



Alzheimer's Awareness Day Statehouse April 1, 2011

Planning is underway for Alzheimer's Awareness Day in the Card Room at the Vermont Statehouse. All stakeholders are asked to join the Vermont Chapter and members of the Governor's Commission on Alzheimer's in educating our state representatives and increasing awareness of the devastating impact of dementia on our state.

Alzheimer's disease is the sixth-leading cause of death. In fact, among the 10 leading causes of death, it is by far the fastest growing – increasing more than 50 percent from 2000 to 2007. And Alzheimer's is the only disease in the top 10 causes of death without a way to prevent, cure or even slow its progression.

To get involved please contact Martha Richardson by phone 800-272-3900/ 802-316-3839 or email martha.richardson@alz.org



Education

The Vermont Alzheimer's Association is leading the way in making sure that dementia care is safe, respectful and meaningful for every individual. Providing community and continuing education to care givers is one way in which we achieve this goal. If you are interested in upcoming educational programs use this link to view program offering descriptions and the calendar of upcoming events. www.alz.org/vermont/in_my_community_education.asp

10 Quick tips for Better Communication



1. Be calm and supportive
2. Focus on feelings and not facts
3. Pay attention to tone of voice
4. Address the person by his or her name
5. Speak slowly and use short simple words
6. Ask one question at a time
7. Avoid vague words and negative statements
8. Don't talk about the person as if he or she were not there
9. Use unspoken communication, like pointing
10. Be patient, flexible and understanding

50plus & BABY BOOMERS EXPO

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We hope to see you at this Vermont event on January 29th at the Sheraton Hotel in So. Burlington. Featuring more than 80 exhibitors, interactive seminars, art demos, fashion show, live music, giveaways, a dance party and more! Come and bid on items from the wonderful silent auction benefiting the Alzheimer's Association, Vermont Chapter. And don't forget to buy your tickets for the 50/50 raffle generously sponsored by **Home Instead Senior Care**. While the event is designed for those aged 50 and above, all ages are welcome. Visit <http://www.vermontmaturity.com> for all of the details.



Camel's Hump Challenge Cross Country Ski Event – February 13th

Come and ski Camel's Hump, Vermont's iconic mountain! The 24th annual Ski Around the Hump on February 13th still has room for skiers to register. Visit <http://www.camelshumpchallenge.com> for more details and to register for this unique Vermont event.



The Walk to End Alzheimer's

The Vermont Chapter is excited to announce the Walk to End Alzheimer's (formerly known as memory Walk) websites are active! Visit http://www.alz.org/vermont/in_my_community_walk.asp to register as a team leader and launch your team page today!

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. 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.

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If this update was forwarded to you and you would like to be added to our e-news list please send an email to martha.richardson@alz.org with "subscribe" in the subject line and your name, address and contact information in the body of the email.