportunities to make a difference for persons with dementia and their families. The need for our programs and services continues to grow as more individuals are being diagnosed with Alzheimer's disease and other forms of dementia.

The Alzheimer's Association - South Carolina Chapter is reaching thousands of individuals and their families in our state. This newsletter contains a reminder of the core services we are proud to offer, as well as a snapshot of how many South Carolinians were helped by these services over the last year. We are working to partner with the medical community in order to connect an increasing number of families with our services. We also encourage families to stay in touch and access our support throughout the progression of the disease.

In addition, the Alzheimer's Association continues to be the top private nonprofit funder of Alzheimer's research. As you know, new treatments are not possible without clinical trials to determine efficacy. Through our TrialMatch program, individuals like you are able to make a difference by locating and participating in clinical trials. There is a need for volunteers who are living with Alzheimer's disease, as well as volunteers with normal cognitive function. If you are interested in learning more about participating in clinical trials, please be sure to call our Helpline at 800-272-3900 for more information.

Spring is an exciting season for our chapter. Our Advocacy Day at the SC State House is an excellent opportunity to make a difference for thousands of families who take advantage of our Caregiver Respite Program. Please mark your calendar to join us at the State House on March 22 as we ask the SC General Assembly to restore funding for this vital program. We also have several local education opportunities available for you in the coming months.

All of our efforts are made possible through the generosity of our donors. I would like to thank the thousands of individuals, teams and sponsors who helped to make our 2011 Walk to End Alzheimer's a great success. Our spring and summer events, listed on the back cover, provide a variety of upcoming opportunities to support our mission. Together we will move our mission forward until we someday realize our vision of A World without Alzheimer's.

Sincerely,



Our Mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. **Our vision** is a world without Alzheimer's.

Board of Directors

We fortunate to be guided by the leadership of a very diverse and capable board of directors who share our passion for serving families who are living daily with Alzheimer's disease.

Chair: Ben Mustian, Columbia

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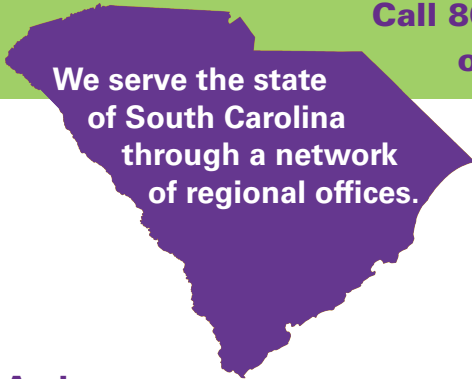
William Van Horn, MD, Conway

Rev. George West, Anderson

Seth Zamek, Rock Hill

About Our Chapter

Call 800-272-3900 to be connected to the office serving your area...
or call after hours to talk to someone any time of day or night!



We serve the state
of South Carolina
through a network
of regional offices.

Anderson - Headquarters Office

Serving all counties with emphasis on Anderson, Oconee, Greenwood, Abbeville, McCormick, Saluda, and Edgefield Counties

**4124 Clemson Blvd, Ste L
Anderson, SC 29621**

CEO/ President
Cindy Alewine

VP - Finance and Operations
Velma Haggan

VP - Programs
Sam Wiley

Director of Respite Services
Deby Stewart

Respite/Finance Assistant
Brittany McAdams

Respite Services Assistant
Holly Glenn

Greenville Area Office

Serving Greenville, Pickens, and Laurens Counties

**301 University Ridge, Ste 5000
Greenville, SC 29601**

Program Director
Marjorie George

Director of Development - Upstate
Kimberly Williams

Program Associate
Devon Anker

Myrtle Beach Area Office

Serving Horry, Georgetown, Marion and Williamsburg Counties

**1039 55th Ave North, Ste 201
Myrtle Beach, SC 29577**

Program Director
Natalie Bankowski

Lowcountry Area Office

Serving Charleston, Berkley, Dorchester, Colleton, Hampton, Jasper and Beaufort Counties

**2090 Executive Hall Rd, Ste 130
Charleston, SC 29407**

VP - Development &
Communications
Ashton Houghton

Program Director
Cawana Wilson

Director of Development -
Lowcountry & Coastal Region
Cameron Renwick

Case Manager - ADSSP
Dolores Greene

Midlands Area Office

Serving Richland, Lexington, Newberry, Sumter, Clarendon, Calhoun, Orangeburg, Florence, Chesterfield, Marlboro, Darlington, Dillon, Bamberg, Allendale, Barnwell, Aiken, Kershaw, and Lee Counties

**3223 Sunset Blvd, Ste 100
West Columbia, SC 29169**

Program Director
Sheila Lewis

Director of Development - Midlands
Lynne Moore

Client Services Associate
Bob Eversfield

Spartanburg Area Office

Serving Spartanburg, Union, Cherokee, York, Chester, Lancaster, and Fairfield Counties

**901 South Pine St
Spartanburg, SC 29302**

Program Director
Joyce Finkle

Senior Director -
Communications & Advocacy
Beth Sulkowski

Program/Donor Services
Associate - *Jill Smith*

Know your charity:

With many groups using the word "Alzheimer's" in their name, it can become confusing to distinguish the different charitable organizations.

The following organizations are not affiliated with the Alzheimer's Association:

Alzheimer's Foundation of America - AFA

Fisher Center for Alzheimer's Research Foundation

American Health Assistance Foundation

When you contribute to the Alzheimer's Association, you can rest assured that your donation will support local South Carolina Chapter services as well as national research & advocacy efforts.



**We are proud to be a
Community Partner of
the United Way!**

The Alzheimer's Association South Carolina Chapter is grateful to the United Way of Greenville and the United Way of the Piedmont for the funding they provide through their Community Impact Initiative.

How the South Carolina Chapter Helps

Each chapter of the Alzheimer's Association provides services designed to help individuals and families dealing with the disease as well as increase awareness and understanding of Alzheimer's disease and related dementia.

Even if you know our chapter well, we would like to remind you of the core services that we offer, as well as share how many people our programs reached during our last fiscal year (July 2010 – June 2011).



1. Information and Referral

Since its earliest days, the Alzheimer's Association has provided information on the disease and available services for those dealing with dementia. Our staff members are here to answer your questions in a confidential and caring manner, directing you to programs and resources that can help meet your specific needs. Our Helpline is available 24 hours a day, 7 days a week: 800-272-3900.

During our last fiscal year, the South Carolina Chapter provided information and referral to 5,818 callers.

2. Care Consultation

Care consultation provides in-depth education about the disease, problem solving and assistance with future planning needs. Our staff members are here to help you talk through difficult situations, providing support and helping you create an action plan. To access care consultation services, simply call our 24-Hour Helpline at 800-272-3900 to talk to someone right away or request an appointment at your local chapter office.

During our last fiscal year, the South Carolina Chapter provided 644 care consultations to caregivers, family members, and persons living with dementia.

3. Support Groups

The caregivers of persons affected by Alzheimer's disease or related dementia face multiple challenges in many aspects of their lives. Due to the progressive, long-term and unpredictable nature of the disease, access to on-going education and support is essential to their ability to sustain their own emotional and physical health while providing quality care for their loved ones.

Our support groups are available to family members and friends who are interested in learning about dementia, developing coping and caregiving skills, and helping to support both the person living with Alzheimer's or related dementia and the caregiver.

Overall, the Association provided 893 support group meetings throughout the state for the entire fiscal year. We had 5,893 individuals who attended at least one of these support groups last year.

4. Education Programs

Our education programs are offered throughout the state to help increase understanding of Alzheimer's and related dementia. Our various workshops and conferences help teach caregivers and professionals new skills, improve care and planning, equip family members for better visits with doctors, and direct people to other local services and resources.

Of the 241 educational programs that were provided in South Carolina last fiscal year, over 5,400 people were able to attend. Our 7 educational conferences helped inform 833 people across the state.

For upcoming educational opportunities, please view our education calendar on pages 6-7. To request a workshop for your church or community group, including Know the 10 Signs and The Basics: Memory Loss, Dementia, and Alzheimer's Disease, please call 800-272-3900.





5. Safety Services

Six out of ten people with dementia will wander. Because this behavior is so common, the Alzheimer's Association provides nationwide safety programs, such as MedicAlert + SafeReturn and Comfort Zone. We also help educate caregivers and professionals about how to help prevent and handle wandering situations, as well as how to address the question of when to stop driving.

There are currently 723 South Carolinians enrolled in MedicAlert + Safe Return, a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. For more information, please call us at 800-272-3900 or go to www.alz.org/safety.

6. Early Stage Programming and Engagement

The Alzheimer's Association understands that people with early memory loss or early stage dementia are facing a life-changing diagnosis. That's why we are working to provide meaningful social, public policy and volunteer experiences in a welcoming community environment.

We also help connect early stage persons with an interest in research to clinical trial opportunities through TrialMatch, our clinical trials matching service. Learn more at www.alz.org/trialmatch.

If you have been diagnosed with early stage memory loss, Alzheimer's, or related dementia, please contact us to learn about programs near you: 800-272-3900.

Alzheimer's Caregiver Respite:

The Alzheimer's Caregiver Respite Program is a unique service of the South Carolina Chapter. It is funded by the state Department of Mental Health to lessen the physical, emotional and financial burdens associated with caring for someone with Alzheimer's disease or related dementia.

To apply for respite, visit www.alz.org/sc and click on "Respite Services," or call 800-272-3900. Applicants can receive a \$500 voucher to use for short-term respite services through approved in-home care providers, adult day care providers, or temporary placement in residential care.

Due to a decline in state funds for this program, we can now issue only one \$500 voucher per patient per calendar year. This change is to ensure that all new applicants have access to respite. Renewals can be applied for after a year has passed and will be issued as funds are available.

Please join us in asking the SC General Assembly to restore funding for Alzheimer's Caregiver Respite to \$1 million this year. The need for Caregiver Respite is quickly outpacing the capacity of this program, which has absorbed a 27% cut in funding in recent years.

It's easy to join your voice with ours to make sure that this vital program continues! Please turn to page 13 to learn more about contacting your state legislators and participating in our 2012 State House Day in support of the Alzheimer's Caregiver Respite Program.



Advocates at our 2011 State House Day. Join us this year!

Education Calendar

To view our most up-to-date education listings, please visit our website at www.alz.org/sc and click on Education Programs. Family caregivers: If you need an in-home care sitter in order to attend any of these programs, learn how to access this service at no cost by calling the Alzheimer's Association at least two weeks in advance at 800-272-3900.

JAN - FEB

Empowering Caregivers: Hearing - Honoring - Helping

Presented by C3 Elder Connections, co-sponsored by the Alzheimer's Association, the Carolina Center for Behavioral Health, and Hospice of the Upstate

Tuesday, January 31, 2012, 6:00 p.m. - 7:30 p.m.
Sadler Center, Hospice of the Upstate
1835 Rogers Road, Anderson, SC

Amid the mess and mix of caregiving for our elders, we can often find ourselves feeling overwhelmed, isolated and hopeless. Many once-overwhelmed caregivers, however, have not only survived their powerfully distressing experiences but have thrived...and have chosen to share what really made a difference for them. Using storytelling, humor and a variety of exercises, Nancy Pearce, MS, MSW, will provide concrete skills and practices to help overwhelmed care persons create connections back to themselves, with others, and with a supportive community of care. Contact Hours (1.5) are available.

Know the 10 Signs: Early Detection Matters

Friday, February 24, 2012, 8:30 a.m.
The Hilton at Kingston Plantation
9800 Queensway Blvd, Myrtle Beach

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

This interactive workshop is presented by Natalie Bankowski, Program Director for the Alzheimer's Association. For information contact Rosa Cherry 843-355-9747.

Caregiver Seminar in Georgetown

Tuesday, February 28, 2012, 10:00 a.m.
Waccamaw Regional Council of Governments
1230 Market St, Georgetown, SC

For more information, please call 843-546-8502.

MARCH

Columbia Caregiver Education Workshop

Thursday, March 1, 2012, 9:00 a.m. - 3:00 p.m.
Columbia Marriott
1200 Hampton Street, Columbia SC

Please mark your calendar and check www.alz.org/sc for additional details!

Approaching Alzheimer's: Make your first response the right response

Tuesday, March 6, 2012, 12:00 p.m. - 4 p.m.
Lakes at Litchfield in the gathering room
120 Lakes At Litchfield Dr, Pawleys Island, SC

This training program is designed for individuals working as first responders, including law enforcement officers, paramedics, fire fighters, disaster relief personnel and anyone else whose job requires them to be first on the scene of day-to-day or major emergencies. Presented by Sam Wiley, VP of Programs for the Alzheimer's Association, this training covers issues that may arise with Alzheimer's disease and related dementia, including wandering; driving; firearms and shoplifting; abuse and neglect; and disaster response.

Lunch will be served, so please R.S.V.P to 843-235-9393. Questions? Call Ruth Keilen at 843-235-2424.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Wednesday, March 28, 2012, 2:00 p.m.
Carolina Forest Senior Health Center
199 Village Center Dr # 100, Myrtle Beach, SC

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

This interactive workshop is presented by Natalie Bankowski, Program Director for the Alzheimer's Association. For information, please call Xabeida Gander at 843-236-5700.



APR-MAY

“Alzheimer’s & You”

Tuesdays, April 3, 10, 17, 24, & May 1, 2012, 6:00-7:30 p.m.
Laurens County Main Library
1017 W. Main St, Laurens, SC.

The Alzheimer’s Association will be hosting an educational series for individuals and professionals caring for someone with dementia featuring Karen Nichols, RN and Executive Director of Cascades Verdae, as speaker. For additional info and to pre-register, call 800-272-3900.

The Basics: Memory Loss, Dementia and Alzheimer’s Disease

Tuesday, April 24, 2012, 10:15 a.m.
Monks Grove Baptist Church
718 Monk’s Grove Church Road, Spartanburg, SC

If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

This interactive workshop is presented by Joyce Finkle, Program Director for the Alzheimer’s Association. Please RSVP to 800-272-3900 by April 20. Participation limited to first 50 registrants.

Annual Upstate Education Conference

Please save the date: Tuesday, May 22, 2012

Details to be announced. Please mark your calendar and check www.alz.org/sc for additional details!

While we hope you may be able to join us for an education program, you may also want to check out these **NEW** online resources

essentiALZ™

alzheimer’s  association®

The Alzheimer’s Association® essentiALZ™ certification program is a convenient way for family and professional caregivers to be recognized for learning quality dementia care practices. EssentiALZ offers two levels of certification for individuals— essentiALZ and essentiALZ advanced. To learn more, go to www.alz.org/essentialz.

ALZHEIMER’S navigator

Alzheimer’s Navigator is a new online assessment program provided by the Alzheimer’s Association to help caregivers and people with dementia evaluate their needs, execute action steps and connect with local programs and services. Following a brief welcome assessment, users complete a set of focused questions to receive a customized Action Plan detailing next steps and suggested resources to address needs. Alzheimer’s Navigator works in conjunction with the Community Resource Finder, a new online search engine that enables a person with dementia and their caregivers to locate community programs, services and resources. Coming soon to www.alzheimersnavigator.org.

connected

ALZConnected is a new online social networking community specifically for people with Alzheimer’s, their caregivers and others. This free service combines features of many popular social networking sites along with matching services, private groups and a public solution center message boards. Coming soon to www.alzconnected.org.

Thank you to our 2011 Walk Sponsors!



Marathon Runner Sponsors

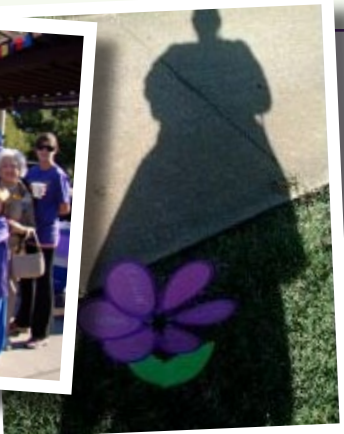
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Lest We Forget-

*Contributed by Kathryn Preston,
 Walk to End Alzheimer's Participant*

Despite it being a chilly morning at the Greenville Walk to End Alzheimer's, it warmed my heart to see men, women and children out in mass out for the same cause. People had colorful pinwheel flowers in honor, memory or in support of loved ones.

If only the flowers could speak! The stories to be told far surpassed the people represented there.

You can consider yourself blessed if you are not related to one of the 80,000 people in South Carolina or the 5.4 million people in the United States who are living with Alzheimer's disease. On the other hand, you can consider yourself a blessing if you've helped someone who is living with Alzheimer's.

There are simple ways to help both the caregiver and/or the person with the illness: visit, call on the phone, take them for a walk, run errands, help with child care, be available for doctor's appointments, bring over a meal, give gift certificate for a massage, sit with them to give caregiver a few hours break, or just listen.

People don't want to talk about these things especially when it doesn't affect them, but lest we forget: like many other diseases, Alzheimer's does not discriminate. As we do what we can to take care of ourselves by exercising and eating right, we should also do what we can to support those affected by this disease.

Congratulations to our top teams!

Aiken: \$8,218
 HarborChase of Aiken

Greenwood: \$1,966
 Wesley Commons

Anderson: \$19,154
 Oconee Forget-Me-Not Festival

Manning: \$5,000
 Wyboo Walkers

Beaufort County: \$2,252
 Carolina House of Bluffton

Myrtle Beach: \$8,275
 Team Sassy Kathy

Charleston: \$4,159
 Bob's Soaring Eagles

Rock Hill: \$13,354
 Miles for Memory

Columbia: \$20,792
 Williams Warriors

Spartanburg: \$4,610
 SCC's Memoria Tenere

Florence: \$1,325
 Methodist Manor

Sumter: \$4,024
 SAFE Federal Credit Union

Greenville: \$7,214
 The Haven in the Village at Chanticleer

The Palms of Mt. Pleasant
Park Place Assisted Living & Memory Care Community
Pee Dee Gardens
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The Haven in the Summit
The Haven in the Village at Chanticleer

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The Legacy of Anderson
Liberty HomeCare and Hospice
LifeCare Center of Columbia
Lighthouse Care Center of Conway
Lynne Futrell Moore's Family for Alzheimer's
Magnolias of Gaffney
Methodist Manor Senior Living Community
Morningside of Anderson
MUSC Center on Aging & Alzheimer's Research and Clinical Programs
New Generations Home Care & Adult Day Center
New York Life
NHC Healthcare, Charleston
NHC HomeCare Aiken
Palm Meadows Court
The Palmettos Mauldin
Pepper Hill Nursing and Rehab Center
Pilot Club of Columbia
Premier Home Health Care Services
The Preston Health Center
ResCare HomeCare, Aiken
ResCare Homecare, Charleston
Rhodia
Right At Home, Aiken
Right At Home, Beaufort
Right At Home, Columbia
Sanctuary Hospice
Shadow Oaks Assisted Living
Somerville of Mt. Pleasant
Sonoco
Southern Care Hospice
Spartanburg Regional Healthcare System Foundation
Sterling House of Greenville Assisted Living
Summit Hills
Summit Place of Beaufort
Sweetgrass Court Memory Care Community
Tidewater Hospice
TLC Your Way
Toyota Scion of Rock Hill

Tri County Home Health and Hospice
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Senior Helpers, Rock Hill
Solaris Hospice
TD Bank, N.A.
The Garden House
Wells Fargo Bank

Planned Giving

Invest in a world without Alzheimer's.

And discover the financial benefits you'll get in return.

Every significant discovery in the fight against Alzheimer's disease has occurred within the last 20 years. Which means, with continued support, we will one day achieve our vision of a world without Alzheimer's.

You can make a difference in our mission through planned giving. The Alzheimer's Association's planned giving program offers flexible, long-term, tax-advantage options for donors who want to leave a legacy in support of our mission.

There are many ways to plan a legacy gift. As you consult with your financial advisor or attorney, consider including one of these arrangements in your long-term financial plan. These gifts will qualify you for membership in our Founders Society:

Bequest: A clause in your will or revocable living trust is one of the simplest ways to make a gift from your estate to the Alzheimer's Association.

Living trust: A clause similar to a will bequest will implement a charitable gift through your living trust.

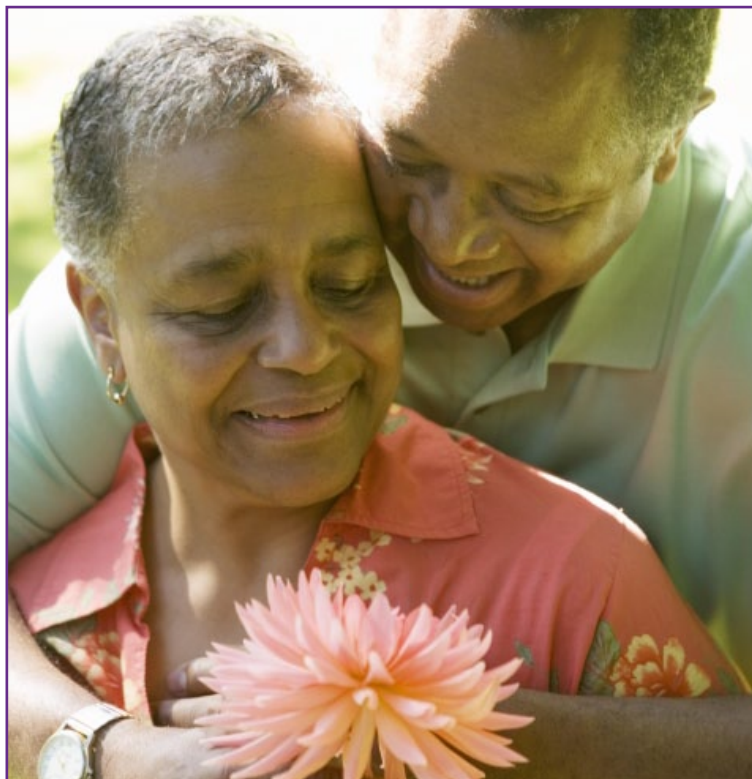
Charitable gift annuity: In return for a gift of cash or securities, you will receive fixed lifetime payments for as many as two lives. The minimum gift is \$10,000 and the income beneficiary(ies) must be at least 62. The income is paid at a competitive rate and the donation generates a charitable tax deduction. It may also reduce capital gains taxes, estate taxes and inheritance taxes. Deferred charitable gift annuities are also offered for those at least 60 years of age.

Charitable life income trust: Make a significant gift while retaining income for yourself and your partner. Some charitable trusts give you substantial tax and capital gains benefits.

Retirement plan gift: You can designate the Association as a beneficiary in your Individual Retirement Accounts (IRAs) and 401(k) plans.

Life insurance gift: You can donate a policy or simply name the Alzheimer's Association as a beneficiary.

Real estate gift: Some real estate gifts allow you to gift your personal residence or vacation home. While remaining in your home for your lifetime (and your spouse's, if applicable) you may obtain a charitable tax deduction.



Their legacies. Our gratitude.

We are grateful to the following individuals who left bequests to the South Carolina Chapter of the Alzheimer's Association through their estates in 2011.

Estate of Sally Schwartz, \$400,000

Estate of William Bosserman, \$100,000

Estate of William Furman King, \$75,000

Through their generosity, these individuals have helped us enhance services for those affected by Alzheimer's and fund critical research toward prevention, treatment and a cure.

For details on how you can leave a legacy of help and hope, contact your attorney or financial planning advisor today.

If you would like more information about including the Alzheimer's Association in your estate plan, or if you would like to share that you have included the Association in your plan, please visit www.alz.org/plannedgiving or call 866-233-5148.

Research News

Alzheimer's research is a dynamic field, and momentum builds each year. Because new drugs take years to produce from concept to market—and because drugs that seem promising in early-stage studies may not work as hoped in large-scale trials—it is critical that Alzheimer's research continue to accelerate.

Here are some interesting research studies that are currently making headlines:

Intranasal insulin spray

Research is increasingly pointing to the relationship between insuline abnormalities in the brain and Alzheimer's disease. In a small pilot study, a nasal spray containing insulin was found to improve the cognition, function, and cerebral glucose metabolism of adults with mild cognitive impairment and mild to moderate Alzheimer's disease without disrupting blood insulin or glucose levels. Further studies are needed, but this pilot study is a promising new development.

Source: *Archives of Neurology*

Suppression of the dsRNA-sensing kinase, PKR

Researchers have found that the activities of PKR, an immune system molecule, are significantly increased in the course of several neurological diseases. By testing an experimental treatment in mice, scientists have been able to inhibit the production of PKR, which seemed to improve memory and cognitive function in the mice. Further research is needed to determine whether PKR is a viable therapeutic target and whether the therapy will have a similar effect in humans as in mice.

Source: *Cell Journal*

J147, a new neuroprotective compound

A study by the Salk Institute (which was established by Jonas Salk, M.D., the developer of the polio vaccine) is focused on addressing multiple age-related pathological changes in the brain, rather than focusing solely on the amyloid beta peptide (A β) that is a marker of Alzheimer's disease. They developed a new compound called J147, which is derived from curcumin (a curry spice) and cyclohexyl-bisphenol A (CBA). The compound has been found to improve memory in normal animals and prevent memory loss in mice with genetically induced Alzheimer's disease. This research is preliminary, and further research is needed to explore the effects of this neurotrophic drug.

Source: *PLoS (Public Library of Science) ONE Journal*

While these advances are exciting, it is important to note that extensive additional research is needed before any of these studies translate into treatments. If additional trials are positive, it may still be several years before new treatments become available to the general public.

A lack of volunteers for Alzheimer's clinical trials is one of the greatest obstacles slowing the progress of potential new treatments. If you are interested in participating in a current clinical trial, check out Alzheimer's Association TrialMatch, a free individualized service that matches volunteers with trials based on certain criteria, such as stage of disease, current treatments and location. See below for more details.

Want to know what other research is being done? Visit www.alz.org/research to view a list of recent and ongoing treatment trials. Every clinical trial, even those in which a treatment doesn't work as hoped, contributes valuable knowledge that will ultimately help researchers discover new treatments.

A CURE IS THE GOAL.

YOU ARE THE HOPE.

Introducing **Alzheimer's Association TrialMatch™** – our Clinical Studies Matching Service

Far too many Americans have Alzheimer's disease, currently more than 5 million people. That number is expected to triple by 2050. Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come. **Without volunteers, finding a cure is virtually impossible.**

With so many new treatments being developed, chances are there are Alzheimer's clinical studies going on near you. Alzheimer's Association TrialMatch will help you find the right one; there's no cost and it's easy to use. Be a hero and get started today. **Talk to your doctor, call 800-272-3900 or visit alz.org/trialmatch.**

Caring for the Caregiver



*This article is contributed by Nancy Pearce, LISW, a social worker in Greenville, SC, and adapted from her Revised Edition of *Inside Alzheimer's*. Reprinted with permission.*

A powerful truth I have witnessed over my more than two decades of caring for and interacting with persons who have dementia is that it is impossible for any one care person to do it all.

Compassionate care is required for both the person with dementia and the care person. It requires the participation of an entire community. No one should feel isolated or alone in this journey and there are many ways to participate.

I interviewed over two hundred full-time care persons who began the journey by trying to do it all. I asked what helped them break through their isolation and become open to receiving support from others. They offered very consistent thoughts as to how you can become a part of a compassionate, supportive network with the care person and the person who has dementia.

“Please know how important the little things are.”

The most important offer of support is to show the 24/7 care person on a regular basis that you care about her (or him). Care persons say that the most consistently successful ways to reach their hearts are with the so-called little things—a “gentle hug,” a “compassionate smile with meaningful eye contact,” “weekly telephone calls.” Let her know she is on an ongoing prayer list. A care package, containing a favorite food, CD, DVD, scent—whatever you know she will love—dropped off with a sincere note of appreciation, can make her day.

Your actions (particularly when consistent over time) let the care person know you are thinking of her and help her realize that she is not alone. If she has turned down an offer of help, or not returned a phone call promptly, your actions let her know you are not taking her distancing personally. After all, she is not rejecting you; she is just trying to keep it together, and now she sees that you

understand that. The last thing the 24/7 care person needs to do is take care of your feelings!

“Chunk it down for me!”

You can certainly ask the care person if she has specific ideas as to what you could do to help, but if ideas are not flowing, look at it as a great opportunity for you and others to brainstorm ideas. Then, gently offer some specific concrete services that she can accept, or not. There are many tasks being juggled amidst all the personal care.

Care persons suggest that you approach with some specific thoughts or offerings—giving a card that has your name, what you are offering to do and when, along with your contact information is considered to be very helpful. (“If I don’t need it now, perhaps in the future.”)

If a larger supportive community developed, many families benefited from the Alzheimer’s Association’s “Lotsa Helping Hands” program at www.alz.org (a free private online group calendar to help keep track of care volunteers).

“Educate Yourself!”

Care persons often become frustrated with and distanced from family and friends who only tell her what she “should” be doing. As support-team members, we need to divert our explorations away from how the care person can better do her job—toward understanding how we can more effectively do ours.

The Alzheimer’s Association consistently tops the list for being the most helpful (and free!) user-friendly place to start. By calling 800-272-3900 or visiting www.alz.org, you can access their 24-Hour Helpline, local and online support groups, and dozens of free resources.

You can also check out “Helpful Resources” online at www.INSIDEAlzheimers.com for a list of other favorite recommendations from talking with over a thousand caring professionals and families.

“It’s really all about touching my heart.”

In your quest to find what you can do, please keep in mind that the quest is less about doing for than it is about opening your heart to being with the 24/7 care person and the person who has dementia. By taking even the smallest steps toward exploring the worlds of care persons and persons with dementia, you are opening your heart and showing (in ways of you may not yet see) that there is hope—hope that together we may be able to end our isolation and create a more compassionate, supportive network of care for everyone.

Advocacy Updates

Draft Framework of National Alzheimer's Plan released

Alzheimer's is the 6th leading cause of death in the U.S. No other chronic disease that affects so many has no known way to cure, prevent, or even slow its progress. However, after much hard work and advocacy, we are gaining momentum in a national effort to change the course of Alzheimer's disease.

January 9, 2012, marked a milestone in our efforts to address the Alzheimer's epidemic with the release of the Draft Framework for the National Plan to Address Alzheimer's Disease by the U.S. Department of Health and Human Services (HHS).

This initial framework offers an outline of goals and strategies that must be addressed in the nation's first-ever strategic plan for Alzheimer's. The keys goals identified are to:

- 1. Prevent and Effectively Treat Alzheimer's Disease by 2025**
- 2. Enhance Care Quality and Efficiency**
- 3. Expand Patient and Family Support**
- 4. Enhance Public Awareness and Engagement**
- 5. Improve Data To Track Progress**

This draft framework is just the first step in a very important process. We expect a detailed plan that includes a timeline, implementation steps and the appropriate commitment necessary to bring the objectives outlined in the framework to fruition.

The Alzheimer's Association has supported this effort every step of the way. It's time to fulfill the potential of the National Alzheimer's Project Act, passed unanimously by Congress and signed by the President a year ago.

To learn more about this effort and how you can be involved, please visit www.alz.org/napa.



Our #1 State Legislative Priority in 2012: Restore 27% Cut in Caregiver Respite Funding

If you or someone you know has utilized our Alzheimer's Caregiver Respite program, you know that one voucher can truly be a lifeline for struggling family caregivers.

What you may not know is that the funding for our Respite program comes through the SC Department of Mental Health, and that the funding has taken a 27% cut in recent years. As a result, we've had to limit vouchers to one per year.

Please join the Alzheimer's Association in asking the General Assembly to restore funding for Alzheimer's Caregiver Respite to \$1 million in the 2013 budget. The need for Caregiver Respite is rapidly increasing, and the funds are in danger of running out!



We need YOU to join us on Thursday, March 22, for our annual State House Day!

By coming to our State House Day, you'll have the opportunity to speak with your State Senator and State Representative about how the respite program has impacted you and why this program needs its funding restored.

It's easy to join us as an advocate! We'll provide telephone trainings and resources to help you plan your meetings with your legislators. We'll also help coordinate carpools from around the state.

Register online today at www.alz.org/sc.

Questions? Contact Beth Sulkowski at 800-908-9690 or beth.sulkowski@alz.org.

Caregiver Support Groups

AIKEN COUNTY

2nd Tues 11:00 AM

Cumberland Village
3335 Wise Creek Ln
803.641.8441 (Liz Neal)
803.641.5900 (Robert Schwartz)

2nd Tues. 11:00 AM

Aurora Pavilion
471 Martintown Rd. N. Augusta
803-641-5900 (Robert Schwartz)

3rd Tues. 2 PM

St. Bartholomew Episcopal
471 Martintown Rd. N. Augusta
803-439-1016 (Margaret Koop)
803-279-8085 (Delores Tyler)

ANDERSON COUNTY

Men's Group

2nd Mon. Noon (Lunch provided)
Boulevard Baptist – Family Life Ctr.
864-225-7424 (Bill Davis)
Jacques Dehondt, Bill Hughes

2nd Thurs. 5:30 PM

Royal Baptist Church
407 E. Hampton St
864-209-4528 (Odis Telley)
864-225-7122 (Viola Wideman)

3rd Thurs. 7 PM

Anderson Place, 311 Simpson Rd.
864-224-9452 (Mel Harriss)
864-261-3875 (Anna Winecoff)

3rd Thurs. 7 PM

The Maples 224 Wildwood Dr
Honea Path
864-934-9423 (Audrey Guy, RN)
864-940-7683 (Mike Linkins)

BAMBERG COUNTY

3rd Thurs. 6 PM

Bamberg Council on Aging
803-245-3021 (Charity Sandifer)

BEAUFORT COUNTY

Every Wed. 10 AM

Memory Matters (Hilton Head)
843-842-6688 (Karen Doughtie
and Cathee Stegall)

1st & 4th Thurs 1:30 PM

St. Andrews Methodist (Hilton
Head)
843-671-5696 (Karen Kirby)

2nd Tues. 2 PM

NHC Healthcare Bluffton
843-705-8220 (Stacey Floyd
And Heath Miller)

3rd Thurs. 2 PM

Parkinson's Support Group
Hilton Head Regional Med Ctr
843-705-5349 (Marilyn Weiner)

CHARLESTON COUNTY

1st and 3rd Mon. 1-2 PM

The Palms of Mt. Pleasant
843-810-1277(c) or 843-884-6949
(Marisa Ferguson)

1st Tues. 10 AM

New First Missionary Baptist
Church
1644 Hwy. 174 Edisto Island
843-869-0279 (Lula Grant)

1st and 3rd Wed. 10:00 AM

All Saints Lutheran
Hwy. 17 Mt. Pleasant
843-723-1611 x115 (Margaret
Kunes)
843-810-5576 (Ginger Deignan)

1st Thurs. 7 PM

Bon Secours- St Francis Hospital
West Ashley
843-766-5694 (John Ledford)

2nd Sun. 2:30 PM

Parkinson's Support Group
Bon Secours- St Francis Hospital
Meeting Room 1 (West Ashley)
843-884-6949 (Gretchen Huff)

2nd Tues. 6-7 PM

Martin Luther Evangelical Lutheran
James Island
843-723-1611 x115 (Margaret
Kunes)

2nd & 4th Wed. 10:30 AM

Sunrise Presbyterian Church
Sullivan's Island
843-886-6510 (Sara Michelin)

3rd Mon. 6 PM

Somerby of Mt. Pleasant
843-654-7919 (Bonnie Dewald)

3rd Tues. 6:30-8 PM

Franke at Seaside
Mount Pleasant
843-856-4725 (Karen Berry)

3rd Wed. 5:30-6:30 PM

Ebenezer AME Church
(downtown)
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)

3rd Thurs. 1-1:50 PM

Episcopal Church of Our Saviour
Johns Island
843-723-1611 x115 (Margaret
Kunes)

4th Tues. 11 AM

Morris Brown AME Church
Downtown Charleston
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)

Last Tues. 10 AM

Ashley River Baptist Church
West Ashley
843-766-5694 (John Ledford)

Last Tues. 6 PM

Sea Island Adult Day Care
Johns Island
843-559-5502 (Muriel Kirkland)

CHEROKEE COUNTY

2nd Thurs. 12 Noon- Lunch

Magnolias of Gaffney
864-206-0006 (Bonita Wise)

CLARENDON COUNTY

3rd Mon. 2 PM

New Covenant Pres. Church
2833 Alex Harvin Hwy, Manning
803-478-4820 (Betty Wellock)

COLLETON COUNTY

2nd Tues. 6 PM

Good Shepherd Lutheran
Walterboro
843-549-6623 (Linda Sisk)
843-549-6624

DARLINGTON COUNTY

1st Tues. 10 AM

St. Bartholomew's Church
Campus Dr. Hartsville
843-332-7478 (Margaret Coker)

2nd Tues. 10 AM

Medford Center Darlington
843-332-7478 (Margaret Coker)

FLORENCE COUNTY

2nd Wed. 4 PM

Methodist Manor Twin Church Rd.
843-664-0700 (Debbie Edwards)

3rd Thurs. 6 PM

The Leatherman Senior Center/
Senior Citizens Association
600 Senior Way Florence
843-669-6761 (Fannie Kennedy)

GEORGETOWN COUNTY

1st Mon. 12 PM

Prince George Parish Hall
Georgetown, SC
843-237-2845 (Lillian Szabo)

GREENVILLE COUNTY

1st Tues. 5PM (no July mtg)

The Haven, 355 Berkman's Lane,
Greenville
For info call (864) 250-0029
(864) 918-1416 (Pam Williams)

1st Tues. 7 PM (no July meeting)

Golden Strip
Hillcrest Hospital (Conf Rm B)
729 S.E. Main Street,
Simpsonville
For info call (864) 250-0029
(864) 346-0579 (BJ Burns)
(Nancy Pearce)

1st Thurs. 2 PM

Rolling Green Village Main Bldg.
1 Hoke Smith Blvd., Greenville
For info call (864) 250-0029
(864) 236-8541 (June Green)
(Bonnie Noble Silberman)

2nd Tues 1:30 PM (Begins March)

N. Greenville
Sargent Library
17 Center St., Travelers Rest
For info call (864) 250-0029

2nd Tues. 6 PM

Informal Spouses-Only Dinner Group
Greenville Area Restaurant TBA
For info call 864-250-0029

2nd Thurs. 7 PM

Greer Memorial Hospital
830 S. Buncombe Rd, Greer
(864) 787-0319 (Sara Briggs)
(864) 918-8058 (Emily Torres)

4th Mon. 7 PM (3rd Mon in Dec)

The Gardens at Eastside
275 Commonwealth Dr. Greenville
864-346-0579 (B.J. Burns)
864-979-1884 (Mary Lee)

4th Tues. 6:30 PM (3rd Tues in Dec)

Shepherd's Care Center
(Auditorium)
2100 N. Pleasantburg Dr,
Greenville
864-905-5111 (Alex Caro)
864-271-0011 (Valerie Lokey)

GREENWOOD COUNTY

2nd Tues. 2 PM

Wesley Commons, GW
864-227-7141 (Vickie Fields
Jane Roper, Renee Bledsoe)

HORRY COUNTY

1st Monday 6 PM

Brightwater Senior Living
Grissom/International Pkwy.
843-651-2335 (Joyce Calabrese)

2nd & 4th Wed 10 AM

Belin Methodist Church
Murrells Inlet
843-650-1123 (Carolyn Sandt)

3rd Wed. 10AM-12PM

First Presbyterian Church,
Kings Campus
1300 N Kings Hwy, Myrtle Beach
843-448-4496 (Cherie Compton)

3rd Wed. 4 PM

Agape Senior-Villas Bldg. Conway
843-397-2273 (Darnell Brown
Erin Kissinger or Megan Protz)

3rd Thurs. 2 PM

Summit Place
Little River, SC
843-450-3410 (Kathy Bazzarre)

Last Thurs 4 PM

Agape Senior - Garden City
11951 Grandhaven Dr
Murrells Inlet
843-655-6346 (Erin Kissinger)

KERSHAW COUNTY**1st Mon. 6 PM**

Karesh Long Term Care Ctr.
1315 Roberts St. Camden-
Med. Ctr.
803-432-4311 (Loretta Wrigley)

LANCASTER COUNTY**2nd Fri. 10 AM**

Carolina Lakes Golf Course
Clubhouse
(Del Webb) Indian Land
23012 Kingfisher Dr.
803-548-6766 (Seth Zamek)

Last Mon. 1:30 PM

Mackey Family Practice
1025 W. Meeting Street, Suite
200, Lancaster
1st floor meeting room
803-285-7414 (Michelle Plyler or
Beth Wright)

LAURENS COUNTY**2nd Thurs. 3 PM**

Senior Options
512 Professional Park Rd.
Clinton
(864) 561-7020 (Denise Parsons)
(864) 547-1322 (Debbie
Johnson)

LEXINGTON COUNTY**1st Thurs. 6-8 PM**

Oak Leaf Village Lexington
803-808-3477 (Janet Altman)

1st Wed. Noon-lunch provided
Wittenberg Lutheran Church
Leesville, SC
803-532-4636 (Joan Caughman)

2nd Mon. 6:30 PM

Riverland Hills Baptist
201 Lake Murray Blvd. Irmo
803-781-9192 (Jan & Don Earles)

2nd Thurs. 6 PM

Agape of Lexington 5422
Augusta
803-502-5850 (Chuck Underhill)

NEWBERRY COUNTY**2nd Tues. 5:30 PM**

Springfield Place (Dining Room)
2006 Springfield Circle
803-276-2601 (Denise Marshall)
803-276-8266 (Janet Ballentine)

OCONEE COUNTY**2nd Mon. 7 PM**

United Way Seneca
864-882-1202 (Jane Thomas)
864-654-3862 (The Feemsters)

**Please call numbers listed to verify meeting details.**

Family members and friends are welcome. Meetings are free.

NEED A SITTER? Call 800-272-3900 in advance if a no-cost in-home sitter is needed during meeting time. An application must be filled out to use support group sitter funds. This service is available through a professional home care agency ONLY and is separate from your respite voucher.

ORANGEBURG COUNTY**1st Tues. 6 PM**

Morningside Assisted Living
Riverbank Dr. Orangeburg
803-539-2911 (Jerri Zeigler &
Tina Fogle)

3rd Tues. Noon (lunch provided)**SPOUSES GROUP**

Orangeburg Council on Aging
2570 St. Matthews Rd.
803-351-7827 (Janet Haladay
& Bill Smith)

PICKENS COUNTY**1st Thurs. 7 PM (no July mtg)**

Capt. K. Hampton Library –
Easley (meeting room)
304 Biltmore Rd.
864-855-8668 (Meri Childress)
864-270-1861 (Tammy
Burkhalter)

4th Wed. 2 PM (3rd Wed in Dec)

Clemson Area Retirement Ctr.
150 Downs Blvd. -Corley
Activity Ctr
(864) 986-9338 (Heather Bethea)
864-280-9811 (Chris Wafer)

RICHLAND COUNTY**1st Tues. 12 noon**

Senior Primary Care
3010 Farrow Rd. #300
803-434-1238 Mary Winstead,
LISW

2nd Tues. 12 PM

Caregivers Coalition of Midlands
Group for spouses of persons
with dementia– led by spouse
caregivers
First Presbyterian, Palmer Bldg.
1420 Lady St., Palmer –4th Floor
SW corner of Lady & Bull Sts.
Parking lot on corner; enter on
Lady St.
803-779-1995 Ext. 4 (Debbie
Clark)

2nd Tues. 6 PM

HarborChase of Columbia
120 Fairforest Rd.
803-781-2243 (Paula or Pat)

3rd Mon. 12:30 PM (lunch)

Alterra Sterling House
Columbia, SC
803-732-0300 (Pamela
Rodriguez and Peter Pzaepfel)

3rd Tues. 12 PM (lunch)

Atria at Forest Lake
Columbia, SC
803-790-9800 (Anne Abel)

3rd Wed. 12 PM

Salem United Methodist
1321 Salem Church Rd. Irmo
803-732-6670 (Georgia
Trophicanto)

3rd Thurs. 10:30 AM

Rice Estate
100 Finley Road, Columbia
803-691-5720 (Rena Graham)

3rd Thurs. 4 PM

The Heritage at Lowman
Home
Wellness Ctr. Gallery 732-8800
803-451-7434 (Barbara Oliver)

3rd Fri. 12-1:30 PM

Palmetto Senior Care Laurel St
Columbia, SC
803-931-8166 (Cynthia
Palmore)

4th Mon. 6:30 PM

The Haven in the Summit
Columbia, SC
803-754-0538 (Betty Rabon)

SPARTANBURG COUNTY**2nd Thurs. 11 :30 AM (lunch)**

RoseCrest Retirement
Community
864-599-8564 (LaWana Duque)

3rd Tues. 6 PM

Alzheimer's Office
901 S Pine St. Spartanburg
864-542-9998 or 800-272-3900
(Jill Smith or Joyce Finkle)

4th Mon. 6PM

Wesleyan Church Fellowship
Hall, Chesnee
864-384-1669 (Vera Martin)

SUMTER COUNTY**1st Thurs. 6:00 PM**

McElveen Manor
2065 McCrarys Mill Rd.
803.905.7720 (Michael
Roberts)

WILLIAMSBURG COUNTY**3rd Friday, 11 AM – 12 Noon**

Williamsburg Technical College
601 MLK Jr. Ave, Kingstree
843-822-5133 (Nancy R.
Adams)

YORK COUNTY**1st Tues. 10:30 AM**

Adult Enrichment Ctr of Rock
Hill
803-327-7448 (Barbara Smith)

2nd Tues. 6PM

HarborChase of Rock Hill
1611 Constitution Blvd.
803-329-4188 (Sarah Dunning)

2nd Wed. 6:00-7:30 PM

852 Gold Hill Rd. Suite 201
Fort Mill
803-396-2155 (Vina Pesaru, MD)

**If you have
Alzheimer's:**

Call 800-272-3900
to learn about
early stage dementia
support groups.



South Carolina Chapter
4124 Clemson Blvd - Suite L
Anderson, SC 29621
www.alz.org/sc
800-272-3900

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**CHANGE SERVICE REQUESTED
DATED MATERIAL**

Please join us at an upcoming event:

Forget-Me-Not Ball

The Alzheimer's Association invites you to be our guest at one of four beautiful locations for the 2012 Forget-Me-Not Ball!

The Grand Strand Forget-Me-Not Ball

April 14, 2012, in Myrtle Beach, SC
Myrtle Beach Marriott Resort & Spa at Grande Dunes

The Midlands Forget-Me-Not Ball

featuring "Dancing for the STARS" and The TAMS
April 20, 2012, in Columbia, SC
The Zone at Williams-Brice Stadium

The Upstate Forget-Me-Not Ball

May 4, 2012, in Greenville, SC
The Hyatt Regency, downtown

The Charleston Forget-Me-Not Ball

May 11, 2012, in Charleston, SC
The Francis Marion Hotel, downtown

Tickets and sponsor info: www.fmnball.org.

The 8th Annual Dan Coker Memorial Golf Tournament

March 17, 2012, Hartsville Country Club in Hartsville, SC
For more information, call Margaret Coker: 843-332-7478.

Cooper River Bridge Run

March 31, 2012, in Mt. Pleasant, SC
Run in support of the Alzheimer's Association!
To register for the Bridge Run: www.bridgerun.com

As a charity beneficiary of the run, we need 100 volunteers to help out on the day of the run!

This is a great community service opportunity for groups!
For more information, please call 843-571-2641.

BOWL-A-THON 2

The Bowl-A-Thon to Strike Out Alzheimer's
May 12, 2012, at Boulevard Lanes in Anderson, SC
Learn more at <http://bowlathon.kintera.org>.

a ride to remember

A Ride to Remember - July 20-22, 2012
Cyclists, join us for a 3-day, 250+ mile cross-state ride, beginning in Simpsonville, SC, ending in Charleston, SC
Learn more at www.aridetoremember.org.