Exciting research collaboration takes off in Cleveland

Sometimes the sun, the moon and the stars do align. A combination of serendipity and long, hard work has launched an exciting collaboration among Alzheimer’s research scientists right here in Cleveland. Thanks to the generosity of local philanthropists Lee and Jane Seidman and an innovative grant from the national office of the Alzheimer’s Association, research powerhouses have begun working together to unravel the mysteries of Alzheimer’s disease.

The $1.1 million multi-centered project grant (MCPG) will enable laboratories from both the Cleveland Clinic and Case Western Reserve University to research new ideas regarding the role of the immune system in Alzheimer’s disease (AD) and examine the biology of inflammatory cells in the AD brain. These studies will likely point to new therapeutic targets that will be tested as the grant moves forward.

“There is definitely a need to increase the research addressing Alzheimer’s disease. We are eager to support this fight,” said Lee and Jane Seidman.

**Working together**

Traditionally, grants are awarded to one study and/or team at a time. For the first time in history, the Alzheimer’s Association has awarded a MCPG that includes the laboratories of multiple prominent research scientists, including:

- Bruce Lamb, Ph.D., Staff Scientist, Department of Neurosciences, Lerner Research Institute, Cleveland Clinic; Associate Professor of Genetics, Neurosciences and Molecular Medicine, School of Medicine, Case Western Reserve University;

Ohio Legislature to consider uniform adult guardianship law

*by Nancy H. Hooker, Former Board Member*

It is estimated that only 30% of Americans have taken the necessary legal steps to prepare advanced, end-of-life directives, designating individuals who may act on their behalf when required. In the absence of such directives, when a person becomes incapacitated, a family has no recourse except to turn to the courts to commence a guardianship process.

Adult guardianship is the process through which a court appoints and oversees an individual to serve as the legal decision maker for another adult, who due to incapacity, is unable to make decisions for himself or herself. Once appointed, the guardian may make decisions for the person that relate to health, well being and economic interests. Due to the impact of dementia on a person’s ability to make decisions and in the absence of other advanced directives, people with Alzheimer’s disease may need the assistance of a guardian.

Guardianship is a matter of state law. That means that within the U.S., there are a welter of different requirements, varying state by state.

**New Event**

**Coming June 16!**

Blondes vs. Brunettes is a flag football game where both men and women join the fight to end Alzheimer’s!

June 16, 2012 at 2:00 pm

More info on Page 9!

**Help tackle Alzheimer’s with some fun on the field**

Continued on page 7
The reality of Alzheimer’s

Twenty years ago I didn’t know what Alzheimer’s was. Call it blissful naïveté, or youth, or a combination of the two. Then the reality that was Alzheimer’s touched my family in the same way that it has touched so many of yours. While I still didn’t know much, I did know that it was a disease that was slowly, but surely, taking a remarkable woman, mother and grandmother from my family.

The reality that was Alzheimer’s. The reality that is Alzheimer’s.

Alzheimer’s disease wasn’t new then. In fact, it was first diagnosed in 1906. Why then, I asked myself, wasn’t there more known about this disease? After all, it was the early 1990’s! Then, in 1994, there came a startling revelation when President Ronald Reagan, in a letter to the American People, shared that he had Alzheimer’s disease. Finally, the disease had a very public name and face – certainly this would move our efforts forward to fight this disease.

The reality that was Alzheimer’s. The reality that is Alzheimer’s.

Research efforts to find a cure for Alzheimer’s are more robust than ever before. Esteemed medical researchers from all over the world are addressing the need to find a cure for this debilitating disease. Yet it is not enough. An overwhelming 5.4 million Americans are living with this disease and every 69 seconds another American develops the disease. Furthermore, Alzheimer’s is the 6th leading cause of death in the U.S. and the only Top 10 cause without a way to prevent, cure or even slow its progression.

The reality that was Alzheimer’s. The reality that is Alzheimer’s.

Twenty years have passed, and the cost of Alzheimer’s disease in the U.S. has reached $183 billion. At this rate of progression, Alzheimer’s related costs will escalate to *$1.1 trillion by 2050.*

The time to act is now. I urge you to consider doing three things to assist in our search for a cure. First, visit www.alz.org and signup to be an advocate for the organization. Second, contact your U.S. Congressman and U.S. Senators and request that they fight for additional research dollars to find a cure for Alzheimer’s. Third, consider a financial gift to the Alzheimer’s Association and its research efforts.

The reality that is Alzheimer’s can be A World Without Alzheimer’s. The difference is in all of us.

Brian J. Richardson, Board President

*In 2011 dollars

2011 Foundation Support

We would like to thank the following foundations for their generous support over the past year:

- ABB Foundation
- CareSource Foundation
- The Community Foundation of Lorain County
- Harry K. & Emma R. Fox Charitable Foundation
- Giant Eagle Foundation
- Gould Inc. Foundation
- Fred A. Lennon Charitable Trust
- Lincoln Electric Foundation
- S.K. Wellman Foundation
- Wuliger Foundation
Volunteer advocates head to Columbus & Washington, DC to make their case

Memory Day in Columbus

On April 3, the Cleveland Area Chapter will be sending a contingent of advocates to Columbus to participate in the annual Memory Day gathering organized by the Ohio Council of the Alzheimer’s Association. Volunteer advocates will enjoy lunch and a brief program, including the presentation of the 2012 Advocate of the Year Award. Governor John Kasich is also scheduled to address the group. Transportation is provided for all participants.

Before and after lunch, advocates will meet with state legislators. The focus will be on priorities such as the passage of the Uniform Adult Guardianship and Protective Proceedings Jurisdiction Act, protection of Medicaid services and eligibility, and preserving and enhancing important state programs like the Alzheimer’s respite program and other community supports for seniors.

Advocacy Forum in DC

Advocates and staff will also travel to Washington, DC to participate in the annual Alzheimer’s Association Advocacy Forum on April 23-25, and meet with our federal legislators. Last year’s forum proved to be the largest in the event’s 23-year history. More than 600 advocates from across the country gathered to learn, engage and inspire others in the fight against Alzheimer’s.

This year, our advocates will be urging our Congressional delegation to support two bills that will dramatically impact how we as a nation address the Alzheimer’s crisis.

The “Health Outcomes, Planning and Education (HOPE) for Alzheimer’s Act” is one of the Association’s top federal priorities. This Act will improve diagnosis of Alzheimer’s disease and increase access to information, care and support for newly diagnosed individuals and their families—providing essential support for those facing this devastating, debilitating disease.

The other priority, The Alzheimer’s Breakthrough Act, would advance breakthrough treatments for people living with Alzheimer’s by requiring a federal commitment to Alzheimer’s disease research. The bill would require the director of the National Institutes of Health (NIH) to accelerate the development of treatments that prevent, cure or slow the progression of Alzheimer’s disease and reduce the financial burden of Alzheimer’s on federally funded programs and families. The bill requires the director of NIH to develop a research plan to overcome Alzheimer’s disease and to make annual appropriations and budget requests to accomplish the science necessary to achieve our goal of a world without Alzheimer’s.

Advocates will share their stories with legislators and their staffs and urge them to support and pass these important pieces of legislation.

Anyone interested in participating in these events should contact Nancy Udelson at (216) 231-1500.

How to be an advocate for Alzheimer’s

Psst...It’s really easy!

Alzheimer’s advocates play an important role in improving the quality of life for people with Alzheimer’s disease and their families. By simply raising your voice, you help us to support improvements in care and services and expand funding for research and public programs.

As an advocate you could:

- Receive updates about current issues.
- Send emails/letters or make calls to legislators to advance public policy issues that would improve quality of life for those living with Alzheimer’s.
- Participate in meetings with legislators.

How to get started:

- Go to www.act.alz.org and simply fill out the online form!
- Contact our local Advocates Coordinator. Email your name, address, email and phone to Mike Gillis: mpgillis@sbcglobal.net or call 216.533.8542

Memory Day Advocates in Columbus

How to Request a Speaker?

Our Speakers Bureau provides community groups with information about Alzheimer’s disease, its impact and assistance available. There are more than 30 volunteers who represent the Association at speaking events and at health fairs - but we could use more!

How Can You Help?

If you belong to a group or organization:

Build awareness by scheduling a presentation. Request a speaker from us!

Ask for volunteers to join the Speakers Bureau, form a Walk team or help in another way.

Become a Volunteer Speaker Yourself!

This training is a great opportunity to learn more about the Association, current research and specific information on Alzheimer’s disease and caregiving issues.

How to get started:

- Contact our local Advocates Coordinator.
- Complete the request form at www.alz.org/cleveland and fax (216-831-8585) or mail it to 23215 Commerce Park Suite 300, Beachwood, OH 44122.
- Call or email Gail Sands, Speakers Bureau Coordinator, at 216-231-1337 or gail.sands@alz.org

NEED A SPEAKER

for a Meeting or Event?

How Can You Help?

If you belong to a group or organization:

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PRESENTATIONS AVAILABLE

Alzheimer’s Disease: What You Need to Know

A comprehensive presentation that includes a clear explanation of changes that occur in the brain, normal age-related memory loss vs. Alzheimer’s-related memory loss, the ten warning signs of Alzheimer’s disease, and how to live a brain-healthy lifestyle.

Now What Was I Saying?

An interactive presentation that gives an overview of how the brain and memory work, techniques for improving memory function, and reasons to live a brain-healthy lifestyle.
“Caregiver in Need” funds can provide a safety net

As the primary caregiver to someone with Alzheimer’s disease or dementia, do you ever wonder what you would do if you needed to take a “time-out” from caregiving to take care of yourself? Caregivers often overlook their own needs for medical wellness or treatment until a crisis arises—usually because they can’t imagine how they would find a replacement caregiver or pay for the help.

That’s how the Caregiver in Need Fund can help. This program is designed for caregivers interested in making alternative care arrangements for an individual with memory loss in situations where there is a short-term need. Some examples of possible situations include, but may not be limited to:

• The primary caregiver needs to attend to their own health care through surgery or treatment.
• The primary caregiver becomes unexpectedly incapacitated.
• The primary caregiver requires time to plan for transition into an alternate living situation.
• Hospitalization of the person with memory loss necessitates intense support from the family.
• An intense caregiving situation warrants a break for the primary caregiver.

The primary caregiver must currently reside with the person with dementia and provide all funding-required demographic information. A Care Consultant will work with the caregiver or other family member to identify agencies that can provide the temporary help that is needed and support the family every step of the way.

If you would like more information about the program or to enroll please call the Helpline at 1-800-272-3900. Funding for this program was made possible through generous contributions to the Alzheimer’s Association Cleveland Area Chapter Fund-A-Need Auction that was held at the 2011 Annual Dinner.

The Alzheimer’s Association Cleveland Area Chapter will reimburse caregivers up to $500 for respite services used to provide alternative care arrangements during the short term need.

What other caregivers say about the program…

Just want to say thank you! It helped when I knew I could have a day out. It is hard to be in recovery and take care of a loved one at the same time. Thank you—you were my escape.

Thank you for some quiet time and needed rest and sleep. It was a blessing to me and my family. Thank you!

I appreciate all the financial help I received. I was hospitalized for cancer treatment and had to put my husband in Assisted Living. Thank you.

I credit this program with saving my mother’s life. As the primary caregiver for my father, the stress of care taking without respite support was sapping her energy, strength and will.

Thank you from the bottom of our hearts! This money from your organization was so much helpful for our mom. We appreciate everything you do, it was such a blessing.

The Caregiver in Need program helped us greatly defray the cost of 24-hour home helpers.

Lorain family finds hope with RDAD program

As dementia progresses, individuals can drift into isolation and sadly, end up spending too much time staring at the television. However, physical activity has numerous benefits for those diagnosed with dementia, Alzheimer’s and memory problems in general. The Alzheimer’s Association Cleveland Area Chapter is bringing a specialized exercise program directly to the homes of those who need it most – for free – with the RDAD program (Reducing Disability in Alzheimer’s Disease). The program has been funded to serve as many as 150 people and the chapter is on the lookout for more people to sign up.

This free program provides families with more than a dozen personal visits from a trained professional who teaches individuals with memory problems and their caregivers how to do simple exercises to improve their health. The program also teaches family members about symptoms and how to care for individuals with memory loss.

For Steve Cain, of Lorain, the RDAD program has been instrumental in keeping his wife engaged in stimulating activities rather than just watching TV. “I’m always trying to get her involved in things to keep her active,” Cain said. “She doesn’t mind participating in this program, and it’s a nice change from her regular activities.”

Cain’s wife Mary was diagnosed with dementia six years ago. “Participating in the program

continued on next page
Maintaining independent living for as long as possible: The impact of proper medication management

By Phil Parsons, CVS Pharmacy, Director of Special Projects

If you care for a loved one with a fading memory, here are a couple of facts you should know. Thirty-three percent of hospitalizations for individuals over 65 years are associated with failure to take medication properly, and 25% of nursing home admissions are due to an individual’s inability to take care of his/her medications. Men over 75 years are especially prone to not taking their medication properly. The higher degree of medication adherence there is, the fewer medication-related hospital admissions.

Studies of Americans show:
• 12% of elderly did not get their prescription filled.
• 12% of elderly who did fill it, did not take the medication.
• 29% of elderly Americans stop taking their medication too soon
• 22% take less of their medications than instructed.
• The most common reasons medications are incorrectly taken or not taken at all include:
  • “my medication costs too much”
  • “I don’t like the way I feel when I take this”
  • “I don’t think this drug will help me”
  • “I don’t feel sick any longer”
  • “I am already taking too many meds”
  • “I don’t remember why I am taking this drug”
  • “I can’t read/understand the label/instructions”
  • And the number one reason…“I forgot”

Failure to take medications can be costly as well as deadly. It has been estimated that the cost of preventable hospitalizations due to medication non-adherence exceeds $100 billion/year. For example, a 2001 study revealed 125,000 American deaths that year were attributable to not taking cardiovascular medications correctly.

The Alzheimer's Association is working with CVS Pharmacy to put together an array of medication management tools. Use of this free program is designed to support an individual's independence for as long as possible. The program's objective is to preserve client resources as well as their quality of life. Supporting proper medication can help to maintain an individual's independence.

The CVS Pharmacy Medication Support Program includes:
• Special prescription packaging is available, as needed, to help organize tablets and capsules by their proper times of use
• Extra information, in large print, to improve understanding of their medication: what it is, when and how to take it, etc.
• Automated refill reminders and monitoring
• Charts to assist in tracking proper medication use as well as adherence to the dosage regimen
• Access to pharmacists to answer questions regarding medication

All of these services are free to Alzheimer’s Association families who register by calling: 216.382.4782 and enrolling in the CVS Pharmacy Maintaining my Independence Program.

RDAD, continued

makes her concentrate and use her thinking powers. I believe the physical exercises actually stimulate her brain,” he said. “It carries on into her functioning in her everyday life. I have also noticed an improvement in her physical strength and balance.” Cain believes his wife is more stable walking and getting in and out of the house.

Benefits of exercise and Alzheimer’s

Exercise has both mental and physical health benefits for individuals with memory disorders. Even simple exercise has shown to prevent muscle weakness, reduce falls and improve balance and flexibility. Those who exercise show a decrease in mental decline, improved behavior and better communications skills.

“Physical activity can also play a part in reducing the symptoms of anxiety and depression, sometimes experienced by people with dementia,” said Lauren Brasse Tortorici, a Clinical Care Coordinator at the Alzheimer’s Association. “Caregivers participating in the RDAD program have also shared that their loved ones are more alert and higher functioning after doing the exercises,” she said.

The RDAD program provides 14 home visits and two follow up calls with a specially trained professional. Involvement requires participation by both the individual with memory loss and their caregiver. The Cains started the program in September, 2011.

“Mary’s doctors were excited about her participating in the program; especially her neurologist,” Cain said.

A joint effort

The Alzheimer's Association Cleveland Area Chapter joined with the Ohio Department of Aging, The Benjamin Rose Institute, and other Association Chapters in Ohio to implement RDAD with support through a grant from the Administration on Aging.

The program hopes to improve daily living functions while also helping family caregivers provide assistance. Individuals with memory loss engage in simple strengthening, balance, flexibility and endurance exercises. Participants must have some ability to stand and walk. The initial exercise and education program was developed by Dr. Linda Teri from the University of Washington, Seattle.

If you are interested in learning more about the RDAD program, please call 800-272-3900 for more information.
The DIAN Study (Dominantly Inherited Alzheimer’s Network) is the largest and most extensive worldwide research network investigating dominantly inherited Alzheimer’s disease. Established in 2008, and funded by the U.S. National Institute on Aging at the National Institutes of Health (NIH), DIAN consists of an international network of 11 leading research centers in the United States, United Kingdom and Australia.

The study investigates AD caused by rare, dominantly inherited genetic mutations. Children of individuals who carry one of these genetic mutations have a 50-50 chance of inheriting the gene mutation, and those who do are destined to develop the disease. Mutation carriers can have symptoms of AD as early as in their twenties, but symptoms typically begin in their thirties, forties or fifties.

No single research center has sufficient numbers of people with dominantly inherited AD to conduct a large enough study to generate meaningful results, underscoring the value of the DIAN study. Because they will unquestionably develop AD, mutation carriers represent an ideal study group to determine the sequence and rate of AD brain changes that occur before detectable memory and thinking changes appear.

Mutation carriers also play an important role in the development of treatments to prevent the disease, as they will participate in the testing of therapies to stop or slow specific brain changes associated with the disease. These same therapies may also be applicable to people with the more common form of AD that is not linked to dominantly inherited AD, since the biomarker changes in both forms of AD are very similar. At AAIC, scientists from the DIAN study reported data from the initial 150 enrollees that brain chemistry changes can be detected up to 20 years before the expected age of onset. This is defined as the age of the onset of dementia symptoms in the parent with the genetic mutation. Researchers found that mutation carriers developed symptoms at an age very close to that of their affected parent. According to the researchers, the results demonstrate the feasibility and promise of performing AD prevention studies in this special population.

Directed by John C. Morris, MD, of Washington University School of Medicine and member of the Alzheimer’s Association Medical and Scientific Advisory Council, DIAN plans to implement prevention trials. The U.S. Food and Drug Administration and European Medicines Agency—both government agencies that regulate drug trials—support prevention trials in this population. Eleven compounds have been nominated by the pharmaceutical industry for use in these trials. Most, but not all, are beta-amyloid-lowering therapies, and most, but not all, have already been tested in humans. Researchers hope to begin the first trial in 2012.

Far too many Americans have Alzheimer’s disease, currently an estimated 5.4 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.
New Research, continued from page. 1

- Sanjay Pimplikar, Ph.D., Associate Staff Scientist, Department of Neurosciences, Lerner Research Institute, Cleveland Clinic; Adjunct Assistant Professor of Pathology at Case Western Reserve University School of Medicine;

- Richard Ransohoff, M.D., Director of the Neuroinflammation Research Center, Department of Neurosciences, Lerner Research Institute, Cleveland Clinic; Professor of Molecular Medicine, Case Western Reserve University;

- Gary Landreth, Ph.D., Director of the Alzheimer Research Laboratory, Professor of Neurosciences and Neurology, Case Western Reserve University School of Medicine;

- Daniel Wesson, Ph.D., Assistant Professor of Neurosciences, Case Western Reserve University School of Medicine.

“The Alzheimer’s Association is proud to assist the close collaboration between Cleveland Clinic and Case Western Reserve University,” said Nancy Udelson, Executive Director at Alzheimer’s Association Cleveland Area Chapter. “We are eager to support momentous steps forward in the fight against Alzheimer’s disease.”

Power in numbers
The Alzheimer’s Association launched this new endeavor to bring together scientists who work on similar studies and take advantage of the combined expertise and resources of the individual labs. Monthly meetings will enable the laboratories to discuss progress and share a wide range of resources.

“This grant promotes valuable interactions that might not have occurred without this type of funding,” said Dr. Landreth. “The grant also serves to strengthen the ties between research groups at Cleveland Clinic and CWRU, and this is a very valuable outcome.”

“It is hoped (and I am confident) that such team science will lead to more significant advances than if smaller, separate grants were awarded to all of us,” Dr. Lamb said. “I think the fact that the first MCPG ever awarded happens to be in Cleveland is certainly an indication of the strength of the Alzheimer’s research community in Cleveland!”

Finding the funding
The importance of this grant coming through is magnified by the tight funding atmosphere within the research community at present. A proposal for the grant was originally submitted two years ago, but not funded. This year, it was almost passed over again.

Enter the philanthropists.
Upon hearing that this important work was on hold due to funding, Lee and Jane Seidman stepped up to the plate with a significant contribution to make the research possible by partnering with the Alzheimer’s Association.

A closer look at the study
Teams of scientists will be examining the role of the immune system in Alzheimer’s disease. Studies will focus on identifying biomarkers of inflammation that could be an indication of Alzheimer’s disease.

“We are interested in identifying the role that specific immune cells play in the development of Alzheimer’s phenotypes, including amyloid plaques and neurofibrillary tangles,” Dr. Lamb said.

“Amyloid deposition and other aspects of the disease process result in the induction of inflammation and this response exacerbates and accelerates the primary disease process, leading to the loss of neurons,” said Dr. Landreth. “It is the objective of the study to understand how the inflammatory reaction is initiated and how we might design therapies to suppress or prevent it.”

A considerable body of evidence suggests that the immune system may be directly involved in the onset and progression of Alzheimer’s. This is evident as a result of studies that have examined the effects of non-steroidal anti-inflammatory drugs (NASIDs like ibuprofen) on the immune system of individuals and their risk of developing AD over time. The studies suggest that inflammation and the immune system may play distinctly different roles at different stages of disease progression.

ISTAART: ALZ network for professionals

When you become a member of the Alzheimer’s Association ISTAART group (International Society to Advance Alzheimer’s Research and Treatment), you become connected with other dementia care professionals across the globe. ISTAART is a great place to share news, network and be part of the process.

ISTAART is the first group to represent all areas of Alzheimer’s disease investigation and includes scientists, physicians and other professionals involved in the causes and treatments of Alzheimer’s disease and related disorders.

Visit www.alz.org/ISTAART for more information.
Local artists interpret Alzheimer’s

The Artists Archives of the Western Reserve (AAWR) is proud to announce *Art Interprets Alzheimer’s*. The public is invited to attend the free art exhibition and opening reception on **Friday, March 30 from 5:00 to 8:00 pm** at 1834 E. 123rd St., in Cleveland. *Art Interprets Alzheimer’s* will run through April 28, 2012.

In collaboration with the Alzheimer’s Association Cleveland Area Chapter, the AAWR is helping in the continuing mission to bring awareness to this disease.

This important show will not only showcase the works of talented archived artists George Roby and Herbert Ascherman, but will also promote awareness of Alzheimer’s disease, its research for a cure, and its effects not only on the patients but on the caregivers and the community as well. The exhibition will go on tour around the Greater Cleveland area throughout the year, starting at the McConnell Arts Center from May 17-July 8, 2012, University Hospitals from September 1-October 31, 2012, and the Progressive Art Collection in Mayfield Village from November 8-January 31, 2013. The exhibition will display various types of artwork that will relay an emotional connection with the viewers in regards to the effects of this disease. Art can evoke a range of emotions in the viewer and the AAWR hopes to relay the emotional impact of the disease through the various artworks in this exhibit.

The Artists Archives of the Western Reserve is a unique archival facility created to preserve representative bodies of work created by Ohio visual artists. A “living archive,” the AAWR has frequent exhibitions at its modern facility in University Circle. The Artists Archives serves as this region’s repository for artists looking for a place to preserve their work while making their work accessible to the public. Free parking is available in the lot in front of the building and all along E 123rd Street. For further information, call 216-721-9020.

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**A Celebration to come soon with exceptional auction items!**

Our annual benefit, *A Celebration of Hope*, will be Thursday, April 26, 2012 at the Renaissance Cleveland Hotel. The 2012 Champion Award will be given to P. Kelly Tompkins, Executive Vice President, Legal, Government Affairs and Sustainability & Chief Legal Officer for Cliffs Natural Resources. This special evening raises much-needed funds in support of our mission through corporate support, individual ticket sales and auctions.

**Below is a sneak peak at two exciting experiences we will be auctioning off!**

**Meet Jack Hanna at the Columbus Zoo**

The lucky winning bidder will have the opportunity to bring five guests to the Columbus Zoo for a brief meet and greet with Jack Hanna and a behind the scenes tour of the Columbus Zoo and Aquarium’s Promotions Facility!

**Celebrity Golf at Sand Ridge**

Ever wonder what it would be like to golf with a local celebrity? Here’s your chance to golf with TWO!

The winning bidder will receive two foursomes and lunch with Austin Carr and Larry Nance—both former Cleveland Cavaliers. This package will be a slam dunk at this year’s event!

For more information, please contact Kelly Morrell at 216.231.1481 or kelly.morrell@alz.org.

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**SS&G Memorial Golf Classic**

For the 14th year, SS&G hosted a golf outing to benefit both the Cleveland and Greater East Ohio Area Chapters of the Alzheimer’s Association. Last year’s event was held on the North Course at Firestone Country Club on June 21, 2011.

The outing raised an impressive $26,000 with $13,000 being donated to the Cleveland Area Chapter. These funds will help support the advancement of research and the free programs and services provided to those living with Alzheimer’s disease, their families, and caregivers.

A big thank you goes out to our long time supporters at SS&G!
Help Tackle Alzheimer’s with Some Fun on the Field

A new fundraiser for the Alzheimer’s Association!

June 16, 2012

at

Krenzler Field, CSU Campus

Blondes vs. Brunettes is a flag football game where both women and men join the fight to end Alzheimer’s!

In other cities nationwide, Blondes vs. Brunettes has raised more than $1.5 million for the Alzheimer’s Association. Now it’s time to bring this epic ladies flag-football game to Cleveland!

We are recruiting both women and men in their 20s and 30s for BvBCLE. Two teams – divided to reflect the age-old rivalry between Blondes and Brunettes – compete in a flag football game. Red heads, and everyone else in between, are free agents and choose their team. Ladies play, but anyone can coach. Practices start in April.

Whether you join the fight on the field or prefer to help tackle the disease from the sidelines, everyone is invited to become a member of a committee. Committees are responsible for promoting the event, recruiting players and coaches, securing sponsorships as well as planning game day! Meetings are held monthly.

Blondes will face Brunettes on the gridiron on Saturday, June 16, 2012 at 2:00 pm. The game is hosted by Cleveland State University at Krenzler Field. While only one team will arise victorious—all of us will win—because they battle to end Alzheimer’s!

Ways to Throw in Your Support

- Sign up to play or coach on Team Blonde or Team Brunette
- Join a Committee
- Attend fun pre-game events around town
- Make a donation
- Become a sponsor or in-kind donor

Visit www.BvBCLE.org to learn more and get involved!

Questions?
Contact Sheryl Berman at 216-231-1466 or sheryl.berman@alz.org.

Blondes vs. Brunettes is presented by the Alzheimer’s Association Cleveland Area Chapter’s Young ProfessionALZ (YPalz).

YPalz is the next generation in the fight against Alzheimer’s. YPalz engage in a broad range of social, educational, volunteer, philanthropic and leadership development opportunities.

Join YPalz to unite with us in the present to reclaim our future!

Thank you CareSource!

Nancy Udelson, Executive Director, Alzheimer’s Association Cleveland Area Chapter (on left) accepts a generous donation from Maria Ritchie of the CareSource Foundation. This grant will fund the many free services and programs that the association provides to families throughout Northeast Ohio.
Bob Grau takes fundraising to the hills... big, big hills

Last spring, Bob Grau of Berea set out on the journey of a lifetime and turned it into a fundraiser. A retired Cuyahoga Community professor, Grau had no real hiking experience, but was inspired to trek the entire Appalachian Trail (AT). The adventurer encountered spectacular scenery and challenges, including doing much of the hike on a broken ankle! In the end, he raised nearly $3,000 for the Alzheimer’s Association and we are so grateful. Learn more about the hike in his words:

When did you decide to hike the Appalachian Trail?
On October 2, 2009 I saw a program on public television called “Appalachian Impressions, Part One.” The program showed highlights of thru-hikers of the AT in 2004. Even before seeing Part 2 of Appalachian Impressions the following week, I was hooked on hiking the trail. A surprising fact is that I had never hiked before and had no hiking equipment. In the program I saw great vistas of breathtaking beauty and historical sites. I knew that every day would offer a unique adventure of new sights along with the opportunity to meet new people. Finally, I was attracted by the challenge. Could I hike continually for 5-6 months over 2,181 miles from Georgia to Maine? I thought that I could, if I didn’t suffer a severe injury on the treacherous terrain.

What was the most memorable part of the hike?
The hike met or exceeded my expectations of great sites and adventure. However, it was more difficult than I had anticipated. The most memorable part was hiking the last 380 miles on a broken ankle. I did not know it was broken, or I would have taken much more time off away from the trail to recover. After the injury in New Hampshire, I only took two days off before I was back hiking again.

What was the most challenging part of the hike (besides your broken ankle)?
The logistics of daily planning, including how far to hike, where to camp, when and where to resupply, and how much water to carry before a new source was available, required much daily effort.

Why did you choose the Alzheimer’s Association as one of your charities?
I chose the Alzheimer’s Association because a friend and former colleague had been diagnosed with the disease several years earlier. I wanted to do something positive with him in mind. Before the hike I sought charitable sponsors at a penny per mile that I hiked. However, many people who became sponsors pledged more than a penny per mile.

How did you get donations?
I contacted people in person, e-mail or phone. I explained what thru-hiking the AT involved and shared my plan. Then I simply asked them for their financial support. Nearly all of the people I contacted responded in a positive manner. I was successful in getting over 300 sponsors. It was very time consuming, but worthwhile. I ran out of time, or I could have gotten more sponsors.

The end starts with your first step in 2012

Time is on your side when you sign up early for the Walk to End Alzheimer’s! For a cause that is near and dear to your heart, why not get a jump on it and invite your friends to join the Walk with you now. Start building your team and help raise critical funds for research as well as the Cleveland Area Chapter’s free programs and services.

Choose Your Walk for 2012:
Lorain County Community College
Saturday, September 15, 2012
8:30 a.m.
Tower City Center
Sunday, October 7, 2012
8:30 a.m.

WANTED:
Behind-the-Scenes Walkers

Take a behind-the-scenes tour of the Walks to End Alzheimer’s and you’ll find amazing volunteers who are passionate about creating a fun and meaningful experience for our more than 2,400 walkers. They work under the direction of the Walk to End Alzheimer’s Event Chairs to ensure every detail is handled and the walks are a huge success!

Meet new friends, share or gain planning experience and have fun while helping us prepare for a walk! We need your feedback and fresh ideas to help recruit new teams as well as increase dollars raised for programs, services and research. Contact Sheryl at sheryl.berman@alz.org or 216.231.1466 to get involved with the planning committee.
The 2011 Walk to End Alzheimer’s events raised a grand total of $384,820!
That’s more money than any other year stretching back to 2001. Our sincere gratitude to all walkers, teams and sponsors— you are our walk stars!

Local Heroes
The 2011 team captains for the top fundraising teams are among our local heroes. Thank you for inspiring others to follow your lead. The competition was fierce and continued beyond walk day with the top six teams ultimately raising a whopping $58,594!

2011 Top Fundraising Teams
(as of competition deadline in Sept. 2011)

Downtown Walk @ Tower City
1st Place: Mark A Smith Cure from Cleveland
Led by Gemma Casadesus Smith
2nd Place: Rollie’s Army, Alaina Assad
3rd Place: Team Bonavita, Antony Bonavita

West Side Walk @ Lorain County Community College
1st Place: The Gigglers, Paul Coulter
2nd Place: Women for Others, Noel Joyce
3rd Place: Sole Mates, Carole Rhodes

ALZ tour of a lifetime
New this past year, all walkers who raised at least $500 were entered into a raffle to win a private tour of the Alzheimer’s research lab of either Dr. Bruce Lamb of the Cleveland Clinic or Dr. Gary Landreth of Case Western Reserve University. One of the winners, Pattianne Baran, shares her reflections from this amazing experience:

The tour of Dr. Bruce Lamb’s Alzheimer’s research lab was fantastic. Dr. Lamb is a wonderfully knowledgeable person and his personality is very gentle and kind. My husband and I were joined by another couple, Dave & Audrey, who also won the tour. As we were talking and asking questions, Dave revealed that Audrey has Frontotemporal Dementia (FTD), another form of dementia. Similar to Alzheimer’s disease, FTD has impacted her memory and thinking abilities. She is only 56!

Audrey listened as we discussed the biology and chemistry of what happens in the brain. We learned how much we don’t know and how underfunded research is compared to the need. I know Audrey heard there is no cure. I can’t imagine how she must have been feeling at that point.

Someday, hopefully soon, people like Audrey can sit there knowing there is a cure.

Pattianne Baran

A Walk down memory lane

A Vote of Confidence
A big thank you to our sponsors for your support as well as the ABB Foundation for their $15,000 grant, collectively bringing in more than $78,000 for Alzheimer’s support, education and research. We truly appreciate your confidence in the Alzheimer’s Association!

Our Heartfelt Thank You to the 2011 Event Chairs

Downtown Walk
Neil Golli
Janet Kodrich
Cheryl Passov

West Side Walk
Jeff Malarik
Cathy Palmer

Rookie Scores Big
Thank you to the west side community for embracing the return of a walk to Lorain County Community College in 2011. Congratulations on collectively raising more than $90,000!

A Walk down memory lane
state. In our mobile society, with immediate family residing in a number of different states, situations arise where multiple states have an interest in a single guardianship case. Additionally, legally obtained guardianship in one state may not transfer to another state because the underlying substantive laws are different in the two states. This disorganized array of requirements can seriously impact a family when a health crisis arises.

Take for example the case where an elderly couple is resident in New York, but spends half the year in property owned in Hilton Head, South Carolina. The wife has early stage Alzheimer’s and the husband is her primary care giver. The husband passes away suddenly while at Hilton Head without any advanced directives. Their son, a resident of Ohio, decides that his mother must come to live with him and realizes that he needs to become his mother’s guardian. Both New York and South Carolina have potential jurisdiction. But which state’s law controls and where must he file for guardianship?

Or consider the situation where a woman resident in Ohio becomes the legally appointed guardian under Pennsylvania law for her widowed mother who lives in a senior facility in their hometown of Erie. The mother, who has Alzheimer’s, begins to decline and the daughter decides that she should move her mother to a senior facility near her home in Ohio. She finds the perfect place for her mother, but the senior facility requires evidence that the daughter is the legal guardian under Ohio law. Since the Pennsylvania guardianship is not recognized in Ohio, she must file another guardianship proceeding, greatly delaying the time for moving her mother.

As the population ages, the number of guardianship proceedings is greatly increasing. To deal with this issue and the jurisdictional confusion among state laws, the Uniform Law Commission, a national body that seeks to provide state legislatures with non-partisan, draft legislation targeted to issues of multiple state interests, has developed the Uniform Adult Guardianship and Protective Proceedings Jurisdiction Act (UAGPPJA). The suggested legislation establishes a uniform set of rules for determining jurisdiction in guardianship cases so that only one state’s law applies, provides a framework that allows state court judges in different states to communicate with each other about multi-jurisdictional proceedings, and eases the transfer of already determined appointments from one state to another.

For this uniform approach to achieve its goal of increased clarity and efficiency, individual states must pass the legislation. With support from the Alzheimer’s Association and the American Bar Association, 29 states and the District of Columbia have already enacted the UAGPPJA. The draft legislation has been introduced in Ohio as House Bill 27 and consideration is likely in 2012. Since the proposed legislation deals only with jurisdiction issues and has become the law in a majority of states, the prospects for enactment in Ohio appear promising. Passage of the UAGPPJA in Ohio would have eased the burden of the potential guardians in the examples cited above. Adoption of a more uniform and efficient guardianship system will help remove uncertainty for individuals with dementia in crisis and will help them reach an appropriate resolution more quickly.

But the best way of protecting loved ones from the expense and time incurred in pursuing guardianship proceedings is to avoid the courts entirely by ensuring that end of life planning is considered on a timely basis. It is a difficult subject to broach and the conversation may be emotionally charged, but by putting in place advanced directives, the interests and wishes of the individual will be protected when a crisis occurs.

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**Enrichment programs**

*Designed for individuals with memory loss to lift spirits, engage the mind and provide an enjoyable social experience.*

**Art in the Afternoon**

The Art in the Afternoon program offers tours for individuals with memory loss and their care partners. These free monthly tours are given at the renowned art collections of the Cleveland Museum of Art and the Cleveland Clinic. Registration required. For Cleveland Clinic tours, call 216.448.0232. For the Museum of Art, call 216.231.1482.

**TimeSlips**

The TimeSlips creative storytelling method opens storytelling to everyone by replacing the pressure to remember with encouragement to imagine.

**Wednesdays at 2pm**

Olmsted Unitarian Universalist Congregation, 5050 Porter Rd., North Olmsted.

Call Katie Norris at 440.391.2867 to register.

---

**Professional Courses**

*There is no charge, but registration is requested.*

**Meeting Spiritual Needs in the World of Dementia**

This program will inform people in faith ministries about the basics of Alzheimer’s and related dementias, the community resources available to people with memory loss and their families, how to support families and the larger community who may be concerned about memory loss, and how to identify and accommodate the spiritual needs of people with all types of dementia.

Co-sponsors: Ohio Presbyterian Retirement Services, Senior Independence, Kendal at Oberlin and Wesleyan Senior Living.

**Friday, April 20, 8:00 am**

Parma South Presbyterian Church, 6155 Pearl Rd, Parma Hts.

**Thur., April 26, 8:00 am**

Wesleyan Senior Living (Ely Rm.), 807 West Ave, Elyria

To register: Send your name, address, phone number and email via email to mary.lambert@alz.org or call 216.231.1486

**You Can’t Take that Away from Me**

Explains the stages of Alzheimer’s and the losses associated with them. However, the underlying message is to focus on what dementia patients can do rather than what they cannot do. 1.0 CEU for social workers and nurses. Continental breakfast provided.

Co-sponsor: St John Medical Center

**Mon., April 23, 8:00 am**

The Gardens of Westlake, 27569 Detroit Rd, Westlake

To register: Call 877.597.6348

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**Guardianship Act, continued from page. 1**
We encourage you to take part in our free support group gatherings of caregivers, family and friends. It is a great opportunity to meet for mutual emotional support, to exchange ideas and information, and to develop coping skills. Dates are subject to change.

Contact our Helpline at 1-800-272-3900 for more information about support groups and other programs.

*Denotes locations providing care for loved ones

<table>
<thead>
<tr>
<th>SUPPORT GROUP MEETING SCHEDULES</th>
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<td>FOLLOW US</td>
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<tr>
<td>Follow our blog at <a href="http://www.alzcleveland.blogspot.com">www.alzcleveland.blogspot.com</a>. We are also on Facebook and Twitter.</td>
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**Ashtabula County**

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<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Jefferson</td>
<td>3rd Thursday</td>
<td>7:00 pm</td>
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<tr>
<td>Jefferson United Methodist, 125 E. Jefferson St.</td>
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**Cuyahoga County**

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<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Bay Village</td>
<td>4th Friday</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>Dwyer Memorial Senior Center, 300 Bryson Ln.</td>
<td></td>
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</tr>
<tr>
<td>Beachwood</td>
<td>2nd Thursday</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>Church of the Good Shepherd, 23599 Cedar Rd.</td>
<td></td>
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</tr>
<tr>
<td>Broadview Hts.</td>
<td>1st Thursday</td>
<td>7:00 pm</td>
</tr>
<tr>
<td>Broadview Hts. Recreational Center, 9543 Broadway Rd.</td>
<td></td>
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</tr>
<tr>
<td>Brooklyn</td>
<td>1st Thursday</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>Brooklyn Senior Center, 7727 Memphis Ave.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chagrin Falls</td>
<td>4th Thursday</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>Arden Courts of Chagrin Falls, 8100 E. Washington St.</td>
<td></td>
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</tr>
<tr>
<td>Cleveland</td>
<td>4th Thursday</td>
<td>7:00 pm</td>
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<tr>
<td>Olivet Institutional Baptist Church, 8712-14 Quincy Ave.</td>
<td></td>
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</tr>
<tr>
<td>Euclid*</td>
<td>3rd Thursday</td>
<td>6:00 pm</td>
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<tr>
<td>Gateway Retirement Comm. Family House, 1 Gateway Dr.</td>
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<tr>
<td>Hough/Glenville</td>
<td>4th Thursday</td>
<td>6:00 pm</td>
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<tr>
<td>Eliza Bryant Senior Center, 7201 Wade Park Ave.</td>
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<tr>
<td>Lyndhurst</td>
<td>2nd Thursday</td>
<td>7:15 pm</td>
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<tr>
<td>Lyndhurst Community Presbyterian Church, 5312 Mayfield Rd.</td>
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<tr>
<td>Olmsted Twp.</td>
<td>3rd Wednesday</td>
<td>6:30 pm</td>
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<tr>
<td>The Links Golf Course, 26111 John Rd.</td>
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</tr>
<tr>
<td>North Olmsted</td>
<td>1st Friday</td>
<td>2:30 pm</td>
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<tr>
<td>North Olmsted Senior Center, 28114 Lorain Rd.</td>
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<tr>
<td>Parma</td>
<td>1st Tuesday</td>
<td>7:00 pm</td>
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<tr>
<td>Health Education Center, 7300 State Rd.</td>
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</tr>
<tr>
<td>Parma</td>
<td>2nd Friday</td>
<td>1:30 pm</td>
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<tr>
<td>Health Education Center, 7300 State Rd.</td>
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<td></td>
</tr>
<tr>
<td>Richmond Heights</td>
<td>1st Tuesday</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Homewood Residence, 3 Homewood Way, Bldg 1, 2nd Floor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rocky River</td>
<td>4th Thursday</td>
<td>1:30 pm</td>
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<tr>
<td>The Wellness Center, 3035 Wooster Rd.</td>
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<tr>
<td>Solon</td>
<td>2nd Wednesday</td>
<td>1:00 pm</td>
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<tr>
<td>Solon Senior Center, 35000 Portz Parkway</td>
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<tr>
<td>Westlake</td>
<td>2nd Thursday</td>
<td>7:00 pm</td>
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<tr>
<td>West Bay Care &amp; Rehab Center, 27601 Westchester Pkwy</td>
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**Geauga County**

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<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Chardon</td>
<td>3rd Wednesday</td>
<td>7:00 pm</td>
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<tr>
<td>The Church of St. Mary, 401 North Street</td>
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**Lake County**

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<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Kirtland</td>
<td>3rd Tuesday</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>Golden Living Center, 9685 Chillicothe Rd.</td>
<td></td>
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<tr>
<td>Mentor</td>
<td>2nd &amp; Last Thursdays</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>Mentor</td>
<td>3rd Thursday</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>Alzheimer’s Association Eastern Office, 8522 East Ave.</td>
<td></td>
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</tr>
<tr>
<td>Mentor</td>
<td>4th Monday</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>Emeritus at Mentor, 5700 Emerald Ct.</td>
<td></td>
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</tr>
<tr>
<td>Painesville</td>
<td>Last Thursday</td>
<td>10:00 am</td>
</tr>
<tr>
<td>Painesville Senior Center, 85 North Park Place</td>
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**Lorain County**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Amherst</td>
<td>3rd Wednesday</td>
<td>7:00 pm</td>
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<tr>
<td>Amherst Public Library, 221 Spring St.</td>
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</tr>
<tr>
<td>Avon*</td>
<td>3rd Tuesday</td>
<td>6:30 pm</td>
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<tr>
<td>Avon Oaks Caring Community, 37800 French Creek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avon</td>
<td>1st Wednesday</td>
<td>7:00 pm</td>
</tr>
<tr>
<td>Alzheimer’s Association Western Office, 38440 Chester Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elyria</td>
<td>2nd Tuesday</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Cornerstone United Methodist Church, 2949 W. River Rd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grafton</td>
<td>3rd Monday</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>Grafton United Methodist Church, 973 Mechanic St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lorain*</td>
<td>1st Thursday</td>
<td>3:00 pm</td>
</tr>
<tr>
<td>Heathstone Assisted Living, 3290 Cooper Foster Pkwy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wellington</td>
<td>1st Tuesday</td>
<td>7:00 pm</td>
</tr>
<tr>
<td>LCCC Wellington, 151 Commerce Dr., #102</td>
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</tbody>
</table>

**Speciality Support Group**

<table>
<thead>
<tr>
<th>Frontotemporal Support Group</th>
<th>1st Wednesday of the month</th>
<th>6:00-8:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Association, 23215 Commerce Park Drive, #300, Beachwood, OH 44122. Contact: Lauren Brasse Tortorici, 216-231-1484</td>
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<td></td>
</tr>
</tbody>
</table>

**Telephone/On-Line Support Groups for Alzheimer’s Caregivers**

**Telephone Support Group**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Tuesday</td>
<td>11:00 am (ET)</td>
</tr>
<tr>
<td><em>Pre-registration required. Contact: Kerry Lanigan at 216.231.1499 to receive the call-in number.</em></td>
<td></td>
</tr>
</tbody>
</table>

**Online Support Groups**

<table>
<thead>
<tr>
<th>Available 24/7 at <a href="http://www.alz.org/messageboards">www.alz.org/messageboards</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Online support community for people with memory loss, caregivers and professionals</em></td>
</tr>
</tbody>
</table>

**Follow Us**

Follow our blog at www.alzcleveland.blogspot.com. We are also on Facebook and Twitter.

**Interested in becoming a guest blogger?** Contact Thomas Prevett at thomas.prevett@alz.org.
**There is no charge for community and family education programs, but registration is requested.**

### Know the 10 Signs: Early Detection Matters
A one-hour workshop that will stress the importance of early detection for Alzheimer’s disease and other dementias. As 10 million baby boomers develop Alzheimer’s, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer’s and getting diagnosed early is vital to receiving the best help and care possible. Presented by Alzheimer’s Association staff.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Registration Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed., March 7</td>
<td>9:00 am</td>
<td>Kingston Residence, 6010 Lake Road, Vermilion</td>
<td>440.967.2424</td>
</tr>
<tr>
<td>Tue., March 20</td>
<td>6:00 pm</td>
<td>UH Richmond Hospital (4th floor conf. room), 27100 Chardon Road, Richmond Heights</td>
<td>216.767.8544</td>
</tr>
<tr>
<td>Thur., March 29</td>
<td>1:00 pm</td>
<td>Avon Lake Fitness Edge, 418 Avon Belden Road, Avon Lake</td>
<td>440.930.2272</td>
</tr>
<tr>
<td>Thur., March 29</td>
<td>6:30 pm</td>
<td>Liberty Assisted Living, 12350 Bass Lake Road, Chardon</td>
<td>440.285.3300</td>
</tr>
<tr>
<td>Tue., April 3</td>
<td>9:30 am</td>
<td>Ross C. DeJohn Community Center, 6306 Marsol Road, Mayfield Hts</td>
<td>877.390.1732</td>
</tr>
<tr>
<td>Wed., April 18</td>
<td>11:00 am</td>
<td>Geneva Community Center, 72 W. Main Street, Geneva. Lunch served at 11:00 am. Speaker at 12:00.</td>
<td>440.415.0180</td>
</tr>
<tr>
<td>Fri., April 20</td>
<td>11:30 am</td>
<td>UH Conneaut Medical Center (William H. Brown Room, lower level), 158 W. Main Road, Conneaut. Lunch included.</td>
<td>440.593.0364</td>
</tr>
<tr>
<td>Tue., May 1</td>
<td>10:00 am</td>
<td>Marymount Hospital (Auditorium), 12300 McCracken Rd, Garfield Hts</td>
<td>216.587.8138</td>
</tr>
<tr>
<td>Wed., May 9</td>
<td>7:00 pm</td>
<td>Euclid Public Library (Shore Room), 631 E. 222nd St., Euclid</td>
<td>216.261.5300</td>
</tr>
<tr>
<td>Thur., May 24</td>
<td>6:00 pm</td>
<td>UH Bedford (lower level), 83 Blaine Avenue, Bedford</td>
<td>216.767.8544</td>
</tr>
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</table>

### The Basics: Memory Loss, Dementia & Alzheimer's disease
This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

**Thursday, April 5, 2:00 pm**
Autumn Aegis Retirement Community, 1130 Tower Blvd., Lorain
Register: 440.989.5252

### Alzheimer’s Disease: What You Need to Know
Come and learn about normal, age-related memory loss versus Alzheimer’s-related memory loss. Today an estimated 5.4 million Americans are living with Alzheimer’s, and with 78 million baby boomers approaching the age of greatest risk for this fatal disease, the need to know the difference is more important than ever. Presented by Alzheimer’s Association staff and Speakers Bureau volunteers.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Location</th>
<th>Registration Information</th>
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<tbody>
<tr>
<td>Thur., March 15</td>
<td>6:30 pm</td>
<td>LakeWest Medical Center (lobby conference room), 36000 Euclid Ave, Willoughby</td>
<td>216.231.1486 or email <a href="mailto:mary.lambert@alz.org">mary.lambert@alz.org</a> with your name, address, phone number and email address</td>
</tr>
<tr>
<td>Wed., April 18</td>
<td>10:00 am</td>
<td>Neighborhood Alliance Senior Enrichment Services of Oberlin, 90 E College Street, Oberlin</td>
<td>440.775.1504</td>
</tr>
<tr>
<td>Wed., May 2</td>
<td>1:00 pm</td>
<td>Dwyer Senior Center, 300 Bryson Lane, Bay Village</td>
<td>440.899.3409</td>
</tr>
<tr>
<td>Thurs, June 30</td>
<td>1:00 pm</td>
<td>Grace Forever Senior Ministry, Lutheran East High School, 3565 Mayfield Rd, Cleveland Heights</td>
<td>216.502.1458</td>
</tr>
</tbody>
</table>

### Communication & Behavior Changes in People with Dementia
This program is designed for caregivers of those with Alzheimer’s disease or a related dementia. The presentation will include tips and techniques to improve successful communication, as well as information about common behavioral changes and how to intervene. Participants will have the opportunity to get their questions answered by an expert. Presented by staff.

**Tuesday, April 24, 6:30 pm**
The Heights, 2801 E. Royalton Road, Broadview Heights
Register: 440.584.9433

### Legal and Financial Issues for People with Dementia – Planning for the Future
This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.

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<tr>
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<th>Registration Information</th>
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<tbody>
<tr>
<td>Thur., March 22</td>
<td>6:30 pm</td>
<td>Patricia J. Scharff, Elder Law Attorney, LakeWest Medical Center (lobby conference room), 36000 Euclid Ave, Willoughby</td>
<td>216.231.1486 or email <a href="mailto:mary.lambert@alz.org">mary.lambert@alz.org</a> with your name, address, phone number and email address</td>
</tr>
<tr>
<td>Wed., June 13</td>
<td>7:00 pm</td>
<td>Euclid Hospital, 18901 Lakeshore Blvd., Euclid</td>
<td>440.333.5400</td>
</tr>
</tbody>
</table>

### Partnering With Your Doctor
This 60-minute workshop addresses the importance of partnering with the physician; assessing one’s behavior when visiting the physician; and challenges in caregiver/physician interaction. Attendees will receive tools and handouts to assist with preparing for doctor visits. Presented by Alzheimer’s Association staff.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Registration Information</th>
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<tbody>
<tr>
<td>Thur., March 8</td>
<td>6:30 pm</td>
<td>LakeWest Medical Center (lobby conference room), 36000 Euclid Avenue, Willoughby</td>
<td>216.231.1486 or email <a href="mailto:mary.lambert@alz.org">mary.lambert@alz.org</a> with your name, address, phone number and email address</td>
</tr>
<tr>
<td>Thur., March 15</td>
<td>1:00 pm</td>
<td>Grafton-Midview Library, 983 Main Street, Grafton</td>
<td>440.926.3317</td>
</tr>
<tr>
<td>Mon., April 30</td>
<td>1:00 pm</td>
<td>Willoughby Senior Center, 38032 Brown Ave, Willoughby</td>
<td>440.951.2832</td>
</tr>
<tr>
<td>Wed., May 16</td>
<td>11:00 am</td>
<td>Painesville Senior Center, 85 N. Park Place, Painesville</td>
<td>440.285.3300</td>
</tr>
</tbody>
</table>

### Caring for the Caregiver
This program will feature a panel of experts that will provide answers to your questions about: Alzheimer’s disease and related dementias, legal and financial issues when diagnosed with some form of dementia, and where to go for information and support. Panelists: Mary Lambert, Alzheimer’s Association, Chris Nelson, APRN, BC, Lakewood Hospital Geriatric Assessment Center, Daniel Seink, Elder Law Attorney.

**Wednesday, March 28, 6:30 pm**
Normandy Manor
22709 Lake Road, Rocky River
Register: 440.333.5400

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**EDUCATIONAL PROGRAMS**
# Educational Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mon., July 16</td>
<td>8:00 am</td>
<td>Autumn Aegis Retirement Community, 1130 Tower Blvd., Lorain</td>
<td>Register: 440.989.5252</td>
</tr>
</tbody>
</table>

## Dementia Care Training
A six-hour class of basic dementia training provided monthly for both direct care workers and family caregivers. CEUs provided. Registration required. For more information and to register call Mary Lambert at 216.231.1485.

**All classes below are held 9:00 am - 3:00 pm**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Wed., March 14</td>
<td></td>
<td>Center for Leadership Education, 1005 Abbe Road, N. (adjacent to LCCC), Elyria</td>
<td></td>
</tr>
<tr>
<td>Thurs., April 19</td>
<td></td>
<td>Alzheimer’s Association, 23215 Commerce Park Drive, Ste 300, Beachwood</td>
<td></td>
</tr>
<tr>
<td>Tue., May 1</td>
<td></td>
<td>Ashtabula County Medical Center (5th Fl. - Solarium), 2420 Lake Ave, Ashtabula</td>
<td></td>
</tr>
<tr>
<td>Tue., June 5</td>
<td></td>
<td>Alzheimer’s Association, 23215 Commerce Park Dr, Ste 300, Beachwood</td>
<td></td>
</tr>
<tr>
<td>Mon., July 16</td>
<td></td>
<td>Lake County Council on Aging, 8520 East Ave (large conference room), Mentor</td>
<td></td>
</tr>
</tbody>
</table>

## Services Provided by the Alzheimer’s Association and Q&A
Staff from the Alzheimer’s Association will be visiting a few caregiver support groups to let caregivers know about all of the programs and supportive services that are available through the Association free of charge. Any one caring for someone with any type of dementia is welcome to attend.

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## Relaxed and Ready
This program is designed to empower participants to be prepared for whatever challenges life sends their way. A variety of coping strategies, from practical to philosophical, are offered to help participants arm themselves with tools for managing adversity and improving well-being. Co-sponsor: Hanson Services

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<tbody>
<tr>
<td>Wed., April 18</td>
<td>6:00 pm</td>
<td>Amherst Public Library, 221 Spring Street, Amherst</td>
<td>Register: 216.932.3600</td>
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## Using Medication Management to Improve Quality of Life & Reduce Economic Impact
Learn about an affordable resource available to help people with dementia successfully manage their own medication.

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## The Sandwich Generation: Role Reversal Issues When Caring for Aging Parents
Each stage of life has its challenges. These challenges skyrocket when trying to navigate the needs of aging family members and children and personal needs. Dr. David Koslousky will give his perspective on the issues faced by the Sandwich Generation and Dr. Mark Ronick will discuss the issues that involve caring for someone with dementia. Alzheimer’s Association staff will provide tools and tips on Partnering with the Doctor(s). Co-sponsored by UH Geauga Medical Center. Register: Leave your name, address, phone number and email address by calling 216.231.1486 or email mary.lambert@alz.org

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<tr>
<td>Tues., April 24</td>
<td>12:00 pm</td>
<td>The Villa St. Joseph (Assisi Hall), 5200 Marymount Village Dr, Garfield Hts.</td>
<td>Register: 216.587.8138</td>
</tr>
<tr>
<td>Wed., April 25</td>
<td>7:00 pm</td>
<td>Euclid Hospital, 18901 Lakeshore Blvd., Euclid</td>
<td>Register: 216.321.4700</td>
</tr>
</tbody>
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## Winning in the “Second Half”
A powerful presentation to help you identify your plan to protect your assets and quality of life in the face of an unforeseen chronic or age-related event. Co-sponsor: McGreevy Evans & Associates

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## Late-Stage Dementia - What to Expect
This program is designed for families caring for someone with advanced dementia.

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## Now What Was I Saying? Understanding and Enhancing Memory
This interactive workshop will explain the basics of how the brain works, the primary principles of memory, some techniques to improve memory and things you can do for improving overall brain health.

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<tr>
<td>Tues., March 20</td>
<td>11:30 am</td>
<td>Willoughby Hills Senior Group at the Willoughby Hills Library, 35400 Chardon Road, Willoughby Hills</td>
<td>Register: 440.951.1826</td>
</tr>
<tr>
<td>Wed., March 21</td>
<td>7:00 pm</td>
<td>Cleveland Hts-University Hts Public Library, 13866 Cedar Road, University Hts</td>
<td>Reg: 216.321.4700</td>
</tr>
<tr>
<td>Wed., April 18</td>
<td>6:00 pm</td>
<td>Cleveland Hts-University Hts Public Library, 2345 Lee Rd, Cleveland Hts</td>
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## Winning in the “Second Half”
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While other major causes of death continue to experience significant declines, those from Alzheimer’s have continued to rise. Alzheimer’s disease is the 6th leading cause of death in the United States, yet is the largest underfunded public health threat facing our nation today. It is the only disease of the top 10 killers that cannot yet be prevented, cured or even slowed down.

Visit www.alz.org for more information.