

## **The Alzheimer's Awareness Tour An Evening with David Shenk**

David Shenk, award-winning, national-bestselling author and journalist will discuss his work, *The Forgetting, Alzheimer's: Portrait of an Epidemic* at the Hampton Inn in Colchester, VT on October 19 at 7:00 p.m. Please join us for this interesting evening presentation.

Shenk's national best seller, *The Forgetting*, has earned a number of awards, and has also been made into an Emmy-winning PBS film. Shenk brings a comprehensive understanding of the disease to families and medical professionals.

This lecture is **free and open to the general public**. The essential message of David Shenk's frank, compassionate and informative lecture is that Alzheimer's, while undeniably devastating, can be understood and treated. Top-notch care for a person with Alzheimer's begins with families and friends who understand what lies behind all the strange symptoms and behaviors. Patients can get smart, loving care in their own home and from widely available social and medical services in their communities. Shenk's aim is to empower families to give and get better care for their loved ones through a broad understanding of the disease.



David Shenk transforms what might otherwise be 'dry' science into witty, compelling stories. A David Shenk speech is much more like a fireside chat than a didactic lecture.

After his presentation, Shenk will introduce a panel of local Alzheimer's experts. Together they will field questions from the audience. The experts will make themselves available for extended one-on-one interaction.

Shenk presents a scrupulously researched, multilayered analysis of Alzheimer's and its social, medical, and spiritual implications. He movingly captures the disease's impact on its victims and their families, and he looks back through history. The result is a searing, powerfully engaging account of Alzheimer's disease, offering a grim but sympathetic and ultimately encouraging portrait. ●

## **Safe Return- Simple Peace of Mind**

Six out of 10 People with Alzheimer's will wander. You can't know when it will happen, but you'll know what to do when it does.

It is common for a person with Alzheimer's or a related dementia to wander and become lost. Many do repeatedly. This can be dangerous - even life threatening. The stress can weigh heavily on family and caregivers.

Alzheimer's Association Safe Return helps reunite loved ones with the person with dementia who has wandered. Safe Return provides 24/7 assistance, no matter when or where the person is reported missing.

Sign up today! 1-888-572-8566 or [www.alz.org/safereturn](http://www.alz.org/safereturn), or call the Vermont office at 802-477-7000 for a brochure. ●

**safe return**  
alzheimer's association

### **Inside:**

<i>World Alzheimer's Day</i>	p. 3
<i>Surprising New Research Connects Diabetes and Alzheimer's</i>	p. 4
<i>Education Calendar</i>	p. 5
<i>2007 Memory Walk Sites</i>	p. 6
<i>Support Group Listing</i>	p. 7

## Director's Message

*As our population rapidly ages, Alzheimer's disease threatens to affect more lives than ever before, including employees across the country, many of whom will shoulder caregiving duties for family members and loved ones. In fact, you may already have employees or be an employee who balances providing care with their responsibilities at work.*

*Did you know*

- *10 million Americans are caring for an individual with Alzheimer's or a related dementia*
- *The majority of people who care for an adult over the age of 60 are in the workforce full-time.*
- *Each year American businesses pay more than \$61 billion to cover Alzheimer's related costs, for health care, loss of productivity, absenteeism and worker replacement.*
- *As the baby boomer population enters the age of greatest risk for Alzheimer's, the number of people with dementia will skyrocket from more than 5 million today to an astounding 16 million by mid-century.*
- *Alzheimer's disease is the seventh leading cause of death in the United States.*

*The Alzheimer's Association can help. The Vermont Chapter has support groups, education programs, and an informative website, [www.alz.org/vermont](http://www.alz.org/vermont) to help you get the information you need in caring for your loved one.*

### Get involved!

- **Volunteer:** There are dozens of ways you can get involved with our chapter.
- **Memory Walk:** Rally behind our cause and organize a team. There are nine scheduled walks around the state so there's bound to be one in your area

Be a champion! Together we can move toward a world without Alzheimer's!

Yours,  
Pam Smith  
Interim Executive Director

## Alzheimer's Association

### Vermont Chapter Newsletter

---

Vermont Chapter  
172 North Main Street  
Barre, VT 05641  
802-477-7000

### Board of Directors

Randy Brock,  
*President and Chair*  
J. Paul Giuliani,  
*Treasurer*  
Representative Joseph Krawczyk,  
*Secretary*  
Daniel Bean, Ph.D.,  
*Public Policy*

### Staff

Pamela Smith,  
*Interim Executive Director*  
Gail Deuso,  
*Development Associate*  
Laura Corrow,  
*Program Director*

### Office Volunteers

Therese Higgins  
Renita Jacobs  
Leslie Hammond,  
*Newsletter Volunteer*

## Make a Million Dollar Difference: Celebrate World Alzheimer's Day

September 21 marks World Alzheimer's Day, during which Alzheimer organizations from around the world work together to raise awareness of the disease – and the many millions of lives it affects every day.

This year, thousands of people will join the Alzheimer's Association on World Alzheimer's Day to raise \$1 million for Alzheimer care, support and research. And, if that goal is reached, the Harrah's Foundation will match the entire \$1 million.

Current estimates show that more than 5 million people in the United States – and 26 million people worldwide – have Alzheimer's. And researchers predict that by 2050 the global prevalence of the disease will quadruple, affecting more than 100 million individuals.

There are many fun, easy ways you and your friends, family and co-workers can get involved to help the Association reach its million-dollar goal:

- \* Host a dinner party, asking guests to donate to the Alzheimer's Association what they would have spent on an evening out

- \* Play a Round to Remember™ – tee up with your golf group and make donations for every hole under par

- \* Make your own donation – then spread the word to friends, family and colleagues.

Free tips, tools and kits to help are all available at [www.actionalz.org](http://www.actionalz.org), or call the Vermont Chapter office at 802-477-7000.

## Memory Matters Comes to Central Vermont

Every 72 seconds someone in America develops Alzheimer's disease. These moms, dads, and neighbors may feel as if they have memory lapses, especially in forgetting familiar words or names or the location of keys, eye-glasses or other everyday objects. These problems may not even be evident during a medical examination or apparent to friends, family or co-workers . . . or maybe they are.

For these individuals, their friends and family, the Vermont Chapter of the Alzheimer's Association has teamed up with Central Vermont Council

on Aging to offer Memory Matters, a new program for persons coping with memory changes and for family members or friends who support them.

This program will be offered in 7 sessions, meeting every other week for 90 minutes starting on Tuesday, Sept. 25. The program will focus on problem solving, communication skills and coping skills. The goal is to help the person with memory challenges to address problems they are facing, and to improve quality of life. By joining together we can

reduce the stress and strain of the disease.

Memory Matters is supported by the VT Department of Disabilities, Aging and Independent Living and by a grant (No. 90AZ2768) from the Administration on Aging, Dept. of Health and Human Services, Washington DC 20201.

For further information about Memory Matters, contact: Pam Smith at the Vermont Chapter office at 802-477-7000, or Jeanne Kern, Family Caregiver Support Program, Central Vermont Council on Aging, 476-2671.



*Donna Hamill and Gloria McKeen stand with one of 52 quilts in the exhibit "Alzheimer's: Forgetting Piece By Piece" which recently visited the Vermont Quilt Festival. Each quilt interprets how Alzheimer's disease affected the artist.*

*The quilt pictured was created by Ami Simms, the curator of the exhibit. Her traveling exhibit on Alzheimer's has been viewed by over 175,000 people from all across the United States. Simms raises awareness and funds in honor of her mother who has the disease.*

*The Vermont Quilt Festival is New England's oldest and largest annual quilt event. The festival offers contests, special exhibits, classes for adults and children as well as vendors and appraisals.*

## First Phase III Trial of an Anti-Amyloid Drug in Alzheimer's Disease

Data from clinical trials of four possible Alzheimer's therapies raise hope for an emerging new era in treatment of the disease, according to research reported today at the 2nd Alzheimer's Association International Conference on Prevention of Dementia in Washington, D.C.

While currently approved treatment options offer some relief of symptoms for perhaps a year or two, they do not change the course of the disease. It is widely believed that Alzheimer's is associated with the accumulation of a brain protein known as amyloid which, in its soluble form, is toxic to brain cells.

"Amyloid as a cause for Alzheimer's and a primary target for therapies and preventions must be thoroughly tested," said William Thies, Ph.D., Alzheimer's Association vice president for Medical and Scientific Relations. "We can then sharpen our focus on attacking amyloid and creating better treatments, or change the focus to other areas if the theory is wrong."

"We're very pleased," said Sam Gandy, M.D., Ph.D., chair of the Alzheimer's Association's Medical & Scientific Advisory Council. "The odds are quite good that we'll have more effective new treatments for Alzheimer's in the near future."

### 18-month phase III trial of tramiprosate (Alzhemed)

Tramiprosate (Alzhemed, Neurochem) is an anti-amyloid compound in Phase III Alzheimer's clinical trials. Tramiprosate is a small, orally-administered investigational product candidate that is known as an amyloid antagonist. It is believed to act by binding to the soluble protein, thereby interfering with the complex

cascade of events associated with amyloid deposition and the toxic effects of in the brain.

The Phase III clinical trial for Alzhemed has generated an unprecedented amount and complexity of data.



The company discovered there were significant and unexpected differences in the data between the study's many sites, making it very difficult to determine the

total outcome of the trial. Therefore, the company is working to account for the site differences, so it can analyze the data to determine the total results.

"We don't have the results for the Alzhemed Phase III clinical trial," said Gandy. "However, there are now so many promising Alzheimer's therapies in the pipeline."

### 12-Month Phase II Trial Results for Dimebon

Dimebon (Medivation) is an oral medication that has been shown to inhibit brain cell death in preclinical models relevant to Alzheimer's and Huntington's diseases. Dimebon appears to block a new target that involves mitochondrial pores, which are believed to play a role in the cell death that is associated with neurodegenerative diseases and the aging process.

### Alzheimer's Disease and Type 2 Diabetes

Stunning new research shows a connection between Type 2 Diabetes and Alzheimer's disease. More research is needed to find why or how Alzheimer's and diabetes are connected, but they do know that high blood sugar or insulin can harm the brain in several ways:

- Diabetes raises the risk of heart disease and stroke, which hurt the heart and blood vessels. Damaged blood vessels in the brain may contribute to Alzheimer's disease.
- The brain depends on many different chemicals, which may be unbalanced by too much insulin. Some of these changes may help trigger Alzheimer's disease.
- High blood sugar causes inflammation. This may damage brain cells and help Alzheimer's to develop.

For more information please call us at 802-477-7000 to request the Alzheimer's Association latest publication: Alzheimer's disease and Type 2 Diabetes: A Growing Concern.

## Education Offerings

### **All About Alzheimer's . . . For family caregivers of those with Alzheimer's Disease and related disorders.**

This six hour program is presented in two three-hour sessions and will provide family and friends with a basic understanding of memory loss, dementia, and Alzheimer's disease and the changes in communication and function and behavior that occur as a result. The program will include practical information and intervention strategies to help deal with those changes. Plan to attend both sessions. Cost is \$10 per person, \$20 per family. Advanced registration is required, call the chapter office to register, 802-477-7000.

October 16 & 23 from 6 to 9 p.m. in St. Johnsbury, VT at NVRegional Hospital, Conference Room 126.

November 6 & 13 from 6 to 9 p.m. in Springfield, VT at Springfield Adult Day Center, 266 River St.

**Caring for the Caregiver:** This four-part education program for family caregivers of those with Alzheimer's disease or related dementia will be offered in the Multi-Crispe Room at the Vermont Veterans Home in Bennington, Vermont. Programs are free, no advanced registration is necessary.

Session 1 November 1 at 7PM  
 Laura Corrow, Alzheimer's Association of Vermont  
**Alzheimer's 101.** Basic information about memory loss, dementia and Alzheimer's disease; maintaining a healthy brain.

Session 2 November 10 at 2 PM  
 Lynne Ihlstrom, **Caregiver Survival Tips**

Session 3 November 14 at 6PM  
 Susan Wehry, MD **Understanding Difficult Behaviors**

Session 4 November 27 at 6PM  
 Cinda Payton **Building Fences: Establishing Boundaries while Providing Care**

These free programs are presented as a partnership between the Vermont Veterans' Home, the Alzheimer's Association of Vermont, and the Southwestern Vermont Council on Aging and is funded through a grant from Southwestern Vermont Council on Aging National Family Caregiver Support Grant.

**Maintain Your Brain:** How to Live a Brain Healthy Lifestyle. - a one-hour community workshop exploring the latest insights about how people can make brain-healthy choices and lower their risk for Alzheimer's disease. Contact the chapter office to schedule a program for your group.

**Memory and Aging:** a 2 hour community forum providing information about memory, normal changes associated with aging, dementia, Alzheimer's disease and ways to maintain a healthy brain. Contact the chapter office to schedule a program in your community.

*For information or support, call*  
**1-800-272-3900**  
*available 24 hours a day, seven days a week.*

### *Chapter Wish List*

So we can continue to use our resources to provide education and support to the families who are living with Alzheimer' disease, the Vermont office would appreciate donations of the following items or the funds to be able to purchase them!

- *New phone system – the five phone system we currently use is about 15 or more years old, and occasionally shorts out. \$500.00*
- *New laptop and LCD projector- to accommodate more trainers who may not live in the area. \$2000.00*
- *DVD player – We have a VHS player, but most training material comes on DVD. \$200.00*
- *Laser Printer – We currently have ink jet printers and tend to get smudged copies. \$400.00*



# Vermont Walk Sites

## Fall 2007

Nationally presented by  
**Genworth Financial** 

Walkers may register and fundraise online by visiting [www.alz.org/memorywalk](http://www.alz.org/memorywalk). It's easy, fun and secure. For additional information, brochures and posters, please e-mail [gail.deuso@alz.org](mailto:gail.deuso@alz.org) or call (802) 477-7000.

### Memory Walk Sponsors

*Again we would like to thank our Memory Walk sponsors. We couldn't do it without you!*

**Title Sponsors:**

*The Arbors at Shelburne  
 Vermont Maturity Magazine  
 Pomerleau Foundation*

**Gold Sponsors:**

*Armistead Caregiver Services  
 Birchwood Terrace Healthcare  
 Converse Home  
 East Coast Printers  
 National Life Group  
 PHrma  
 Shelburne Bay Senior Living Community*

### Tournaments

*A big thank you to Dick Basiliere and Chris Ryan for organizing fabulous and successful Tournaments; Dick for the Alzheimer's Golf Classic at Cedar Knoll Country Club in Hinesburg, and Chris for the Wiffleball Extravaganza in Rutland. Of course thank you to those who participated as well!*

**Central Vermont Walk**

Barre  
 Spaulding High School  
 Saturday, September 15  
 9 am - Registration  
 9:30 am - Walk begins

**Franklin County Walk**

Saint Albans  
 Collins Perley Sports Complex  
 Saturday, September 15  
 8:30 am - Registration  
 9 am - Walk begins

**Lamoille Area Walk**

Morrisville  
 The Manor  
 Saturday, September 22  
 8:30 am - Registration  
 9 am - Walk begins

**Northeast Kingdom Walk**

Lyndonville  
 The Pines Rehabilitation & Health Center  
 Saturday, September 22  
 9:30 am - Registration  
 10 am - Walk begins

**Addison County Walk**

Middlebury  
 Helen Porter Healthcare & Rehabilitation Center  
 Saturday, September 29  
 9:30 am - Registration  
 10 am - Walk begins

**Champlain Valley Walk**

Burlington  
 City Hall Park  
 Saturday, October 6  
 10:30 am - Registration  
 11 am - Walk begins

**Randolph Area Walk**

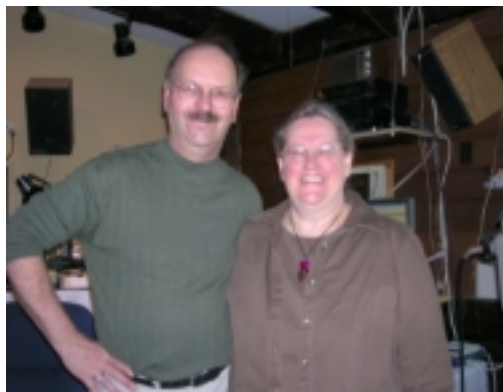
Randolph  
 Gifford Medical Center (Parking Lot)  
 Saturday, September 22  
 9 am - Registration  
 9:30 am - Walk begins

**Southeast Vermont Walk**

Springfield  
 Springfield Health and Rehab  
 Friday, October 12  
 9 am - Registration  
 10 am - Walk begins

**Southwest Vermont Walk**

Bennington  
 Vermont Veterans Home  
 Saturday, October 13  
 9:30 am - Registration  
 10 am - Walk begins



*Pam Smith, Interim Executive Director of the Alzheimer's Association- Vermont Chapter and Roland Lajoie, WLVB Radio personality, pause after their "Pass The Peeps" interview. "Pass The Peeps" is a fundraiser created by WLVB's Mary Collins. Together the radio station, The News & Citizen, The Transcript, and the local Dunkin Donuts raised \$430.00 for the Vermont Chapter and we thank them for their support!*

## Support Groups

Support groups meet to provide assistance and information on Alzheimer's disease and related dementias. They emphasize shared experiences, emotional support, and coping techniques in caring for an impaired person. Meetings are free and open to the public. Families, caregivers, friends, and professionals may attend any meeting. If you need assistance in reaching any of these groups, please call the Alzheimer's Association at 802-477-7000.

### Barre

\* Rowan Court Nursing Home  
4<sup>th</sup> Wednesday, 3PM  
Linda Bisson and  
Cheryl Walsh, 476-4166

\* Community National Bank  
2<sup>nd</sup> Wednesday, 7PM  
Helene Thomas, 476-5116  
Jim Hanna, 223-6605

### Bennington

\* Vermont Veterans' Home  
Christina Cosgrove, 447-6524  
Bill MacMillan, 447-6474  
3<sup>rd</sup> Wed., 12:30 -1:30 lunch  
1:30-2:30 group meeting

### Burlington

\* Birchwood Terrace  
Last Tuesday, 5:30PM  
Stefanie Catella, 863-6384

\* Converse Home  
1<sup>st</sup> Tuesday, 6 to 8 p.m.  
Carrie Shamel, 862-0401  
carrie@conversehome.com

### Middlebury

\* Elderly Services  
3<sup>rd</sup> Friday 12:00 PM  
Nancy Conant & Judy English,  
388-3983

\* Helen Porter Healthcare Center  
3<sup>rd</sup> Monday, 12:00PM  
Nancy Schaedel or Susan  
Alexander, 388-4001

### Randolph

\* Call for information  
Polly Frankenburg,  
728-5118

### Rutland

\* Interage Building  
Last Wednesday, 3PM  
Brenda Shortle,  
747-3587

### Shelburne

\* The Arbors  
2<sup>nd</sup> Tuesday, 10AM  
Nicole Houston, 985-8600

\* For newly diagnosed  
The Arbors  
3<sup>rd</sup> Wednesday, 10:30AM  
Nicole Houston, 985-8600

### Springfield

\* Adult Day Center  
2<sup>nd</sup> Wednesday, 7 PM  
Linda Stowell &  
Christine LaCasse, 885-9881

### St. Albans

\* Franklin County Home Health  
meets at Church of the Rock  
2<sup>nd</sup> & 4<sup>th</sup> Monday, 7 PM  
Lori Wright, 527-7531

### St. Johnsbury

\* Caledonia Home Health  
Last Monday, 7PM  
Marcia Eliot, 748-8116

## Upcoming Events

### "Tour Down Memory Lane 2" to benefit VT Chapter

When Jenni Johnson saw our "wish list" in the last newsletter, she asked if she could perform a benefit concert for us - "wishing" to help reduce the list. Our answer - of course - was "yes" and our newest fundraising event was born.

"Tour Down Memory Lane 2" is a continuation of Jenni's previous performance of the same name several years ago. The concert is taking place on Saturday, November 3rd in the Film House at the Waterfront Theatre in Burlington. It will feature music from artists like: Holiday, Ellington, Washington, Porter, Cole, Fitzgerald, Cline, D'Jango and many more. Relive memories from the past and create new ones on a musical tour with family and friends. Opening for Jenni & The Jazz Junketeers will be a

group from Charlotte Central School under the direction of Tony Pietricola.

The concert is being sponsored by Advance Music, Leunig's Bistro, Low Tech Sound Studio and Main Street Landing. Show your concert ticket or ticket stub at Leunig's Bistro beginning Friday, November 2nd, thru Sunday, November 4th to receive 20% off your dining (excluding alcohol). There will also be the opportunity to bid on a few fabulous items at our silent auction. Doors will open at 1 pm and 6 pm. Performances start at 2:00 and 7:00. Tickets are \$20 per person. For additional information, please e-mail gail.deuso@alz.org or visit [www.jenni-johnson.net](http://www.jenni-johnson.net).

# Ways We Can Help **alzheimer's** **association**<sup>®</sup>

The Vermont Chapter is ready to assist the family caregiver and healthcare facilities with our programs and services.

**Helpline: 800-272-3900:** The Helpline provides reliable guidance and information 24 hours a day, seven days a week. The Helpline serves people with memory loss, caregivers, healthcare professionals and the public.

**Support Groups:** Participating in a support group can help caregivers and family members by providing a chance to share with others who understand a similar situation.

**Safe Return:** Safe Return is a nationwide identification, support, and enrollment program that provides assistance when a person with dementia wanders and becomes lost.

**Education Programs:** See page 5 for details and watch for the 2008 Education Conference in the spring.

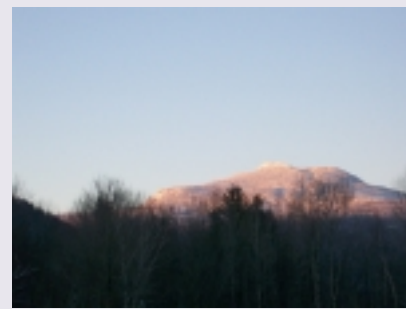
**Helping the Helper Caregiver Manual:** This excellent manual was produced locally by experts in the field of Alzheimer's disease and dementia caregiving. It contains tips and ideas to assist in the caregiving journey.

**Internet:** go to [www.alz.org](http://www.alz.org) for the latest Alzheimer's disease information.

## Attention Backcountry Skiers!

### *Mark Your Calendars!*

Camel's Hump Challenge 2008 is tentatively scheduled for Sunday, February 10th! For event updates please visit [www.beekenparsons.com/camelshumpchallenge](http://www.beekenparsons.com/camelshumpchallenge)



800 272-3900  
[www.alz.org](http://www.alz.org)

We are fighting on your behalf 24/7  
to give everyone a reason to hope.

Vermont Chapter  
172 North Main Street  
Barre, Vermont 05641

**alzheimer's**  **association**<sup>®</sup>

Non-Profit  
US Postage  
**PAID**  
Permit No. 222  
Barre, VT