When stranglers become friends
Support group unites caregivers throughout Alzheimer’s journey

When Margaret Coker’s husband, Dan, was diagnosed with Alzheimer’s disease in 1995 at age 57, she was determined to care for him as best she could. It quickly became clear to her, though, that she needed help and education for her new role as caregiver.

Since there were no support groups meeting at the time in Hartsville, Margaret decided to drive to Florence to attend a group. When the day of the meeting arrived, Margaret had second thoughts.

“I really didn’t want to go,” Margaret remembers. “I did not think that there would be anyone else there that would relate to Dan’s diagnosis at such a young age. But I had already arranged for the sitter to come to the house, so I ended up driving out to the meeting.”

As the support group attendees began to introduce themselves, Margaret was surprised to find another person caring for a fairly young spouse with Alzheimer’s. Lucille Butcher’s husband, Jack, had been diagnosed in his early 50’s. The two women connected immediately, and they exchanged phone numbers. After that evening, Margaret and Lucille ended up attending different support groups, but they still talked over the phone twice a week, sharing their problems and struggles. They continued this practice for years, even after Lucille and Jack moved to Georgia in 2001.

Two years later, in 2003, Margaret’s husband, Dan, lost his struggle with Alzheimer’s disease. “When Dan passed away, Lucille supported me by phone,” Margaret said. “She got me through it.” Likewise, Margaret supported Lucille over the phone when her son was diagnosed with cancer.

Margaret recalls a particular phone call during that period. “Just after Lucille lost her son, she called me, very alarmed. Something was wrong with Jack. He became unresponsive, refusing to eat, bathe, or change clothes. The hospice staff told her that Jack was internally grieving the death of his son,” Margaret said. “I tried to prepare her for what might come next—that it may be Jack’s time.”

When Margaret received a phone call that Jack had passed away, she decided that she would travel to Georgia for his funeral. She planned the trip with her sister-in-law, and they set out on the six-hour drive. “We were halfway there when I realized that I wouldn’t recognize Lucille if I saw her!”

Continued page 5
A Message From Our CEO

As the 2008-2009 fiscal year draws to a close, I would like to express my gratitude to all of our supporters. The last fiscal year was filled with many opportunities as well as challenges for our chapter. Like many non-profit organizations, we have seen the need for our support and services increase as the economy continues to present new challenges for all of us.

In our efforts to keep our chapter financially strong and able to meet the needs for our constituents, we have implemented multiple cost-saving measures as we have worked to increase our donor support. As a result of restructuring, we have temporarily closed the Surfside, Rock Hill and Greenwood Offices and reassigned these territories. I would like to assure you that our staff members are committed to providing quality care and support to all who are affected by these changes. Please view the listing of offices, staff and the counties served by each on the next page to find the office nearest you.

While these changes have not been easy, we also have much to celebrate as we look back over the past year. We thank the many donors who continued to support us through these tough economic times. We thank the SC legislature for once again securing the $1 million grant for caregiver respite that is so desperately needed by families in SC. We thank our advocates who have worked to create awareness and policy to support our cause. We thank the many volunteers who have led our support groups, helped deliver programs, raised dollars through the Memory Walks and our many other fundraising events and have helped us to keep our chapter moving forward.

We also thank our dedicated board of directors. We especially thank Van Matthews as he completes three years of service as Chair of the SC Chapter Board. Van led our chapter through the merger between the Palmetto Chapter and Upstate SC Chapter in 2006, through our new venture into shared fundraising, and most recently through these challenging economic times. As our leader, Van was always there to lend support and guidance and to provide reassurance and a calm voice of optimism as we met our challenges and embraced our opportunities. We appreciate Van tremendously and know that his positive influence will always be with us.

I would also like to welcome our new board officers for the 2009-2010 year, listed to the right. We thank these dedicated individuals for their willingness to serve in these important leadership roles for our chapter.

As we enter our new fiscal year in July, I am excited about the many opportunities ahead. But, most of all, I am grateful to all who are committed to seeing our organization through both the challenges and opportunities that we will face as we work to achieve our vision of a world without Alzheimer’s disease.

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Our Mission:

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.

The South Carolina Chapter is fortunate to be guided by the leadership of a very diverse and capable team of individuals who share our passion for serving families who are living daily with Alzheimer’s disease. We appreciate the commitment of all our board members to our mission and the work of this chapter.

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OUR RESIDENTS ARE

Grandparents, Mothers/Fathers, Artists, Teachers, Architects, Doctors, Judges

ALZHEIMER'S DOESN'T CHANGE THAT.

THE HAVEN
An Alzheimer’s & Dementia Care Residence
in the Village at Chanticleer
355 Berkman Lane • Greenville, SC 29605
864-467-0031 • www.seniorlivingnow.com

We appreciate this sponsorship for the production of our quarterly newsletter. The Alzheimer’s Association does not endorse any business or product. If you would like more information about sponsorship opportunities, please call Ashton Baker at 843.571.2641 or email ashton.baker@alz.org.
Chapter News

The Lowcountry Area Office is delighted to welcome **Cawana Wilson, MSW**, as Case Manager for the Alzheimer’s Disease Supportive Services Program (ADSSP) Federal Grant recently awarded to the Alzheimer’s Association SC Chapter, Trident Area Agency on Aging and MUSC through the Lt. Governor’s Office on Aging. The Case Manager’s role is one of outreach to underserved communities in the Tri County area of Berkeley, Charleston and Dorchester.

Cawana is a native of Charleston, SC and graduate of Limestone College and USC with a master’s degree in social work. She has experience in the nonprofit field with The Salvation Army and Carolina Youth Development Center. Cawana also has experience working with older adults from her work with the Department of Social Services in North Carolina in the adult protective services unit. Cawana feels very fortunate to have this opportunity to work with the older population again!

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**Greenville Area Office**
Serves Greenville, Pickens, and Laurens Counties

301 University Ridge, Ste 5000
Greenville, SC 29601
864.250.0029
866.844.0995 (toll free)

Program Director
Marjorie George

Director of Development - Upstate Region
Kimberly Williams

Program Associate
Sheila Lewis

**Midlands Area Office**
Serves Richland, Lexington, Newberry, Sumter, Clarendon, Calhoun, Orangeburg, Florence, Marion, Chesterfield, Marlboro, Darlington, Dillon, Bamberg, Allendale, Barnwell, Aiken, Kershaw, and Lee Counties

3223 Sunset Blvd, Ste 100
West Columbia, SC 29169
803.791.3430
800.636.3346 (toll free)

Program Director
Adelle Stanley

Director of Development - Midlands Region
Elizabeth Brown

**Lowcountry Area Office**
Serves Charleston, Berkeley, Dorchester, Colleton, Hampton, Jasper, Beaufort, Horry, Georgetown, and Williamsburg Counties

2090 Executive Hall Rd, Ste 130
Charleston, SC 29407
843.571.2641
800.860.1444 (toll free)

VP - Development & Communications
Ashton Baker

Program Director
Fran Emerson

Director of Development - Lowcountry Region
Cameron Renwick

**Spartanburg Area Office**
Serves Spartanburg, Union, Cherokee, York, Chester, Lancaster, and Fairfield Counties

901 South Pine St
Spartanburg, SC 29302
864.542.9998
800.908.9690 (toll free)

Program Director
Joyce Finkle

Director of Communications & Advocacy - Beth Sulkowski

Program Associate
Jill Smith

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**Anderson - Main Office**
Serves all counties with emphasis on Anderson, Oconee, Greenwood, Abbeville, McCormick, Saluda, and Edgefield Counties

4124 Clemson Blvd, Ste L
Anderson, SC 29621
864.224.3045
800.273.2555 (toll free)

CEO/ President
Cindy Alewine

VP - Finance and Operations
Velma Haggan

VP - Programs
Gail Marion

Director of Respite Services
Deby Stewart

Program Associate
Brittany Burdette

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**Other News:**

- Due to staffing and budgetary constraints, our Greenwood, Rock Hill, and Coastal & Pee Dee Area Offices are temporarily closed. However, the South Carolina Chapter will continue to serve these areas through our remaining regional offices. Please feel free to contact us at the location nearest you, listed below. Despite these difficult economic times, we are here to serve you and those you care for.

- If you are an email-user, please let us know. Sending readers this newsletter electronically helps us make the most of each donor dollar – which is a huge help in the current economy! Please confirm your subscription preference by visiting: [http://alz.kintera.org/SCnewsletter](http://alz.kintera.org/SCnewsletter).

- Please consider the Alzheimer’s Association as you make your charitable giving decisions. As always, your contribution is tax-deductible.
Travel Safety Tips

Having dementia does not mean forgoing vacation or trips to visit loved ones.

Travel just requires extra planning to ensure safety, comfort and enjoyment for everyone.

Whether taking a short trip to see friends and family or traveling a far distance for vacation, it's important to weigh the costs and benefits of travel for a person with dementia, based on needs, abilities and preferences. If travel is not appropriate, talk to family and friends about scheduling another time for them to visit the person.

If you’re traveling with someone who has dementia:

- Changes in environment can trigger wandering. Be sure to enroll in MedicAlert® + Alzheimer’s Association Safe Return®, a 24-hour nationwide emergency response service for individuals with dementia that wander or who have a medical emergency. The enrollment phone number is 1.888.572.8566. Those already enrolled should notify MedicAlert + Safe Return of travel plans.
- Stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible. Try to visit places that were familiar before the onset of dementia.
- Keep travel simple and manageable: Plan a short trip and avoid multiple stops.
- Avoid elaborate sightseeing trips or complicated tours, which may cause anxiety and confusion.
- Have a backup plan in case your trip needs to change unexpectedly. This may mean purchasing traveler’s insurance if you have booked flights or hotels.
- Create an itinerary that includes details about each destination. Give copies to family members or friends you will be visiting, or to emergency contacts at home. Keep a copy of your itinerary with you at all times.
- Travel during the time of day that is best. For example, if the late afternoon increases agitation, avoid traveling at this time.
- Have a bag of essentials with you at all times that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks and activities.
- Remember to pack necessary medications, up-to-date medical information, a list of emergency contacts and photocopies of important legal documents.
- Allow plenty of time for rest. Don’t over-schedule.
- Avoid very loud restaurants and places with a lot of people if the person is overly tired.
- Learn to recognize warning signs of anxiety and agitation.
- Do not overload the person with many directions or too much information.
- If behavior becomes difficult, do not attempt physical restraint or to lead the person away. It may be better to step away or out of reach and monitor the person or call for help.
- Don’t take it personally. Speak calmly and do not become drawn into an argument.

Visiting with family or friends:

Be sure to prepare friends or family members for the visit by explaining dementia and the changes it may have caused. Go over any special needs, and explain that the visit may be short or that you may need to change activities on short notice.

- Request in advance any necessary preparations, such as having certain foods in the refrigerator and bedroom space set up. If it would be helpful, ask your hosts to label important areas, like the bathroom and bedroom, with signs.
- Stay as close to normal routine as possible. For example, bathing and eating times should be on a similar schedule to what they are at home. Eating in familiar settings, such as a dining room table, may be less confusing than eating at a crowded restaurant.
- Be realistic about abilities and limitations. Allow for extra time when scheduling activities.

Special considerations for air travel:

At times, airport activity can be distracting, overwhelming or difficult to understand. Here are a few things to keep in mind if you’re traveling by plane:

- Avoid scheduling flights that require tight connections. Ask about airport escort services that can help you get from place to place.
- Do not hesitate to remind airport employees and in-flight crew members of your needs.
- Even if walking is not difficult, consider requesting a wheelchair so that an airport employee is assigned to help you get from place to place in the airport.

Questions? Call our 24/7 helpline: 1-800-273-2555.
“I knew her voice,” Margaret said, “but we had met only once at that first support group meeting ten years ago. When I went to speak to her in the receiving line, Lucille looked at me as if to say, ‘Who in the world is this woman?’ And I just said, ‘Lucille, it’s me, Margaret.’”

“It was wonderful—all the hugs and tears! It all just goes to show you that you really do need somebody else, and you can find that in a support group. Neither of us wanted to go to that first support group meeting, but that’s how we found each other. We were brought together for a reason.”

Margaret is now the leader of two Alzheimer’s Association support groups, one in Hartsville and one in Darlington. Many other support groups meet across the state, at various times and locations. To find a support group in your area, please view the listing on pages 14-15.

Support Groups are free and open to the public—all caregivers, family members, and friends are invited to attend.

**FREE CARE IS AVAILABLE.**

Fulltime caregivers who would like to attend a support group may arrange in-home care for the duration of the meeting by contacting the Alzheimer’s Association. See page 15 for details.

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**Give yourself a break!**

We’re helping full-time family caregivers take care of themselves by providing short-term respite (time away from caregiving responsibility) for full-time family caregivers. This is our way of helping caregivers take care of their own health and well-being. If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk.

A respite voucher for up to $500 worth of care is available to families twice a year as funds allow. After applying for and receiving the voucher, caregivers are able to arrange care through approved home care agencies, adult day care, or temporary placement in a long term care facility. The respite program is not designed to pay for services on a long term basis, nor can it be applied retroactively.

For an application packet, please contact the Alzheimer’s Association office nearest you (see p.3 for locations). A doctor’s diagnosis of Alzheimer’s or dementia is required to be eligible.

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**The Caregiver’s Heaviness**

Caregivers are loving, but lonely. They encourage, but need encouragement. While alone, tears are shed. No one is there to wipe away the wetness of frustrations and disappointments. All you want is one more hour to keep your eyes closed, meditate, listen to the morning birds, enjoy the warm coverings on your bed, see the dust on your ceiling, read a novel, go to the mall, clean out your closet, wash your car, or read old mail.

When reality knocks at your mental door, you get up to answer it with a smile. Don’t worry about individuals who are not present. You have the energy to accomplish the needed tasks. Hold your head up. Someone is waiting for your assistance. A smile, hug, and a squeezed hand let you know that you are loved. That’s what keeps the caregiver going!

*poem written by: Georgia Wharton Fowler, Caregiver*

Hillcrest Hospital Support Group
Simpsonville, SC

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**Medicare’s South Carolina Personal Health Record Pilot Project**

My Personal Health Record, South Carolina (MyPHRSC) is a free, electronic Personal Health Record for people with Original Medicare in South Carolina. MyPHRSC stores your Medicare claims history from the past 24 months, including medical conditions, hospitalizations, and doctor visits. If you have TRICARE for Life coverage, you may also authorize TRICARE for Life medication data to be added your record.

MyPHRSC allows you to add notes and additional information to your record so you have a complete Personal Health Record. Your information is available via the internet, 24 hours a day, 7 days a week. MyPHRSC meets strict privacy and security standards to protect your data.

If you have Original Medicare and are South Carolina resident, you can register for MyPHRSC by visiting www.myphrsc.com on the web. For additional questions, please call (888) 697-4772.
Updated warning signs help with early detection

It may be difficult to know the difference between age-related changes and the first signs of Alzheimer’s.

As part of its public education effort, the Alzheimer’s Association has worked with a wide-ranging group of experts to update its 10 Warning Signs of Alzheimer’s to make them more current and user-friendly. The comprehensive review process included feedback from health professionals, clinicians, scientists and people with dementia.

The revised warning signs are the cornerstone of Know the 10 Signs: Early Detection Matters, the Alzheimer’s Association’s national early detection campaign. The signs are a key tool in promoting recognition of common changes that may facilitate early detection and diagnosis of Alzheimer’s or another dementia. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

The revised list describes the following signs:

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

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

For more information about the updated 10 warning signs and early detection and diagnosis, contact the Alzheimer’s Association at 877.IS.IT.ALZ (877.474.8259) or visit www.alz.org/10signs.

WHAT’S THE DIFFERENCE?

<table>
<thead>
<tr>
<th>SIGNS OF ALZHEIMER’S / DEMENTIA</th>
<th>TYPICAL AGE-RELATED CHANGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor judgment and decision making</td>
<td>Making a bad decision once in a while</td>
</tr>
<tr>
<td>Inability to manage a budget</td>
<td>Missing a monthly payment</td>
</tr>
<tr>
<td>Losing track of the date or the season</td>
<td>Forgetting which day it is and remembering later</td>
</tr>
<tr>
<td>Difficulty having a conversation</td>
<td>Sometimes forgetting which word to use</td>
</tr>
<tr>
<td>Misplacing things and being unable to retrace steps to find them</td>
<td>Losing things from time to time</td>
</tr>
</tbody>
</table>

Help the cause while honoring your pharmacist

Pharmacists play a critical role in helping as many as 5.3 million Americans living with Alzheimer’s disease and their 10 million caregivers. You can show your support by nominating your pharmacist for the C.A.R.E. (Commitment to Alzheimer’s. Recognition of Excellence.) Pharmacy Award, presented by the Alzheimer’s Association and Eisai Inc.

If the pharmacist you nominate is named the winner, the South Carolina Chapter will receive a $1,500 donation. Our chapter will receive another $1,500 donation, which would help support resources to people with dementia and their caregivers living in our community.

To be eligible, a pharmacist must be licensed and must have participated in activities that have a positive effect on people with Alzheimer’s disease and their families some time during the last year. For a nomination form and more information, visit www.carepharmacyaward.com.
Advocacy Update

Alzheimer’s Advocacy Day at the South Carolina State House

The Alzheimer’s Association 2009 Advocacy and Lobby Day, held April 22nd at the State House, was a great success! More than 40 of our advocates from different parts of the state registered to participate. We showed up in numbers—and in purple!—to meet with state legislators and discuss issues that impact South Carolina families living with the reality of Alzheimer’s.

Nearly all of the Senators and Representatives that our advocates met were very receptive to our cause. The number one priority that we brought to the State House is the importance of continuing funding for Caregiver Respite, a program that serves nearly 1,800 South Carolina families each year. Our legislators were listening, because the budget passed with Caregiver Respite fully funded! Thank you, members of the General Assembly!

We also spoke with legislators about the recently released state plan to address Alzheimer’s, entitled “Conquering the Specter of Alzheimer’s Disease in South Carolina,” and we look forward to the support of the General Assembly as we work toward implementing the report’s recommendations over the next few years.

Advocates from the Florence area meet with Senator Kent Williams of District 30, which serves Dillon, Florence, Marion & Marlboro Cos. Photo courtesy of Walter Allread, Living in South Carolina Magazine.

Do you know your Senator and Representative? Consider joining us next year to learn more about the legislative process and how you can be involved as an informed citizen. Our next Advocacy & Lobby Day will be in the Spring of 2010.

For more information about the issues mentioned on this page, or to sign up to receive advocacy updates via email, please visit http://alz.kintera.org/sc/advocate.

Our work on the Hill is not finished. We continue to ask our legislators for bipartisan support to:

1. Increase federal funding for Alzheimer research by $250 million in fiscal year 2010.
2. Establish an Alzheimer’s Solutions Project Office within the federal government.
3.Phase out Medicare’s two-year wait for individuals under age 65 with Alzheimer’s.

Add your voice to ours! To learn about future advocacy opportunities, go to http://alz.kintera.org/sc/advocate.
Spring Events Recap

The 2009 Forget-Me-Not Ball

Thanks to all of our volunteers, sponsors and attendees for making this year a success!

Grand Strand Forget-Me-Not Ball
Marina Inn at Grande Dunes

The 1st Annual Grand Strand Forget-Me-Not Ball was held April 25th and was a great success! 150 people attended the event, and we raised $35,715! The Ball occurred during the middle of the devastating wildfires along the Grand Strand. During the Fund-A-Need portion of our event we donated 50% of the proceeds to the American Red Cross to help with the relief effort. The attendees were appreciative to be able to give to two very worthy organizations.

Grand Strand sponsors:

Upstate Forget-Me-Not Ball
Poinsett Club in Greenville

The 2nd annual Upstate Forget-Me-Not Ball was held Friday, May 1st at the Poinsett Club in Greenville, raising $46,589! The Ball was attended by 210 guests who enjoyed live and silent auctions, fine food, and live entertainment. The growth that we saw in this year’s event has everyone excited for next year’s event.

Upstate sponsors:
The Campbell and Mangum Families
Carolina Center for Behavioral Health
Comfort Keepers
Customized Companion Care, Inc.
G-The Magazine of Greenville
Interim Healthcare
Johnna Reed
MTC Federal Credit Union
Network Geriatric Services
Park Place Assisted Living and Memory Care
Rolling Green Village
T. Van Matthews, CFP Ameriprise Financial
The Woodlands At Furman

Charleston Forget-Me-Not Ball
Francis Marion Hotel

The 4th Annual Charleston Forget-Me-Not Ball was held May 15th. 200 people attended, and $55,235 was raised through the generous support of the event’s sponsors and attendees. A special thank you to our Grand Forget-Me-Not sponsor, the Lowcountry Parrotheads. At the Ball, the professional caregiver award was given to Catherine Backman from Franke at Seaside and the family caregiver award winner was Woo Rhee. We commend both of our award winners and all caregivers for giving of their time, love and commitment every day, each day throughout the year, in order to care for someone else.

Charleston sponsors:

Frank Johnson & Michelle Marlowe of WBTW with Betty Barnhill, the Grand Strand Family Caregiver Award Recipient
Committee Member Anne Mangum (center) enjoys the Upstate Ball with her sisters Mary Carpenter and Elizabeth Tatum.
Charleston guests from The Palms at Mt. Pleasant.
The 21st annual Bowl-A-Thon to Strike out Alzheimer’s was held on May 2, 2009 at Boulevard Lanes in Anderson. Fifty-five teams (or 275 bowlers) participated in the event which has raised $42,581.96 to date exceeding its goal of $41,900. A wrap-up celebration was held on May 19 at Summit Place of Anderson to recognize the fundraisers, sponsors and volunteers that made this Bowl-A-Thon such a success!

The Senior Sunflowers led by team captain Kelly Jo Barnwell (second from left) and sponsored by the Anderson County Senior Citizen Program are perennial Bowl-A-Thon participants.

Thanks to our sponsors:
Anderson Neurological Associates
CHOMARAT North America
Interim Healthcare
National Healthcare Anderson
Educational Opportunities

17th Annual Educational Symposium

Gone Fishing for Solutions

August 14, 2009, 8:00 - 4:00pm
Brookland Banquet and Conference Center
1006 Sunset Boulevard, West Columbia

Featuring Keynote Speakers:
Sarah Rowan, Family Caregiver and Artist
Jeff Fisher, Regional VP, Sunrise Senior Living

Topics include:
caregiver assistance, research updates, legal and financial planning, stress reduction for caregivers, community resources, communication techniques and more.

Fees: $65.00 - Professional needing CEU's
$45.00 - Professional, no CEU's
$25.00 - family caregiver or student

Fees include luncheon, beverage station, CEU's if needed and conference materials. Limited scholarships available for family caregivers only.

Available training for care professionals:

Foundations of Dementia Care:
A Training Program to Enhance Skills and Enrich Lives

We know that caring for residents with dementia can require specialized skills and exceptional sensitivity to resident needs. The Alzheimer’s Association, the leading authority in dementia care, is offering training based on today’s best practices in dementia care.

Studies show that staff trained specifically in dementia care are able to provide a better quality of life for residents and have increased confidence, productivity and job satisfaction.

Our affordable, field-tested training gives your staff:

- Person-centered approaches to respond to individual preferences and abilities
- Modules on the most critical aspects of dementia care, such as pain management, nutrition, fall prevention, communication, and end of life
- Practical problem-solving skills staff can use immediately on the floor
- Tips and best practices for nurses, social workers and nursing home administrators

We will work with you to select the best training options for your staff needs, scheduling and budget. These options include modules for supervisors, classroom and online training, and customization to meet state regulations.

Our Foundations of Dementia Care classroom training program is field-tested to help you achieve longer-lasting, more consistent results. Staff learn essential skills for dementia care through role-playing exercises and lively discussions using realistic film clips and case studies.

The care practices your staff will learn are based on the latest research and expert evidence in the dementia care field. Leading health and senior care organizations back these practices, which are described in the Alzheimer’s Association Dementia Care Practice Recommendations for Nursing Homes and Assisted Living Residences, available at www.alz.org.

To register for either event, please call Adelle Stanley:
1-800-636-3346 or 803-269-9285

For more information about staff training contact:
Gail Marion, Vice-President of Programs
864-224-3045 or 1-800-273-2555
gail.marion@alz.org

You can also learn more by visiting:
www.alz.org/qualitycaretraining

Educational Breakfast for Physicians, Pharmacists and Nurse Practioners

August 22, 2009, 7:30 a.m. - 12:00 p.m.
Palmetto Health Richland Auditorium
5 Richland Medical Park Drive, Columbia

Come learn the latest in the field of Alzheimer’s disease and dementia. CME’s are available, and breakfast will be provided.

To register for either event, please call Adelle Stanley:
1-800-636-3346 or 803-269-9285

Family caregivers: Please call 864-224-3045 or toll free 1-800-273-2555 if a no-cost, in-home sitter is needed in order to attend. The Chapter will cover the cost through local home care organizations. Please call two weeks in advance for an application.
Research News

Potential Significance of Neuroglobin

Neuroglobin is a protein that was first identified in 2000. It is a member of the globin family, similar to hemoglobin (which carries oxygen inside red blood cells), and myoglobin (which carries oxygen inside muscle cells). It is a highly conserved protein, meaning that it is a very important protein in all species ranging from mice to humans. It is known to be activated by cerebral ischemia (decreased brain oxygen) and is known to protect neurons from such injury.

Despite its ability to bind to oxygen, like hemoglobin and myoglobin, neuroglobin is unlikely to function as an oxygen delivery system. Instead, it seems to be involved in scavenging reactive oxygen molecules (oxidants) generated in response to brain ischemia and injury. Many researchers believe antioxidants are beneficial in various neurodegenerative diseases.

Recent work had shown that neuroglobin decreases beta amyloid neurotoxicity in animal models of AD. Now, a paper from a group at The Johns Hopkins University (Szymanski et al, Neurobiology of Aging, 2009), shows that variations in the gene for the neuroglobin protein may in fact increase one’s risk of developing AD by producing inefficient neuroglobin. This inefficient protein is unable to defend against the toxicity of beta amyloid.

More work will be needed to determine if neuroglobin can be affected in a positive way to reduce beta amyloid toxicity in AD.

Dominantly Inherited Alzheimer’s Disease Network

The Dominantly Inherited Alzheimer’s Disease Network (DIAN) study, a six-year, $16 million study funded by the National Institute on Aging (NIA), part of the National Institutes of Health (NIH), is actively recruiting subjects for a new study.

While three mutated genes – amyloid precursor protein (APP), presenilin 1 and presenilin 2 – are known causes of inherited early-onset Alzheimer’s disease (AD) (younger than age 60), DIAN researchers hope to find new indicators that signal the disease at its earliest stages in patients who might develop the late-onset (and far more common form) of AD. By closely monitoring DIAN volunteers, both those with and those without the mutated genes, insight will be gained into the earliest markers of the disease that may be seen in both the early- and late-onset forms of the disease.

For more information on DIAN, please visit their website: http://www.dian-info.org/faq.htm.


Disaster Preparedness and Alzheimer’s Disease

In order to learn more about the particular concerns family care providers of someone with Alzheimer’s disease or another dementia had around preparing for natural disasters, the MIT AgeLab and The Hartford Advance 50 research team conducted focus groups with family caregivers in St. Louis, Missouri, and Charleston, South Carolina. The discussions researchers had with family care providers included what families currently did to prepare for different kinds of natural disasters, and what kinds of information they wanted. Family care providers were often aware of some of the challenges they faced around preparing to survive and thrive in the wake of natural disasters, but like many Americans, they had not planned exactly what they needed to do in a disaster, nor had they had conversations with family and friends specifically about how they could help in such situations.

Drawing on the focus group discussions, the research team has prepared public education materials to help caregivers of someone with Alzheimer’s disease plan for natural disasters. The new booklet, It Could Happen to Me: Family Conversations about Disaster Planning, is produced and published by The Hartford, and can be downloaded on line or ordered free at www.thehartford.com/talkaboutdisasterplanning.

Would you like to participate in research?

Alzheimer’s Research and Clinical Programs (ARCP) was developed by the Medical University of South Carolina to serve as a statewide resource for patients, families, and physicians. ARCP is located in North Charleston, conveniently off of Interstate 26. The program provides a full spectrum of services designed to minimize, and ultimately end, the devastating effects of Alzheimer’s disease.

A wide range of clinical drug trials and other types of research studies are offered for older adults with Alzheimer’s disease, other types of dementia, behavioral disturbances, depression and other psychiatric disorders. Cognitive testing, medical monitoring and study medicines are offered at no cost to qualified participants of clinical drug trials. If you or a loved one is interested in participating in Alzheimer’s disease research, call Stephanie for studies that are enrolling: 843-740-1592 extension 14. You may also go to the website at www.musc.edu/arcp.

What else is on the research horizon?

Check out HBO’s recent documentary production, “The Alzheimer’s Project,” which includes an excellent segment on “Momentum in Science.” View the documentary and supplementary videos for free at www.hbo.com/alzheimers.
WE’RE ON THE MOVE TO END ALZHEIMER’S

Please mark your calendar for the 2009 Alzheimer’s Association Memory Walk®!

You, your family and friends have the opportunity to be part of a movement bringing help and hope to millions of Americans living with Alzheimer’s — and millions more at risk. This cruel disease must be stopped, and your participation will make the difference.

You can start your team today by registering online or by phone. Together, we’ll build a world without Alzheimer’s disease!

Aiken:
September 19
Odell Weeks Center
1700 Whiskey Road
Aiken, SC 29803

Anderson:
October 3
Anmed Health North Campus
2000 East Greenville St
Anderson, SC 29621

Beaufort County:
October 10
Historic Bluffton
110 Calhoun St
Bluffton, SC 29910

Charleston:
October 24
Charleston Harbor Resort and Marina, at the Lookout Pavilion
20 Patriots Point Road
Mt. Pleasant, SC 29464

Columbia Area:
October 17
Finlay Park
930 Laurel St
Columbia, SC 29201

Grand Strand:
September 19
Broadway At the Beach
1325 Celebrity Circle
Myrtle Beach, SC 29577

Greenville Area:
October 17
County Square
301 University Ridge
Greenville, SC 29601

Greenwood Area:
September 12
Burton Center
2605 Hwy. 72/221 E.
Greenwood, SC 29649

Manning:
September 12
Council on Aging
206 S Church St
Manning, SC 29102

Pee Dee:
November 7
McLeod Fitness
2437 Willwood Drive
Florence, SC 29501

Rock Hill:
November 7
Winthrop University
Coliseum
Northgate Entrance
1162 Eden Terrace
Rock Hill, SC 29730

Spartanburg Area:
October 10
Wofford College Stadium
Twitty Street Entrance
Spartanburg, SC 29303

Sumter:
October 24
Covenant Place
2825 Carter Rd
Sumter, SC 29150

13 locations.
3 easy ways to register.
visit www.alz.org/memorywalk
call 1-800-860-1444
or mail in this form
Registration Form

Walk location
Team name

First name
Last name
Address
City
State
Zip
Phone (Day)
Phone (Evening)
E-mail address
Company name
Job title

Gender □ Male □ Female
Birthday M □ D □ Y

Choose one □ African-American/Black □ American Indian/Alaskan Native □ Asian □ Caucasian/White □ Hispanic/Latino □ Pacific Islander □ Other ____________

T-shirt size □ Small □ Medium □ Large □ X-Large □ XX-Large □ XXX-Large

How did you hear about us? □ Chapter mailing □ Web site □ Family □ Friend □ Past participant □ Work colleague □ TV/radio/print ads □ Other

Please choose the closest affiliation you have to Alzheimer’s disease: □ I have/had a family member with Alzheimer’s disease □ I am a caregiver for someone with Alzheimer’s disease □ I have a friend with Alzheimer’s disease □ I have been diagnosed with Alzheimer’s disease □ I do not know anyone with Alzheimer’s disease

I am interested in information about: □ Joining the Memory Walk steering committee □ Advocating for people affected by Alzheimer’s □ Other volunteer opportunities with the Alzheimer’s Association □ Including the Alzheimer’s Association in my will, trust or estate plan □ More information about Alzheimer’s disease □ Other ____________

Enclosed is my personal donation of: □ $200 □ $100 □ $50 □ $25 □ Other ____________

To make a credit card donation, please go online: www.alz.org/memorywalk

Please donate the value of any of my fund-raising prizes back to the Alzheimer’s Association. □ Yes □ No

Assumption of Risk, Release and Permission
In consideration of being allowed to participate in Memory Walk, I hereby expressly assume all risks of personal injury, death or property loss arising in any way out of my participation. I represent that I am physically fit and able to participate in this event. I hereby release and agree not to sue Alzheimer’s Association, its chapters, their respective officers, directors, volunteers, employees, sponsors and agents, from or in connection with any and all liability and claims arising out of my participation in this event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, video or other recordings.

Signature ___________________________ Date ___________________________

If Participant is a minor or acts in accordance with a legal guardian, the parent or guardian must sign and agree to the below:

I am the parent and/or legal guardian of Participant, and I hereby consent to his/her participation. I have read the foregoing agreement, and I hereby agree on behalf of myself and Participant to its terms.

Please mail completed form to: Alzheimer’s Association, ATTN: Memory Walk, 2090 Executive Hall Road, Ste. 130, Charleston, SC 29407
<table>
<thead>
<tr>
<th>Location</th>
<th>Days and Times</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>ABBEVILLE COUNTY</strong></td>
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<td></td>
<td>1st Tues. 7 PM</td>
<td>Covenant Place</td>
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<td>Due West 843-379-3210 (Ruth Hill)</td>
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<td></td>
<td>3rd Thurs, 2:00 PM</td>
<td>Eden Gardens 803-642-8444 (Christina Reed)</td>
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<td>2nd Tues, 11:00 AM Aurora Pavilion 803-648-2117 (Liz Neal)</td>
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<td>2nd Tues, 6:00 PM Mattie C. Hall Health Care 830 Launors St. Aiken</td>
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<td>2nd Wed, 10:00 PM Wildwood Dr, Homea Path 864-369-6461 (Barbara Wright)</td>
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<td><strong>AIKEN COUNTY</strong></td>
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<td>2nd Thurs, 5:30 PM</td>
<td>Royal Baptist Church 407 E. Hampton St 864-244-0112 (Mel Harris)</td>
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<td>3rd Thurs, 7 PM</td>
<td>Anderson Place 311 Simpson Rd. 864-224-3045 Alz. Office (Mel Harris- Facilitator)</td>
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<td><strong>ANDERSON COUNTY</strong></td>
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<td>2nd &amp; 4th Tuesdays 1 PM</td>
<td>Baptist Church of Beaufort 843-521-0866 (Louise Blanchard)</td>
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<td>3rd Thurs. 2 PM</td>
<td>Parkinson’s Support Group Bon Secours St Francis Hospital</td>
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<td>Meeting Room 1 West Ashley 843-884-6949 (Gretch Buff)</td>
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<td><strong>BARNWELL COUNTY</strong></td>
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<td>2nd Tues. 11 AM</td>
<td>Barnwell Co. Library – Burr St 803-649-9201 or 803-335-8044</td>
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<td><strong>BEAUFORT COUNTY</strong></td>
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<td>Wednesdays 12:30-1:30 PM</td>
<td>Baptist Church of Beaufort 843-521-0866 (Louise Blanchard)</td>
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<td><strong>CHARLESTON COUNTY</strong></td>
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<td>1st Thurs, 7 PM</td>
<td>Bon Secours St Francis Hospital West Ashley 843-766-5694 (John Ledford)</td>
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<td>2nd Thurs, 6:30-7:30 PM</td>
<td>Choices Women’s Center West Ashley 843-763-1207 (Edith Miller)</td>
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<td>3rd Tues. 6:30-8 PM</td>
<td>Franke at Sea Side Mount Pleasant 843-856-4725 (Karen Berry)</td>
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<td><strong>CLARENDON COUNTY</strong></td>
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<td>3rd Mon. 2 PM</td>
<td>New Covenant Presbyterian 2833 Alex Harvin Highway Manning 803-478-4820 (Betty Wellock)</td>
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<td><strong>CHESTER COUNTY</strong></td>
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<td>4th Mon. 12-1 PM</td>
<td>Hospice Care of SC Office 179 Columbus St. - Chester 803-581-6577 (Jan Byars)</td>
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<td><strong>CHESTER COUNTY</strong></td>
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<td>2nd Tues, 6 PM</td>
<td>Good Shepherd Lutheran 549-6623 (Virginia Bullard)</td>
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<td><strong>COLLETON COUNTY</strong></td>
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<td>2nd Tues. 6 PM</td>
<td>Good Shepherd Lutheran 549-6623 (Virginia Bullard)</td>
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<td><strong>DARLINGTON COUNTY</strong></td>
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<td>1st Tues. 10 AM</td>
<td>St. Bartholomew’s Church Campus Dr. Hartsville 843-332-7478 (Margaret Coker)</td>
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<td>2nd Tues. 10 AM</td>
<td>Medford Center Darlington 843-332-7478 (Margaret Coker)</td>
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<td><strong>DORCHESTER COUNTY</strong></td>
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For more information, please visit www.alz.org/sc.
Support Groups are free and open to the public. Family members and friends are welcome to attend. Please call numbers listed to verify meeting details.

**NEED A SITTER?** Call 1-800-273-2555 if a no-cost in-home sitter is needed during meeting time. An application must be filled out to use support group sitter funds. This service is available through a professional home care agency **ONLY** and is separate from your respite voucher.

### MccoRmick County
- **2nd Tues. 2 PM**
  Savannah Heights Living Ctr
  864-391-2390 (Susannah Cramer)

### Newbery County
- **2nd Tues. 5:30 PM**
  Springfield Place (Dining Room)
  2006 Springfiled Circle
  803-276-2601 (Denise Marshall)
  803-276-8266 (Janet Ballentine)

### Occonee County
- **2nd Mon. 7 PM**
  United Way Seneca
  864-882-1202 (Jane Thomas)
  864-654-3862 (The Feemsters)

### Orangeburg County
- **1st Tues. 6 PM**
  Morningside Assisted Living
  Riverbank Dr. Orangeburg
  803-539-2911 (Jerri Zeigler and Tina Fogle)

### Pickens County
- **1st Thurs. 7 PM**
  Capt. K. Hampton Library –Easley (2nd Floor Conf Rm)
  864-855-8668 (Meri Childress)
  864-836-5151 (Debbi Scarborough)

- **4th Wed. 2 PM**
  (3rd Wed Nov&Dec) Clemson Downs
  505 Downs Loop Corley Ctr.
  800-273-2555 (Gail Marion)

### Richland County
- **3rd Mon. 12:30 PM (lunch)**
  AltaTerra Sterling House
  Columbia, SC
  803-732-0300 (Pamela Rodriguez and Peter Pzaepfel)

- **3rd Tues. 12 PM**
  Atria at Forest Lake
  Columbia, SC
  803-790-9800 (Anne Abel)

- **2nd Tues. 12 PM**
  Caregivers Coalition of Midlands
  Group for & led by spouses of persons with dementia
  Palmer Bldg, First Presbyterian
  1420 Lady St., Palmer –4th Floor
  SW corner of Lady & Bull Sts.
  Parking on corner; Lady St. door
  803-779-1995 Ext. 4 (Debbie Clark)

- **2nd Tues. 6 PM**
  Eden Gardens of Columbia
  120 Fairforest Rd.
  803-781-2243 (Paula or Pat)

- **2nd Wed. 11:30 AM**
  Palmetto Senior Care (Columbia)
  803-691-6650 (Mary Winstead)

- **3rd Wed. 12 PM**
  Lodge at Ascension
  7142 Woodrow St. Irmo
  803-732-6670 (Georgia Troficanto)

### Sumter County
- **1st Mon. 6 PM**
  Senior Primary Care
  1st Tues. 12 noon
  Columbia, SC
  803-691-5765 (Felicia Pinkney)

- **3rd Fri. 12:1-30 PM**
  Palmetto Senior Care
  Laurel St.
  Columbia, SC
  803-931-8166 (Cynthia Palmore or Cynthia Young)

- **4th Mon. 6:30 PM**
  The Haven in the Summit
  Columbia, SC
  803-754-0538 (Betty Rabon)

- **4th Tues. 1 PM**
  Wildewood Downs
  (NE) Columbia, SC
  803-788-5115 (Brigette Harrell)

### Union County
- **4th Mon. 1 PM**
  Middle Tyger Community Ctr.
  84 Groce Rd. Lyman
  864-439-0259 (Vicki Stidham)

### York County
- **1st Tues. 6:30 PM**
  McElveen Manor, McCrarys Mill Rd.
  803-778-9690

- **2nd Tues. 6 PM**
  Eden Gardens – Rock Hill
  843-230-2890 (Lisa Rumford)

### If you have Alzheimer's:
Call 1-800-273-2555 to learn about early stage dementia support groups.

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Access Alzheimer's Association resources online at [www.alz.org/sc](http://www.alz.org/sc)
a ride to remember
july 24, 25 & 26
an unforgettable cycling event across the state
http://aridetoremember.kintera.org

WE’RE ON THE MOVE
to end alzheimer’s

If you have concerns about yourself or a loved one, please call our 24-hour HelpLine:
1.800.273.2555
For additional resources, visit our website at www.alz.org/sc.