

### National Alzheimer's Project Act (NAPA) Is Signed Into Law

On January 4, 2011, The National Alzheimer's Project Act was signed into law by the President of the United States after having been passed unanimously in both the Senate and House of Representatives.

The National Alzheimer's Project Act will create a national strategic plan to address and overcome the rapidly escalating crisis of Alzheimer's. Once enacted, NAPA will ensure the coordination and evaluation of all national efforts in Alzheimer research, clinical care, institutional, and home- and community-based programs and their outcomes.

**NAPA is the largest legislative victory in many years for the Alzheimer cause.** It is a victory for you and more than 300,000 other Alzheimer advocates who stood up and demanded that our nation's leaders create a plan for combating this disease.

Alzheimer's advocates were instrumental in moving NAPA through Congress. More than 50,000 e-mails, nearly 10,000 phone calls and more than 1,000 meetings by the Alzheimer's Association and its advocates led us to the historic legislative victory for the Alzheimer community.

Please continue to stand with us in the fight against Alzheimer's. Stay up-to-date on these issues by signing up for advocacy updates at [www.alz.org/advocacy](http://www.alz.org/advocacy). Or consider attending our Advocacy Forum in Washington, D.C., May 15-17, 2011. For more information, please contact Beth Sulkowski at [beth.sulkowski@alz.org](mailto:beth.sulkowski@alz.org) or 1-800-908-9690.



### Chapter Office Reopens in Myrtle Beach

We are pleased to announce that the South Carolina Chapter has reopened a Myrtle Beach area office, serving Horry, Georgetown, Marion and Williamsburg Counties!

Drop in for an **OPEN HOUSE** at the new office on **Friday, March 11**, from 11:30 a.m. to 1:00 p.m. Please RSVP to Natalie Bankowski, Myrtle Beach Area Program Director, at [natalie.bankowski@alz.org](mailto:natalie.bankowski@alz.org) or (843) 213-1516 .

The new office is located at:  
1039 44th Avenue North, Suite 201  
Myrtle Beach, SC 29577

This office will be staffed part-time, so please call to schedule appointments before stopping by during the week.

The Alzheimer's Association is excited to be back in the Myrtle Beach area. We look forward to serving the community, and we are thankful for the dedicated supporters and volunteers who have helped to make this possible!

Turn to pages 12-13 to **celebrate our 2010 Memory Walk successes, recognize our corporate sponsors** who helped make it possible, and kick off the **newly named Walk to End Alzheimer's!**



- Honoring Local Legacies .....p. 5
- Research Updates .....p. 10
- Upcoming Events .....p. 11
- Walk Information .....p. 12-13
- Support Groups .....p. 14-15

# A Message From Our CEO



**Cindy Alewine**  
CEO/President

Dear Friends,

This year the first baby boomers will begin turning 65, entering an age of greater risk for developing Alzheimer's. While this is a sobering milestone, our focus is on reaching more people with our messages of help and hope.

As you've read, we are celebrating a significant advancement in the fight to end Alzheimer's disease. In early January, the National Alzheimer's Project Act was signed into law. This bill will create a coordinated national strategy to focus on finding better treatments, a means of prevention, and care and support services for the millions of families who live with the challenges of Alzheimer's every day.

I would like to personally thank our Senators, Representatives, and President Obama for taking a bold stand on this legislation, which was passed unanimously in both the Senate and House of Representatives. Our national leaders have recognized the importance of confronting Alzheimer's disease as one of the most costly and devastating problems facing our nation.

In this newsletter, you'll also read about a new Medicare benefit that provides an annual wellness visit at no cost to beneficiaries. This check-up will include an assessment for the detection of possible cognitive impairment. These wellness visits will help increase the likelihood that Alzheimer's is detected earlier, allowing for early interventions, increased support and better planning for the future. Without diagnosis and awareness, families often struggle to manage their situations alone when help is available just around the corner.

As Alzheimer's disease touches more lives in South Carolina, our chapter is preparing to meet the increasing needs of those individuals, their families and healthcare professionals. The recent opening of our Myrtle Beach Area Office will increase our outreach in the growing Grand Strand area. Through our six regional offices, our chapter is working hard to increase awareness of our organization as the go-to resource for Alzheimer's information, guidance and support.

Thanks to the efforts of our many wonderful volunteers, we continue to reach more people, provide more services and raise more dollars to expand our outreach efforts. With 80,000 South Carolinians living with Alzheimer's, there is much work to be done! We appreciate your ongoing support of the Alzheimer's Association as we face the future, ready to support those whose lives have been touched by Alzheimer's or related dementia.

## 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, please rest assured that your donation will support South Carolina Chapter services as well as national research & advocacy efforts. We are proud that 85% of each donor dollar received goes to programs and services, 10% to fundraising, and only 5% to management costs.

## Board of Directors

The South Carolina Chapter is fortunate to be guided by the leadership of a very diverse and capable team of individuals who share our passion for serving families who are living daily with Alzheimer's disease.

**Missy Johnson**  
*Chair*

**Ben Mustian**  
*Vice Chair*

**Gail Stokes**  
*Secretary*

**Tom Kirby, PhD**  
*Treasurer*

**John Absher, MD,**  
**F.A.A.N.**

**Barbara Barham, RN**

**Carroll Campbell, III**

**Margaret Coker**

**David Hammett, MD**

**Gerald Huskamp**

**Rene Kilburn**

**John Ledford**

**Deb Lewis**

**Anne C. Mangum**

**Walton J. McLeod**

**Jerry Neely**

**Paul R. Oken**

**Lucien Richardson**

**Sarah Rowan**

**William Van Horn, MD**

**Dr. George West**

**Seth Zamek**

Our board members are extremely committed to our mission and to the work of our chapter. We appreciate their time, guidance, dedication, and giving spirits.

# About Our Chapter



**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

The South Carolina Chapter is delighted to welcome **Natalie Bankowski**, as **Program Director** in the newly reopened Myrtle Beach Area Office. Natalie has been working for several years in the senior care field in the Horry and Georgetown County areas. She brings extensive experience in business management and marketing, and enjoys educating concerned families about the options that are available to help take care of their loved ones. Natalie and her husband John currently live in Myrtle Beach. She has two children; John Jr., a graduate of Coastal Carolina University residing in Charleston, and Julianna, a graduate of the University of South Carolina residing in Columbia.

The Midlands Area Office is pleased to welcome **Lynne Futrell Moore** as the new **Director of Development for the Midlands Region**. Lynne most recently worked for Richland School District Two as Special Projects Coordinator and then as Volunteer Fundraising Special Projects Coordinator. She also serves on the Board Of Directors for the Greater Columbia Education Advancement Foundation and recently served as Fundraising Chair for the 2010 Chick-Fil-A Classic. Lynne has been involved in fundraising all of her life and it is truly her passion. Lynne and her husband live in Blythewood, and they have two wonderful children.

We also welcome **Holly Glenn** to the Anderson Office as our new **Respite Services Assistant**. Holly is a 2008 Graduate of Lander University where she majored in English. Holly recently worked as Public Relations Coordinator for Park Seed in Greenwood and was responsible for coordinating the Festival of Flowers. Holly is especially committed to our mission after losing her grandfather to dementia. She lives with her husband and one month old son in Honea Path.

## **Anderson - Main Office**

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

**4124 Clemson Blvd, Ste L  
Anderson, SC 29621  
864-224-3045  
800-273-2555 (toll free)**

CEO/ President  
*Cindy Alewine*

VP - Finance and Operations  
*Velma Haggan*

VP - Programs  
*Gail Marion*

Director of Respite Services  
*Deby Stewart*

Respite/Finance Assistant  
*Brittany Burdette*

Respite Services Assistant  
*Holly Glenn*

## **Greenville Area Office**

*Serving Greenville, Pickens, and Laurens Counties*

**301 University Ridge, Ste 5000  
Greenville, SC 29601  
864-250-0029  
866-844-0995 (toll free)**

Program Director  
*Marjorie George*

Director of Development - Upstate  
*Kimberly Williams*

Program Associate  
*Sheila Lewis*

## **Lowcountry Area Office**

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

**2090 Executive Hall Rd, Ste 130  
Charleston, SC 29407  
843-571-2641  
800-860-1444 (toll free)**

VP - Development & Communications  
*Ashton Houghton*

Program Director  
*Cawana Wilson*

Director of Development -  
Lowcountry & Coastal Region  
*Cameron Renwick*

## **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  
803-791-3430  
800-636-3346 (toll free)**

Program Director  
*Adelle Stanley*

Director of Development - Midlands  
*Lynne Moore*

Client Services Associate  
*Bob Eversfield*



## **Myrtle Beach Area Office**

*Serving Horry, Georgetown, Marion and Williamsburg Counties*

**1039 55th Ave North, Ste 201  
Myrtle Beach, SC 29577  
843-213-1516**

Program Director  
*Natalie Bankowski*

## **Spartanburg Area Office**

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

**901 South Pine St  
Spartanburg, SC 29302  
864-542-9998  
800-908-9690 (toll free)**

Program Director  
*Joyce Finkle*

Director of Communications &  
Advocacy - *Beth Sulkowski*

Program/Donor Services Associate  
*Jill Smith*

# Wellness Visits May Aid Early Detection



## A New Benefit for Medicare Beneficiaries, A New Tool to Aid Early Detection & Treatment

Under the Affordable Care Act, Medicare will now pay for an annual wellness visit, which will include the creation of a personalized prevention plan and detection of possible cognitive impairment.

Millions of Americans will soon advance into an age of greater risk for developing Alzheimer's, and early detection is increasingly important. The inclusion of cognitive evaluation as a part of this visit will not only improve early detection and diagnosis of existing Alzheimer's, but it will also establish cognitive status benchmarks for those who are healthy so that any later decline can be detected.

We urge beneficiaries to take advantage of this new benefit, which began on January 1, 2011. Here are answers to some of the questions you may have regarding this change.

### What is an annual wellness visit?

An annual wellness visit is like a check-up or physical exam. Until now, Medicare did not cover annual physicals.

### Who is eligible?

Any Medicare beneficiary who:

- Has been receiving Medicare Part B benefits for at least 12 months, and
- Has not had an initial preventive physical examination ("Welcome to Medicare" exam) within the past 12 months.

### How often will Medicare pay for a wellness visit?

Medicare will pay for an annual wellness visit once every 12 months.

### Detection of cognitive impairment is included in the annual wellness visit. What does that mean?

During the exam, the doctor will assess an individual's cognitive function by direct observation, with due consideration of information obtained by way of patient report, concerns raised by family members, friends, caretakers or others.

### Why is early detection of possible cognitive impairment important?

There are many causes of memory loss, some reversible, so it is important to see a doctor right away if you have memory concerns. If it is Alzheimer's disease, early diagnosis allows you to gain the greatest benefit from available treatments that provide some relief of symptoms and help you maintain a higher level of independence for a longer period of time. Early diagnosis also allows a patient to participate more fully in treatment options and plans for the future.

### What else is included in the annual wellness visit?

Like any physical exam, the doctor (or health professional) will check to make sure the heart, lungs, and other body systems are working properly. The doctor will probably ask questions about your daily routine, medical history, memory, as well as take certain routine measurements like height, weight, and blood pressure.

### Who can perform an annual wellness visit?

An annual wellness visit may be performed by a doctor or other practitioner recognized by Medicare, such as a nurse practitioner, physician assistant, clinical nurse specialist, or other health professional (including a health educator, a registered dietitian, or nutrition professional) or a team of such medical professionals who are working under the direct supervision of a physician.

### What should you bring to the visit?

You should bring a complete list of your medications (including vitamins and over-the-counter drugs) or all your medication bottles for the doctor to review. You should also bring a list of your top two to three concerns or questions for the doctor. If you have concerns about your memory or a chronic health condition (such as diabetes, heart disease or depression), you might consider bringing a family member or friend with you to the appointment.

### Are there any deductibles or co-pays for the visit?

No. The Medicare Part B deductible and coinsurance payments do not apply to the annual wellness visit.

**For more information, please consult your physician or call our Helpline at 1-800-273-2555**

# Honoring Local Legacies

Time. Awareness. Funding. There are many, many ways to give to the cause and advance the fight to end Alzheimer's. In this issue, we would like to shine the spotlight on some special people who have made a big impact on the South Carolina Chapter in the last year through their example, their generosity, or their volunteerism.

## Honoring Mayor Harry Hallman of Mt. Pleasant

When Harry Hallman was diagnosed with Alzheimer's in 2009, the public eye was immediately upon him. In the months that followed, Mayor Hallman served on the Purple Ribbon Alzheimer's Task Force convened by Lt. Governor André Bauer to address the needs of South Carolinians living with Alzheimer's. He and his family also became active supporters of the Alzheimer's Association.

Mayor Hallman handled the diagnosis and progression of his Alzheimer's disease with dignity, honesty, and responsibility. He acknowledged that a time would come when he would no longer be able to fulfill his civic duties, and when that time came he retired gracefully.

Harry Hallman was recently laid to rest. He died of natural causes on Saturday, January 8, 2011. The South Carolina Chapter will remember him as a champion in the fight against Alzheimer's disease. By publicly acknowledging his diagnosis, Mayor Hallman demonstrated to South Carolinians that Alzheimer's is a disease to be fought, not hidden.

His fight will not be abandoned. Harry Hallman stipulated that his brain be donated to the Carroll A. Campbell Jr. Neuropathology Laboratory at the Medical University of South Carolina. His gift will help advance understanding of this disease and contribute to efforts to find a cure.

## A Memory Walk Record

Over the years, our supporters in South Carolina have kept our services and research funding going, all thanks to their participation in MemoryWalk. In 2010, one family team set a new record in MemoryWalk history, recruiting 30 people for their team and raising over \$18,000! Our thanks and congratulations go to the Williams Warriors team members. The team included Karen Williams, the first female chief judge on the U.S. Court of Appeals for the 4th Circuit, who retired from her post after being diagnosed with Alzheimer's in 2009.

## Our First Three-Peat Super Sponsor

In 2010, Interim Healthcare set a new precedent by sponsoring three of our major fundraising events: Memory Walk, the Upstate Forget-Me-Not Ball, and A Ride to Remember. We are grateful for their monetary support and for setting a new standard as a corporate supporter of the Alzheimer's Association.



## A Generous Bequest

In Fall 2010, the Alzheimer's Association was notified of a charitable bequest from the estate of Mr. William King. His niece, Kathy Hudgins, and her husband Wayne presented the South Carolina Chapter with a check for over \$74,000. Known for his generosity, Mr. King has created a legacy of compassion after his passing.

Kathy and Wayne are picture above with Cindy Alewine, President/CEO of the South Carolina Chapter, and Velma Haggan, VP of Finances. The generous gift took Cindy completely by surprise. "I am always so touched by people who leave generous gifts such as this," she said. "I wish that I could thank Mr. King personally for this generosity." His gift will help provide local programs and services and support research and advocacy efforts of the Association.

## "A Reason to Hope" Luncheon

On November 15, 2010, the South Carolina Chapter hosted its very first "A Reason to Hope" Luncheon in Spartanburg. The event was inspired by dedicated volunteers in Spartanburg, and modeled after a similar event developed by the Colorado Chapter of the Alzheimer's Association. The luncheon was a tremendous success, raising over \$45,000 in donations and multi-year pledges.

We are grateful to our new supporters and our wonderful volunteers for supporting this endeavor, which will help provide the South Carolina Chapter with reliable income during these tumultuous times.

# Coping with Caregiver Stress

Are you a family caregiver for someone with a disabling condition such as Alzheimer's disease? You may be so busy caring for someone else that you don't realize you could be putting your own health at risk.

Consider your caregiving situation. Do you . . .

- Feel like you have to do it all yourself, and that you should be doing more?
- Withdraw from family, friends and activities that you used to enjoy?
- Worry that the person you care for is safe?
- Feel anxious about money and healthcare decisions?
- Deny the impact of the disease and its effects on your family?
- Feel grief or sadness that your relationship with the person isn't what it used to be?
- Get frustrated and angry when the person continually repeats things and doesn't seem to listen?
- Have health problems that are taking a toll on you?

If you answered "yes" to any question, you may be experiencing signs of caregiver stress.

## Help for Caregivers

Caregiving is never easy, but it's easier when you feel healthy and have support. Make time to consult your doctor, and contact the Alzheimer's Association for a full range of services.

At the Alzheimer's Association, we understand what it's like to care for someone with dementia. We are available to give you support, information and referrals to local resources all day, every day.

If you need to talk, please call our free 24-Hour Helpline at 1-800-273-2555. All conversations are confidential.

We can also provide:

- Care consultation
- Support groups for caregivers
- Long-distance caregiver support
- Information about difficult issues, such as behaviors
- Wandering and safety services
- Workshops for caregivers
- Education programs for families
- Online information and resources

The South Carolina Chapter is also able to provide caregivers with a voucher for short-term respite services.



## Apply For Respite Voucher Today

Respite care can provide a temporary break from daily care routines, which may become demanding as your loved one becomes increasingly dependent on you. Respite care gives you time for errands or relaxation, while the person with dementia receives care from a qualified individual at home or in another care setting.

The Alzheimer's Association South Carolina Chapter offers financial assistance for short-term respite for family caregivers living in South Carolina through a respite voucher program. This service is made possible through the SC Department of Mental Health to provide relief to caregivers to lessen stress associated with caring for a person with Alzheimer's disease or related dementia.

With a respite voucher, family members are able to set up care through approved in-home care providers, adult day care providers, or temporary placement in residential care. The approved agency or facility will bill the Association for up to \$500 worth of services.

Caregivers are encouraged to begin using the respite voucher as soon as possible upon receipt. Each voucher expires six months from the date of issue. Caregivers may apply for a renewal once they have spent the first voucher. Renewals are issued as funds are available.

To apply for a respite voucher or a renewal, please call the office nearest you or visit [www.alz.org/sc](http://www.alz.org/sc) and click on "Respite Services." Questions? Call 1-800-273-2555.

**If the respite program has been helpful to you and your family, please join us at the State House on April 6<sup>th</sup> to support continued funding for this program. Learn more on the next page!**

# Advocacy Updates

---

## 2011 Public Health Telephone Surveys Begin, Households to be Notified via Letter

Each year the state of South Carolina conducts a telephone survey to learn more about the general health, health risks, and ability to receive health care of South Carolina's adults. Public health officials depend on the results of this survey to evaluate health programs and to plan future actions to improve the health of citizens in the state.

This year, for the first time, this survey will include a set of questions about cognitive impairment, memory loss, Alzheimer's and dementia. This is an important opportunity to learn more about how Alzheimer's and related disorders are impacting the day-to-day life of South Carolinians, and how we can work to better meet existing needs.

From now through December, South Carolina households will be randomly selected to participate in the survey. The information provided during the call will be kept strictly confidential and the households will never be identified in any reports.

Selected households will receive a notification letter by mail approximately two weeks before they receive a phone call. If you receive a letter from the University of South Carolina regarding this survey, please take time to answer the survey questions when you are called. Although answering the health questions is voluntary, your participation is important for the results to truly represent South Carolina's population.

## Alzheimer's Action Day at the State House

---

At the State of the State Address on January 19, newly inaugurated Governor Nikki Haley urged South Carolinians,

**“Stay involved in your government. Let your will be known so that those of us you have sent to Columbia might follow it.”**

We have all heard that this budget year is going to be hard. South Carolina legislators have some tough decisions to make, and they are eager to hear from you, their constituents. Your voice can impact their decisions.

Please plan to join us at the State House in Columbia on the morning of April 6, 2011, for our annual Alzheimer's Action Day. Whether you are a family caregiver, an individual diagnosed with Alzheimer's, or a caregiving professional, we need you to come and speak to your legislators in support of vital programs serving those with Alzheimer's and dementia in our state.

**Has your family benefited from using a respite voucher? Is your agency a provider of respite services?**

Come and share how respite reduces caregiver stress and helps family caregivers provide care at home for as long as possible. The Alzheimer's Caregiver Respite Program is a cost-effective way to help prevent crisis scenarios and delay the need for higher, more costly levels of care.

**Details for Alzheimer's Action Day will be available soon. Please check [www.alz.org/sc](http://www.alz.org/sc) for the latest information, or contact Beth Sulkowski at 1-800-908-9690 or [beth.sulkowski@alz.org](mailto:beth.sulkowski@alz.org).**



**Join us on April 6, 2011.**

# Education Calendar

To view our most up-to-date education listings, please visit our website at [www.alz.org/sc](http://www.alz.org/sc) and click on Education Programs. Family caregivers: Please call 1-800-273-2555 if a no-cost, in-home sitter is needed in order to attend any of these educational opportunities. The Chapter will cover the cost through local home care organizations. Please call two weeks in advance for an application.

## FEBRUARY

### **The Welcome Wagon: An Informational Conference for Alzheimer's and Dementia Caregivers**

**Thursday, February 10, 2011**

8:30 a.m. to 4:00 p.m.  
Columbia Conference Center  
169 Laurelhurst Avenue, Columbia

Alzheimer's disease can be a hard road to navigate. This conference is designed to give caregivers some of the tools and information they will need. Come with your questions about care, legal issues, current research, dementia and sexuality, driving safety, and more. We'll tackle questions like:

How do I select long term care for my loved one?  
What options are there?

What do Medicare, Medicaid and VA have to offer?

Registration is \$20 for professionals and \$10 for family caregivers. Limited scholarships available for family caregivers only. Fees include morning coffee and snack, luncheon, conference and materials.

For more details or to register, please visit our website at [www.alz.org/sc](http://www.alz.org/sc). Questions? Please call 1-800-636-3346 or email [adelle.stanley@alz.org](mailto:adelle.stanley@alz.org).

### **Annual Respite Solutions Conference hosted by the SC Respite Coalition**

**Thursday, February 17, 2011**

St. Andrews Baptist Church  
230 Bush River Road, Columbia

This program is open to the faith community and leaders, family caregivers, professionals and others who care about respite for the lifespan. Tested models, ways to include loved ones with disabilities, how to coach family caregivers to use respite, success stories, and other helpful sessions will be offered.

CEUS are available. For more information, please go to [www.screstitecoalition.org](http://www.screstitecoalition.org) or call 803-935-5027 or 1-866-345-6786.



### **WANT TO BECOME A "SAVVY CAREGIVER?"**

Sessions from The Savvy Caregiver Curriculum are being discussed at two support groups in the upstate area now through May. Information that will be presented includes: Introduction to Dementing Illnesses, Effect of Dementia on Thinking, Feelings, Caregiver Control, Managing Daily Care and Complicated Behavior, and Dealing with Self Care. (Materials from University of Minnesota, Hepburn, Lewis, Tornatore, Sherman, Dolloff, 2008).

Persons from any area are invited to attend either group to learn more:

**Clemson Support Group:** meets every fourth Wednesday at 2 PM at Clemson Downs, Berkeley Drive.

**Men's Support Group:** meets every second Monday at noon at Boulevard Baptist Church, 700 Boulevard in Anderson. Lunch provided.

For more information, please call the office in Anderson: 864-224-3045.

# MARCH



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

**Tuesday, March 8, 2011**

10:30 a.m. - 11:15 a.m.  
Center Street Café  
(Formerly the Senior Center)  
101 Center St, Abbeville

This program is free and open to the public to provide information about diagnosis, treatment options, and Alzheimer's chapter resources. Call by March 7 if interested in attending: 864-224-3045.

## The Impact of Dementia on Thinking and Feeling

**Thursday, March 10, 2011**

11:00 a.m. - Noon  
Senior Citizens Council  
400 Church Street  
Edgefield, SC

The community is invited to a free discussion regarding effect dementia has on thinking and feelings. Call 864-224-3045 for more information.

## When Forgetting is Not Just Forgetting, Featuring Mary Hughes, MD

**Thursday, March 17, 2011**

8:30 a.m. - 1:00 p.m.  
County Council Chambers  
Greenville County Square  
301 University Ridge, Greenville

This meeting is free and open to families and professionals. Dr. Hughes, a Greenville neurologist, will discuss various types of dementia and current strategies and treatment options. The seminar will also feature a panel discussion on planning for the future.

There is no cost to attend the program, but reservations are required. Call 864-250-0029 by March 15 to reserve your spot.

## African-American Education Seminar in Anderson, Featuring Mary Hughes, MD

**Thursday, March 17, 2011**

5 p.m. Snack supper, 5:30 p.m.  
Program begins  
Royal Baptist Church Auditorium  
407 E. Hampton St, Anderson

This meeting is free and open to families and professionals. Dr. Hughes, a Greenville neurologist, will discuss various types of dementia and current strategies and treatment options.

Following Dr. Hughes' presentation, Dr. Robena Egemonye, a local Anderson teacher and author, will read her newly published children's book entitled *When My Grandma Sings*.

There is no cost to attend the program, but reservations are required. Call 864-224-3045 by March 15 to reserve your spot.



Are you frustrated by the **difficult behaviors** that can accompany dementia?

Would you like to develop more effective ways of **communicating with a person with Alzheimer's**?

Join us at one of our May conferences to learn from **dementia expert Teepa Snow**, MS, OTR/L, FAOTA. Teepa is renowned for teaching techniques that help caregivers see beyond the disease process and fully connect with the person with dementia.

# COMING IN MAY

**Tuesday, May 24, 2011**

## Upstate Education Conference

Carolina First Center, 1 Exposition Drive, Greenville  
8:30 a.m. - 4:00 p.m.

To register or learn more, please visit [www.alz.org/sc](http://www.alz.org/sc) or call 800-273-2555.

**May 25, 2011**

## Charleston Education Conference

Elks Lodge #242, 1113 Sam Rittenburg Blvd, Charleston

To register or learn more, please visit [www.alz.org/sc](http://www.alz.org/sc) or call 800-860-1444.

## Beta-Amyloid - The Chicken or the Egg?

Since Alzheimer's disease results from a complex pattern of abnormal changes in the brain, a major goal of research is to identify the starting point of the destructive cell loss that characterizes this disease. As you may be aware, one of the prime suspects in the mystery is a protein called Beta-Amyloid.

Much of recent research is based on the hypothesis that too much Beta-Amyloid protein is produced by nerve cells in the brain of a person with Alzheimer's. It is, after all, the main component of the sticky "plaques" that accumulate in the brain as a hallmark of Alzheimer's.

However, a recent study suggests that Alzheimer brains produce Beta-Amyloid at a normal rate, and that the malfunction is that people are unable to dispose of the protein that they produce. In this study, researchers were able to measure the rate at which Beta-Amyloid was produced, as well as the rate at which it was processed and drained away by natural functions.

They discovered that the normal rate of Beta-Amyloid disposal was fairly rapid—in the course of eight hours, half of the existing proteins were cleared away and replaced by fresh proteins. However, with Alzheimer's disease, Beta-Amyloid was produced at the normal rate, but it stayed around longer—draining away at a rate 30% slower than healthy persons in the same age group.

Think of it as a drain that is partially clogged. The problem is not the faucet, as earlier research supposed. Instead, the problem is the drain. The hope is that, if the drain can be repaired or prevented from clogging, then the sink can once again become functional.

You may have also heard about a gene called ApoE4 (Apolipoprotein E-e4 (ApoE4) which is linked to increased risk of developing Alzheimer's disease. This gene, which binds directly to the Beta-Amyloid protein and forms a complex, ties in directly to disposal of the protein.

Recent research has shown that the binding of ApoE4 to Beta-Amyloid changes the way Beta-Amyloid is removed from the brain, shifting from a rapid export pathway, to a very slow pathway, resulting in poor beta-amyloid clearance from the brain, and hence, its accumulation. ApoE4 also seems to be routing the protein to synapses where it leads to synapse dysfunction—or a breakdown of communication between nerve cells in the brain.

These findings bring us yet another step closer to pinpointing the culprit that causes the process of Alzheimer's disease to begin. In other research, Beta-Amyloid and other proteins are being studied as biomarkers that will change how and when Alzheimer's disease can be diagnosed.

## Updating Diagnostic Criteria for Alzheimer's

For the first time in 25 years, there is a proposal to change the diagnostic criteria for Alzheimer's disease. The National Institute on Aging (NIA) and the Alzheimer's Association have convened three workgroups to explore the need for new diagnostic criteria that better reflect the full continuum of the disease from its earliest effects to its eventual impact on mental and physical function.

This proposal is part of a new movement to diagnose and eventually treat the disease earlier. The hope is that future treatments could then be developed to target the disease in its earliest stages, before irreversible brain damage or mental decline has occurred.

As we learn more, early detection of Alzheimer's becomes more and more important, and the need for clinical trial volunteers continues to grow.

To learn more about participating in clinical trials, please visit [www.alz.org/trialmatch](http://www.alz.org/trialmatch) or call 1-800-292-3900.

## "Good" Cholesterol May Be Good for Your Brain, Too

Results of a study published in the December 2010 issue of Archives of Neurology suggest that higher levels of "good" cholesterol (called high-density lipoprotein or "HDL") are associated with lower risk of late-onset Alzheimer's disease.

The researchers examined 1,130 elderly individuals in Northern Manhattan, New York, who were free of cognitive impairment at the beginning of the study. They found that people with higher levels of HDL were less likely to get either probable or possible Alzheimer's disease than those with lower HDL levels.

This study is consistent with the growing body of research that suggests a strong link between heart health risk factors (including blood pressure level, cholesterol level, diabetes and weight) and late-life risk of Alzheimer's disease.

That said, more needs to be learned about this complex issue. The relationship between cholesterol levels and Alzheimer's needs further investigation. In particular, we need long-term observational studies to learn more about possible risk factors for Alzheimer's disease over the course of lives and generations. And we need controlled clinical trials to know for certain if changing lifestyle or intervening with medicine can reduce the risk of Alzheimer's or change the course of the disease.

**To learn more, visit [www.alz.org/research](http://www.alz.org/research).**

# Upcoming Events

## Forget-Me-Not Ball

Put on your dancing shoes for one of four memorable evenings benefiting the **alzheimer's association**

### Grand Strand Forget-Me-Not Ball

Saturday, April 16, 2011  
Myrtle Beach Marriott Resort & Spa at Grande Dunes

*A black-tie optional gala featuring silent auction, fine food and beverages, live entertainment and dancing.*

*To reserve seats or learn about sponsorship opportunities, please visit [www.fmnball.org/grandstrand](http://www.fmnball.org/grandstrand).*

### Midlands Forget-Me-Not Ball

Friday, April 29, 2011  
Columbia Marriott Downtown

*A black-tie optional featuring a "Dancing for the Stars" competition, silent auction, dinner and dancing with an unforgettable band.*

*To reserve seats or learn about sponsorship opportunities, please visit [www.fmnball.org/midlands](http://www.fmnball.org/midlands).*

### Upstate Forget-Me-Not Ball

Friday, May 6, 2011  
Hyatt Regency Greenville

*A black-tie optional gala featuring live and silent auction, fine food and beverages, live entertainment and dancing.*

*To reserve seats or learn about sponsorship opportunities, please visit [www.fmnball.org/upstate](http://www.fmnball.org/upstate).*

### Charleston Forget-Me-Not Ball

Friday, May 13, 2011  
Francis Marion Hotel

*A black-tie optional gala featuring live and silent auction, fine food and beverages, live entertainment and dancing.*

*To reserve seats or learn about sponsorship opportunities, please visit [www.fmnball.org/charleston](http://www.fmnball.org/charleston).*

The 23<sup>rd</sup> Annual

## BOWL-A-THON

TO



**STRIKE  
OUT  
ALZHEIMER'S**

Benefiting the **alzheimer's association**

**May 14, 2011, 1:00 - 4:00 p.m.**

Boulevard Lanes, 4140 Clemson Blvd, Anderson, SC

To register a team: <http://bowlathon.kintera.org> or 866-844-0995.

## a ride to remember

An unforgettable cross-state cycling event

July 15, 16 & 17, 2011

Benefiting the **alzheimer's association**



Ride one, two or all three days for one flat registration fee of \$50. Each leg of the route is approximately 75-90 miles. Register & start training today!

[www.aridetoremember.org](http://www.aridetoremember.org)



### Volunteers Needed to Help at the Cooper River Bridge Run, April 2, 2011

For the 5<sup>th</sup> year running, the Alzheimer's Association is fortunate to have been selected as a beneficiary of the Cooper River Bridge Run Charity Connection. That means that we are looking for 100 volunteers to help out with recycling efforts on the day of the race. All volunteers will receive a complimentary t-shirt. For more information, please contact Cameron Renwick at 1-800-860-1444 or [cameron.renwick@alz.org](mailto:cameron.renwick@alz.org). Thank you!

**Planning to run? Please consider the Alzheimer's Association when you register!**

# Thank you for supporting Memory Walk 2010!

## Memory Walk 2010 was our most successful walk season yet!

With your help, we raised **\$619,151** to support local programs and services, Alzheimer's disease research, and advocacy efforts. **A big thank you** to all of our sponsors and supporters who contributed to the success of our last official Memory Walk season, helping us reach this new milestone! Please join us again in 2011 as we kick off **Walk to End Alzheimer's!**



### Marathon Runner Sponsors

All About Seniors

Bankers Life and Casualty

Charleston Harbor Resort & Marina

Comporium

Elks USA

Palmetto Parrot Head Club

United Hospice

Wal-Mart

WRHI AM 1430

### Power Walker Sponsors

AnMed Health

BMW Manufacturing Co.

Interim Healthcare

Rolling Green Village

### Sprinter Sponsors

Ashley River Plantation

BlueCross BlueShield

BrightStar Care, Spartanburg

Brightwater

Care For Life

Carolina House of Hilton Head

CVS Pharmacy

Elmcroft of Florence

Harbor Chase

Heartland Hospice

In Memory of Betty Ledford

JM Smith Foundation

LifeWise, Bon Secours St. Francis Health System

Nestle USA

NHC Healthcare of Bluffton

NHC Healthcare of Charleston

Oakleaf Village at Thornblade

Park Place Assisted Living & Memory Care Community

Pee Dee Gardens

Piggly Wiggly

Pilot Club of Darlington Foundation, Inc.

Ralph Hayes Toyota

Regency Hospice

Solaris Hospice

State Farm

T&S Brass and Bronze Works, Inc.

Tex-Mach, Inc.

The Cascades Verdae

The Haven in the Summit

The Haven in the Village at Chanticleer

The Palms

The Woodlands at Furman

Vulcan Materials Company

Wachovia

White Oak Estates

### Jogger Sponsors

Active Day Inc. of Sumter

Allcare Living Services

Always Best Care Senior Services of Greenville

Anderson Pharmacy

Bank of Clarendon

Bayada Nurses

Bayview Manor

Bishop Gadsden

Bridgestone Firestone

Browning Geriatric Consulting, LLC

Care Haven- Senior Home Care Agency

Carolina Center for Behavioral Health

Carolina Pharmacy

CenTec, Inc.

Comfort Keepers, North Myrtle Beach

Comfort Keepers, Greenville

Comfort Keepers, Spartanburg

Covenant Place

Cumberland Village

Curves of Manning

Eden Terrace

Foothills Retirement Community

FOX Rehabilitation

Franke at Seaside

Green River Cabins

Harbor Chase of Columbia

HarborChase of Rock Hill

Harley Funeral Home

HMR Advantage Health Systems  
Home Helpers & Direct Link  
Home Instead Senior Care, Myrtle Beach  
Home Instead Senior Care, York, Chester Counties  
HomeBridge Community Services  
Homewood Residence  
Hospice Care of America  
In Memory of Carmen & Sarah Huskamp  
Integrays - Caregiving With Integrity  
Interim Healthcare  
Interim Healthcare and Hospice of Rock Hill  
Island Oaks Living Center  
AJ & Zach  
Laurel Crest  
LifeCare Center of Columbia  
Lighthouse Care Center of Conway  
Magnolia's of Gaffney  
Medical Park Deli  
Methodist Manor  
MUSC ARCP & MUSC Center on Aging  
New York Life  
Pilot Club of Columbia  
Plan Ahead Events  
Preston Health Center  
ResCare HomeCare  
Right at Home, Central Savannah River Area  
Right at Home, Hilton Head  
Right at Home, Columbia  
Senior Living Communities, LLC – The Lakes at Litchfield  
Shadow Oaks Assisted Living

Solaris Hospice of Sumter  
Sonoco  
Spartanburg Marriott at Renaissance Park  
Spartanburg Regional Health System  
Sterling House of Greenville  
Summit Hills Retirement Community  
Surfside Auto Parts  
Sweetgrass Court Memory Care  
The Legacy of Anderson  
The Palmettos Assisted Living  
Tidewater Hospice  
TLC YourWay HomeCare Services, Inc.  
UniHealth PAC – Aiken  
UniHealth Post Acute Care Rock Hill  
Willoughby & Hoefer, P.A.  
Windsor House

Colonial Trust Company  
Compassionate Care Hospice  
Component Management, Inc.  
CWS Insurance Agency  
Daybreak of Aiken  
Emerald Gardens  
Hilton Head Elks  
Home Instead Senior Care, Charleston  
Hospice Care of South Carolina  
Khaled Law Firm, PC  
Kim and Ed Brock  
Land, Parker, & Welch  
Life Care Center of Charleston  
M. Mayes DuBose, MD  
Margaret Jones Gamble Class  
Mary Black Geropsychiatric Services  
Morningside of Anderson  
Myrtle Beach Funeral Home  
Palmetto Family Pharmacy  
Planned Home Health  
Reliable Medical Equipment  
Rigby Oil Co, Inc.  
Rockefellers Raw Bar  
Senior Helpers, Fort Mill  
Serenity Palliative & Hospice Care, Inc.  
Skylyn Place  
South Financial Group/Carolina First  
Summit Place of North Myrtle Beach  
The Garden House  
Unihealth Post Acute Care Columbia  
Wachovia – A Wells Fargo Company  
Walt M. Leonard, DMD

### **Stroller Sponsors**

Advanced Biomechanical Solutions  
Agape Senior, Rock Hill  
Aiken Electric Cooperative, Inc.  
AJ Mag, LLC  
Alan G. Boggie, DDS  
Always Best Care of Spartanburg  
Assistance+ Geriatric Care Management  
Baker Family Dentistry  
BB&T  
BrightStar Care, Hilton Head  
Brookside Living Center  
Carolina First  
Carolina Home Health  
Cherry, Bekaert & Holland, CPA

Since 1989, we've mobilized millions of Americans in the Alzheimer's Association Memory Walk®. Continuing in that tradition, please join us in 2011 for Walk to End Alzheimer's, the nation's largest event to raise awareness and funds for Alzheimer care, support and research.

Walk to End Alzheimer's is the movement to **reclaim the future for millions**. Together, we are an unstoppable force against Alzheimer's. **Join us.**

Visit [alz.org/walk](http://alz.org/walk) to lead the way.



# Caregiver Support Groups

## ABBEVILLE COUNTY

**1st Tues. 7 PM (not June/Jul)**  
Covenant Way  
Due West  
864-379-3210 (Ruth Hill)

## AIKEN COUNTY

**3rd Thurs. 2:00 PM**  
HarborChase Assisted Living & Memory Care  
1385 Silver Bluff  
803-642-8444 (Christina Reed)

**2nd Tues. 11:00 AM**  
Aurora Pavilion  
803-641-8441 (Liz Neal)  
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

**2nd Thurs. 5:30 PM**  
Royal Baptist Church  
407 E. Hampton St  
864-224-3045 (office)

## 3rd Thurs. 7 PM

Anderson Place  
311 Simpson Rd.  
864-224-3045- Alz. Office  
(Mel Harriss- Facilitator)

## 3rd Thurs. 7 PM

The Maples, Wildwood Dr.  
Honea Path, SC  
864-369-6461 (Barbara Wright)

## Men's Group (Lunch provided)

**2nd Mon. Noon**  
Boulevard Baptist Family Life Ctr.  
864-225-7424 (Bill Davis)

## BAMBERG COUNTY

**3rd Thurs. 6 PM**  
Bamberg Library Railroad Ave.  
803-245-3021 (Charity Sandifer)  
803-245-5006 (Mary Jones)

## BEAUFORT COUNTY

**Wednesdays 12:30-1:30 PM**  
Helena House (Port Royal)  
843-521-0866 (Louise Blanchard)

## 3rd Thurs. 2 PM

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

## 2nd Tues. 2 PM

**4th Fri. 2 PM**  
Okatie Outpatient Center  
843-705-2113 (Sandra Brown)

## 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)

## BERKELEY COUNTY

### 3rd Thurs. 4 PM

St. Stephen Comm. History Rm  
843-821-4011 (Pat Browder, RN  
and Don Bagwell)

## 2nd Tues. 10 AM

Pinewood House (Goose Creek)  
843-873-5121 (Angela Rooman)

## CHARLESTON COUNTY

### 2nd Sun. 2:30 PM

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

## 1st Thurs. 7 PM

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

## 2nd Thurs. 6:30-7:30 PM

Choices Women's Center  
West Ashley  
843-763-1207 (Edith Miller)

## 3rd Tues. 6:30-8 PM

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

## 3rd Thurs. 1-2 PM

Episcopal Church of Our Savior  
Johns Island  
843-478-8756 (Laura Stefanelli)

## 3rd Mon. 9:30 AM

Somerby of Mt. Pleasant  
843-810-0342 (Katie Jones)  
843-654-7919 (Bonnie Dewald)

## 3rd Tues. 6 PM

NHC Health Care  
843-766-5228 (Ashley Gray  
and Kelly Martin)

## 1st Tues. 10 AM

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

## 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)

## 2nd & 4th Wed. 10:30 AM

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

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

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

## 1st and 3rd Wed. 9:30 AM

All Saints Lutheran  
Hwy. 17 Mt. Pleasant  
843-810-5576 (Ginger Deignan)

## 2nd Tues. 6-7 PM

Martin Luther Evangelical  
Lutheran, James Island  
843-795-3102 (Patti Mears)

## 2nd Thurs 6:30 PM

Sweetgrass Memory Court  
843-971-7756 (Tiffany Tolliver  
and Emilee Smoak)

## Last Tues. 6 PM

Sea Island Adult Day Care  
Johns Island  
843-559-2504 (Betty Brown)

## CHEROKEE COUNTY

### 2nd Thurs. 12 Noon- Lunch

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

## CLARENDON COUNTY

### 3rd Mon. 2 PM

New Covenant Presbyterian  
Church  
2833 Alex Harvin Highway  
Manning, SC  
803-478-4820 (Betty Wellock)

## COLLETON COUNTY

### 2nd Tues. 6 PM

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

## 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)

## DORCHESTER COUNTY

### 2nd Thurs. 7 PM

Grace Lutheran - Summerville  
843-832-2357 (Don Bagwell)

## FLORENCE COUNTY

### 3rd Thurs. 6 PM

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

## 2nd Wed. 4 PM

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

## GEORGETOWN COUNTY

### 1st Mon. 12 PM

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

## 2nd Thur. 2 PM

Lakes at Litchfield  
843-651-2335 (Joyce Calabrese)

## GREENVILLE COUNTY

### 1st Tues. 5PM

**(Upstate Lewy Body & Related  
Dementia Support Group)**

The Haven  
355 Berkman's Lane, Greenville  
864-350-7160 (Gail Stokes)  
864-918-1416 (Pam Williams)

## 1st Tues. 7 PM-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 Thurs. 7 PM

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

## 3rd Tues. 6PM

**Informal Spouses-Only  
Dinner Group**  
Greenville Area Restaurant-TBA  
864-286-0668 (Gale Pemberton)

## 4th Mon. 7 PM

**(3rd Mon in Dec)**  
The Gardens at Eastside  
275 Commonwealth Dr,  
Greenville  
For info call (864) 250-0029  
(864) 346-0579 (B.J. Burns)  
(Bonnie Noble Silberman)

## 4th Tues. 6:30 PM

**(3rd Tues Nov & Dec)**  
Shepherd's Care Center  
Auditorium  
2100 N. Pleasantburg Dr,  
Greenville  
864-905-5111 (Alex Caro)  
864-987-0124 (Fran Erickson)

## GREENWOOD COUNTY

### 2nd Tues. 2 PM

Wesley Commons, GW  
864-227-7141 (Vicki Fields,  
Jane Roper)

## HAMPTON COUNTY

**2nd Monday 6 PM**

Hampton Presbyterian Church  
803-942-3775 (Sally Dobson)

## HAMPTON COUNTY (cont.)

**2nd Tues 7 PM (Estill)**

UniHealth PAC of LowCountry  
803-942-3775 (Sally Dobson)

## HORRY COUNTY

**3rd Thurs. 2 PM**

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

**1st Monday 6 PM**

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

**2nd Wed. 1 PM**

Agape Senior- Conway  
843-914-1197 (Charlene Hope)

**2nd & 4th Wed 10 AM**

Belin Methodist Church, Murrells Inlet  
843-215-1497 (Lillian Chopko)

## KERSHAW COUNTY

**1st Mon. 6 PM**

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

## LANCASTER COUNTY

**Last Mon 1:30 PM**

Lancaster Convalescent Center  
2044 Pageland Hwy  
803-804-7861 (Janice Broach)

## LEXINGTON COUNTY

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

Oak Leaf Village Lexington  
803-808-3477 (Vicky Caldwell)

**1st Wed. Noon-lunch provided**

Wittenberg Lutheran Church  
Leesville, SC  
803-532-4636 (Joan Caughman)

**2nd Thurs. 6 PM**

Agape of Lexington  
5422 Augusta Rd  
803-520-5050 (Chuck Underhill)

**2nd Mon. 6:30 PM**

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

## 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 1-800-273-2555 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  
and 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**

Capt. K. Hampton Library –Easley  
(2nd Floor Conf Rm)  
864-855-8668 (Meri Childress)

**4th Wed. 2 PM (3rd Wed  
Nov&Dec)**

Clemson Downs  
505 Downs Loop Corley Ctr.  
800-273-2555 (Gail Marion)

## RICHLAND COUNTY

**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)

**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**

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

**3rd Wed. 12 PM**

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

**3rd Thurs. 10:30 AM**

Rice Home  
Columbia, SC  
803-691-5765 (Felicia Pinckney)

**3rd Fri. 12-1:30 PM**

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

**4th Mon. 6:30 PM**

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

**3rd Thurs. 4 PM**

The Heritage at Lowman Home  
Wellness Ctr. Gallery  
803-451-7434 (Melanie Dohm)

**1st Tues. 12 noon**

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

## SPARTANBURG COUNTY

**2nd Thurs. 11:30 AM**

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

**3rd Tues. 6 PM**

Alzheimer's Office  
901 S Pine St. Spartanburg  
864-542-9998 or 1-800-908-9690  
Jill Smith or Joyce Finkle

**4th Mon. 6 PM Chesnee**

Wesleyan Church Fellowship Hall  
864-461-2774 (Vera Martin)

**4th Tues. 6 PM**

Eden Terrace, Spartanburg  
864-579-1094 (Larena Gilfillan)

**Last Tues. Noon- lunch provided**

Skylyn Place, Spartanburg  
864-582-6838 (Bates McKinney)

## SUMTER COUNTY

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

McElveen Manor  
McCrarys Mill Rd.  
803-773-5293 (Judy Jernigan)

## YORK COUNTY

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

Park Ave. Adult Day Ctr  
Rock Hill  
803-327-7448 (Barbara Smith)

**2nd Tues. 6PM**

HarborChase of Rock Hill  
1611 Constitution Blvd.  
(803)321-4544 (John Taylor)

**2nd Thurs. 10 AM**

818 Tom Hall Plaza Ste. 118  
Fort Mill  
803-548-6766 (Seth Zamek)

**2nd Thurs. 10:30 AM**

York Adult Day Care  
3 S. Pacific Ave York  
803-684-1361 (Dee Curran)

**3rd Wed. 7 PM**

Del Webb Library Indian Land  
7641 Charlotte Hwy  
803-396-5336  
(Samantha Kriegshauser)

**2nd Wed. 11 AM**

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

**If you have  
Alzheimer's:**

**Call 1-800-273-2555**  
to learn about  
early stage dementia  
support groups.



**CHANGE SERVICE REQUESTED  
DATED MATERIAL**

**If you have concerns about yourself or a loved one, please call our 24-hour HelpLine:**

**1.800.273.2555**

For additional resources, visit our website at [www.alz.org/sc](http://www.alz.org/sc).

# 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](http://alz.org/trialmatch).

alzheimer's  association

**trialmatch**

[alz.org/trialmatch](http://alz.org/trialmatch) | 800.272.3900