Alzheimer’s Association Awards Research Grant to Scientist at MUSC Center on Aging in Charleston

Funding will be used to investigate treatment for Alzheimer’s disease in individuals with Down Syndrome

We are pleased to announce that Ann-Charlotte E. Granholm, Ph.D., of the Medical University of South Carolina in Charleston, SC, has been selected to receive an Alzheimer’s Association research grant totaling $291,347 over three years. Dr. Granholm, pictured at right, is the Director for the Center on Aging at MUSC and Co-Director for the Carroll A. Campbell Jr. Neuropathology Laboratory Brain Bank at MUSC.

The funded study will utilize a mouse model of Down Syndrome (DS), as well as a novel biochemical innovation, Designer Receptors (DREADDs) to examine whether memory loss can be prevented in middle-aged DS individuals. Individuals with Down syndrome (DS) develop Alzheimer’s disease neuropathology and are at significantly higher risk of developing dementia in their 40s or 50s. DS individuals have doubled their lifespan the last few decades, and now live well into their 60s in many cases.

“The Alzheimer’s Association South Carolina Chapter is thrilled that these funds have been awarded to support Dr. Granholm’s innovative research right here in South Carolina,” said Cindy Alewine, President/CEO of the Alzheimer’s Association South Carolina Chapter. “We look forward to learning the results of this important work in the fight against Alzheimer’s disease.”

Alzheimer’s Association research grants are intended to advance the understanding of Alzheimer’s disease, help identify new treatment strategies, provide information to improve care for people with dementia, and further knowledge of brain health and disease prevention. The Alzheimer’s Association is the largest private, nonprofit funder of Alzheimer’s research, having awarded more than $300 million to more than 2,100 projects since 1982. To learn more about Alzheimer’s research, turn to pages 10-11.

Respite Update!
Details page 5.

Education Calendar pages 6-7

Why We Walk pages 8-9

Support Groups pages 14-15
Dear Friends,

We are fast approaching my favorite time of year. I have always considered fall a time of new beginnings and opportunities as students return to school, the leaves become bright with color and cool crisp days bring a welcome relief from the summer humidity. I especially love fall because it is the season of our Walk to End Alzheimer’s!

More than half of all Americans know someone with Alzheimer’s disease. If you ask almost anyone, they will tell you about how Alzheimer’s or another form of dementia has affected their family or someone that they know. For many of us, Alzheimer’s is personal. We can remember the day that our loved one was diagnosed or when they no longer recognized their family. It is a heartbreaking disease that must be stopped.

The Walk to End Alzheimer’s is our largest fundraiser. Without the walk, we would be unable to fund research, care and support. However, the walk is so much more! On any given weekend during the fall, thousands of people across the country rise early, dress in purple and walk to create awareness about the nation’s sixth leading cause of death. Funds are raised, advocates are recruited and participants have many opportunities to make a difference in the lives of people both now and in the future.

While raising funds to support our mission, we also have the opportunity to reach out to legislators and urge them to make Alzheimer’s research and support a priority. In addition, we offer walkers the opportunity to register for TrialMatch, which helps people with dementia as well as healthy individuals to potentially participate in clinical research trials. Participants are also able to learn more about Alzheimer’s Association programs and support services that are available for their own families, or for someone in their community who just might need the information.

Please plan to join us for the Walk to End Alzheimer’s in your community. Together we can raise funds, create awareness and take steps to end this terrible disease. Alzheimer’s disease is personal for millions of Americans and for families throughout the world. Make it your personal goal to participate in the walk in honor or memory of someone you know – or simply as your way of helping to make the world a better place for our future generations. You can learn more on pages 8-9.

Sincerely,

Cindy Alewine
CEO/President
about our chapter

Call our Helpline at 800-272-3900 to be automatically connected to the office serving your area, or call after hours to talk to someone any time of day or night!

Anderson - Headquarters Office | 4124 Clemson Blvd, Ste L, Anderson, SC 29621
Serving all of South Carolina

CEO/ President | Cindy Alewine
Vice President of Finance and Operations | Velma Haggan
Vice President of Programs | Sam Wiley
Director of Respite Services | Deby Stewart

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Upstate Director of Development | Kimberly Williams
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Program Director | Sheila Lewis
Program Outreach Coordinator | Bob Eversfield
Midlands Director of Development | Alexis Taylor

Spartanburg Area Office | 901 South Pine St, Spartanburg, SC 29302
Serving Spartanburg, Union, Cherokee, York, Chester, Lancaster, and Fairfield Counties

Senior Director of Communications & Advocacy | Beth Sulkowski
Program Director | Joyce Finkle
Program/Donor Services Associate | Jill Smith

The Spartanburg Area Office staff have hours at the Union County NonProfit Partnership Center on the first and last Tuesday of each month from 9:30 AM to 3:30 PM. Please call in advance to schedule an appointment: 800-272-3900.

We are proud to be a Community Partner of the United Way of Greenville and the United Way of the Piedmont through the Community Impact Initiative.

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Rock Hill
In each issue of our newsletter, we like to remind you of the programs offered by the South Carolina Chapter of the Alzheimer’s Association. Give us a call at 800-272-3900 to connect to these services!

24-Hour Helpline - 800-272-3900
Staffed 24 hours/day, 7 days/week our helpline offers assistance in 140 different languages any time day or night.

Information & Referral
We offer a variety of educational literature, and our informed staff can make referrals to helpful community resources. Our chapter newsletter is also available by mail or email.

Caregiver Support Groups
Support groups are offered across the state to help caregivers cope and better understand the disease process. No-cost sitters can be provided to families to ensure that caregivers are able to attend support group meetings.

Early Stage Dementia Support Services
A diagnosis of dementia is a life-altering fact. We are currently seeking persons who have been diagnosed with early-stage Alzheimer’s or related dementia and their caregivers who are interested in learning the basics of living with the disease while sharing experiences with those who understand. To learn more, please call 800-272-3900.

MedicAlert® + Safe Return®
We offer a nationwide wanderers’ safety and identification program. In partnership with local authorities, this program provides identification jewelry, important medical information, and emergency assistance to families. It has an impressive record of rapidly recovering individuals who wander away from home.

Respite
Our caregiver respite voucher program provides financial assistance to arrange short-term, professional care through in-home care agencies, adult day care centers, or short-term residential care. To learn more, call us at 800-272 3900 or visit www.alz.org/sc.

Community & Professional Education
Year-round, we offer conferences, workshops, and trainings for a variety of audiences including professionals in the medical and senior services industries, social workers, clergy, hospice professionals, businesses, law enforcement, as well as caregivers and persons with dementia.

View our current education offerings on pages 6-7. You can also call us to request a presentation in your community.

Care Consultation
Sometimes you just need to talk things out. Through personal consultation, the Alzheimer’s Association helps persons with Alzheimer’s and their families to maximize the care they receive and navigate difficult situations.

Advocacy
Our advocates actively pursue important state and federal policies on behalf of those with Alzheimer’s disease, addressing research funding, quality care, and other urgently needed services. Learn more on page 12.

Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer’s.
The Alzheimer’s Association is pleased to announce that our caregiver respite program has relaunched! Thank you for your patience during this transition period!

How is the respite program different?
The changes are on the administrative end – the $500 voucher itself will remain the same. The Alzheimer’s Association – South Carolina Chapter is now partnering with the Lieutenant Governor’s Office on Aging (LGOA), to administer our respite program through the ten Area Agencies on Aging (AAAs). Our goal is to increase the coordination of services for persons with dementia and their caregivers – and to serve you more quickly.

For example, before we had just one staff person issuing each voucher. Now we’ll have ten people issuing vouchers around the state to serve you faster. You’ll also be connected with additional resources that you may be eligible for, like the Family Caregiver Support Program, Medicare counseling, or senior nutrition programs.

How do I apply for the respite program?
Call the Alzheimer’s Association at 800-272-3900. Our staff will discuss respite with you, as well as other available services. We will then make the referral to the regional AAA office to begin your application.

I applied during the program’s transition period; will I have to complete a new application?
Any respite applications received during the transition period will be processed immediately as the program relaunches. Applicants will be contacted by their local Area Agency on Aging (AAA) to process and issue Alzheimer’s Association respite vouchers.

I’m a respite provider. Will the billing process change?
Providers, please stay tuned. We are finalizing new billing procedures and will communicate them ASAP.

Tips for Managing Caregiver Stress

Take a break.
It’s normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself. Call 800-272-3900 to learn how to access short term respite care.

Be realistic.
The care you give does make a difference, but many behaviors can’t be controlled. Grieve the losses, focus on positive times as they arise, and enjoy good memories.

Take care of your health.
Be sure to visit your physician regularly (at least annually), and listen to what your body is telling you. Consider how stress affects your body (stomach aches, high blood pressure) — and your emotions (overeating, irritability). Try to find ways to relax.

Give yourself credit, not guilt.
It’s normal to lose patience or feel like your care may fall short sometimes. You’re doing the best you can. For support and encouragement, join ALZConnected, our online caregiver community. Learn more at alz.org/care.

Accept changes.
Eventually your loved one may need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.

Make an action plan.
Let us help create an action plan to meet your specific needs. Alzheimer’s Navigator, our free online tool, helps guide you to answers by creating a personalized action plan and linking you to information, support and local resources. Go to alz.org/care to learn more.
upcoming conferences

12th Annual Charleston Educational Conference
“Hope for the Future... Help for Today”

**Tuesday, September 17, 2013**
8:00 AM - 4:00 PM | 7:30 AM - Check-in, light breakfast & exhibits
College Center, Trident Technical College
Building 920, Main Campus
7000 Rivers Avenue, North Charleston, SC 29406

General Session topics:
- Understanding Alzheimer’s Disease - Keynote Speaker, Goldie Byrd, PhD
- Best Practices with Dementia Behavior - Ms. Dora Som-Pimpong

Breakout Session topics:
- Legal Issues - Attorney Ashley Andrews
- Alzheimer’s Advocacy and Research - Beth Sulkowski
- Driving Issues - Stephanie Scharf
- Long Term Care Planning & Financing - Barbara Franklin

Registration available onsite. $70 Professionals for CEUs / $35 General registration no CEUs / $20 family caregivers or students.

6th Annual Alzheimer’s Physicians Conference

Jointly sponsored by: The Alzheimer’s Association SC Chapter and The University of South Carolina School of Medicine-Palmetto Health Richland Continuing Medical Education Organization

**Saturday, November 9, 2013**
7:30 AM - 2:45 PM
William Yates Conference Center (SC Hospital Association)
1000 Center Pointe Road, Columbia SC 29210

Target Audience: Physicians and other healthcare professionals who manage a geriatric patient population in South Carolina.

Pre-Registration Fee: $50 / On-Site Registration Fee: $75.

To learn more about these programs, or to RSVP to attend, call us at 800-272-3900.

topical workshops

Know the 10 Signs: Early Detection Matters

**Tuesday, October 15, 2013**
12:30-2:00 PM
Leatherman Senior Center, 600 Senior Way, Florence, SC

**Thursday, November 7, 2013**
3:00-4:30 PM
County Square, Training Room F
301 University Ridge Rd, Greenville, SC 29601

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. This interactive workshop features video insights from people with early-stage Alzheimer’s.

Conversations About Dementia: Tips to Help with Family Conversations

**Tuesday, October 15, 2013**
6:00 PM
Florence Presbyterian Community
2350 W. Lucas Street, Florence, SC 29501

This workshop offers concrete suggestions for addressing challenging care issues such as convincing a family member to go to the doctor, deciding when to stop driving, and making necessary legal and financial plans for future care needs. Participants will leave with a list of talking points and suggestions to help them have these challenging conversations and create well-functioning family care teams.

Legal and Financial Planning for Alzheimer’s Disease

**Thursday, November 14, 2013**
6:00 PM
Florence Presbyterian Community
2350 W. Lucas Street, Florence, SC 29501

If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

To view our most up-to-date education listings, please visit our website at [www.alz.org/sc](http://www.alz.org/sc) and click on Education Programs. Family caregivers: If you need an in-home care sitter in order to attend any of these programs, learn how to access this service at no cost by calling the Alzheimer’s Association at least two weeks in advance at 800-272-3900.
Living with Alzheimer’s: For Younger Onset Alzheimer’s

Wednesday, October 9, 2013
2:00-4:00 PM
Carolina Forest Library
2250 Carolina Forest Blvd, Myrtle Beach, SC 29579

When someone under 65 is diagnosed with Younger-Onset Alzheimer’s disease or related dementia, the first reaction is often shock or denial. This doesn’t happen to someone so young…does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Join us for this series of programs that provide answers to the questions that arise for people concerned about Younger-Onset Alzheimer’s disease or a related dementia. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Living with Alzheimer’s: For Early Stage Caregivers

Tuesdays, October 1, 8 & 15, 2013
12:00-1:30 PM
County Square, in the Training Room
301 University Ridge Rd, Greenville, SC 29601

Wednesdays, October 16, 23 & 30, 2013
2:00-4:00 PM
Carolina Forest Library
2250 Carolina Forest Blvd, Myrtle Beach, SC 29579

In the early stage of Alzheimer’s disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this 3-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

Living with Alzheimer’s: For Middle-Stage Caregivers

Tuesdays, October 1, 8 and 15, 2013
5:30 to 7:30 PM
Momingside Baptist Church, Fellowship/Education building, Youth Room
897 S Pine St, Spartanburg, SC 29302

In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care during this stage.

Living with Alzheimer’s: For Late-Stage Caregivers

Wednesdays, September 25 & October 2, 2013
2:00-4:00 PM
Carolina Forest Library
2250 Carolina Forest Blvd, Myrtle Beach, SC 29579

In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this 2-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer’s and their families.

Want to earn a dementia certification? Need education programs that are flexible to your schedule?

The Alzheimer’s Association® essentiALZ™ certification program is a convenient way for family and professional caregivers to be recognized for learning quality dementia care practices. EssentiALZ offers basic and advanced levels of certification for individuals. Learn more at www.alz.org/essentialz.
walk to end alzheimer’s

At the Alzheimer’s Association, our daily work is about people and science: supporting families and caregivers, educating our communities, and working to advance research.

Walk to End Alzheimer’s is all of those things rolled into one hope-filled morning!

Each Walk event features:

- A 1-3 mile scenic Walk route
- A Promise Garden area, which gives each participant on opportunity to honor a loved one or to reflect on your reason for participating
- A special ceremony uniting the community in a display of combined strength and dedication in the fight against this devastating disease.
- The chance to learn more about Alzheimer’s disease and the support programs and services offered by your local chapter
- Unique opportunities to get involved with the cause through advocacy initiatives and clinical trial enrollment
- Local corporate sponsor displays and goodies

Take the first step toward a world without Alzheimer’s! Find a Walk near you and register at www.alz.org/sc.

While there is no fee to register, participants are asked to donate or fundraise in order to contribute to the cause and raise awareness. You can start with one email. One phone call. One Facebook post asking family and friends to join you. Your efforts will equal more awareness and fund for Alzheimer’s research, care and support.

Want to learn more? Contact us at 800-272-3900 or email walksc@alz.org.

Did you know that you can customize this year’s Walk t-shirt with your personal reason for walking?

The t-shirt will be presented to each registered Walker who raises $100!

We walk in loving memory of our beloved families who have suffered from Alzheimer’s disease. And we walk with great hope that the suffering will end. To us, it’s personal.

Carol Horton
Team Captain for Home Instead Senior Care, Rock Hill

In memory of our Dad & now in honor of my Mother-in-law

My family and I walk in memory of my father, Vernon Mustian, who passed away in 2010 from Alzheimer’s. Dad was an incredibly intelligent and talented man and watching him progress through the disease was devastating. We walk to help the fight against Alzheimer’s in the hopes that other families won’t have to endure the same pain of watching their loved ones suffer.

Ben Mustian
Alzheimer’s Association Board Chair & Captain of Preacher’s Deacons Team, Columbia

Hope for a Cure
My mom was diagnosed in 2001 with Alzheimer’s; I knew this was a disease that would take my mom away from us, so I had to cherish every day that I had with her, while she still had her memory. In April 2011 my mom passed away. I miss her so much; she was my rock and always stood beside me no matter what. So I thought to myself what could I do to help get the word out to others about Alzheimer’s? That’s when I said I am going to start a team in memory of her and walk to end Alzheimer’s. I do this as therapy for me, if I can help one person understand the effects the disease has on a family, then I feel like I have made her proud!

**Faith Smith**  
Team Captain for “Miss Fannie,” Aiken

My family and I walk as a way to give back to our loving, kind father and grandfather who gave so much to his family. He taught us the importance of love and giving to others and what a blessing each day from God truly is! We know Daddy is with us every step of the way letting us know how proud he is of his Daddy’s Darlings. We know each dollar we raise for the cause puts a smile on his face.

This year we will also walk to honor the most wonderful Mother-in-law a girl could be blessed to have. Mom always gave so much of herself to others and deserves better as all Alzheimer’s patients do. But at this time it is not meant to be. However, our dream is that by walking and raising awareness we can and will make a difference not only for Mom but also for all others who suffer each day.

And last, but certainly not least, Daddy’s Darlings walk so others will not have to go through the ravages of this devastating disease. THE FASTER WE ALL WALK THE QUICKER THE CURE!

**Donna Rosa**  
Team Captain for Daddy’s Darlings, Charleston

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www.alz.org/sc or 800-272-3900
Can a Type 2 Diabetes drug potentially delay onset of mild cognitive impairment in normal individuals with high genetic risk of Alzheimer’s?

Scientists at Zinfandel and Takeda Pharmaceuticals International, Inc., are initiating an international Phase 3 trial of low dose pioglitazone, a medication which at higher doses is approved for treatment of type 2 diabetes, as a therapy to delay onset of MCI due to Alzheimer’s. In earlier human studies, treatment with pioglitazone was associated with decreased markers of brain inflammation.

For the first time, study participants will be cognitively normal individuals who carry genetic risk variations in the ApoE and TOMM40 genes that are associated with an increased Alzheimer’s risk and earlier onset of symptoms. The trial will begin enrollment in 2013. Additional study goals include validating the new NIA/Alzheimer’s Association diagnostic criteria for MCI due to Alzheimer’s and determining an appropriate set of cognitive tests that would work effectively in all study sites around the globe.

A potential therapy may reduce brain inflammation caused by amyloid plaques

It has been suggested that amyloid plaques can stimulate microglia, the brain’s first-line immune cells, to produce inflammatory compounds that cause brain cell damage in Alzheimer’s patients. The experimental compound CHF5074 (Chiesi Pharmaceuticals), which is designed to inhibit inflammation by modifying microglial action, has been shown to prevent formation of brain plaques and reduce deficits in mouse models of Alzheimer’s.

In a 90-week clinical trial of CHF5074 in people with mild cognitive impairment, powered only for safety and dosing, not for efficacy, an interim analysis of cognitive tests of 32 patients showed statistically significant, dose-dependent improvements in participants’ cognitive abilities. Study participants who carried one or two copies of the ApoE4 gene, which increases the risk of Alzheimer’s, performed significantly better than ApoE4 non-carriers on two of the cognitive tests.

An innovative study seeks to determine whether a natural neurosteroid may be a potential regenerative therapy

Allopregnanolone, also known as Allo, is a neurosteroid found in the brain and bloodstream. In previous studies, Allo has shown promise as a potential regenerative therapy to promote brain cell creation and improve cognitive function in older animals and animal models of Alzheimer’s disease. Allo is naturally expressed in the brain and reaches relatively high levels during the third trimester of pregnancy.

At AAIC 2013, researchers reported the design of a Phase 1, multiple ascending dose, clinical trial of Allo in participants diagnosed with MCI due to Alzheimer’s and mild Alzheimer’s, with doses administered once-per-week for 12 weeks to establish a safe and tolerated dose. Secondary goals of the trial include assessing potential short-term effects of Allo dosing on cognition and MRI indicators of Alzheimer’s, and informing a subsequent Phase 2 proof of concept trial.

An experimental medication may reduce the accumulation of beta amyloid plaques

Researchers reported results of an early-stage, randomized, double-blind, placebo-controlled, multiple-dose study of the experimental medication MK-8931 (Merck), which inhibits beta secretase - one of two enzymes that produce beta-amyloid - in people with mild-to-moderate Alzheimer’s.

They found that the drug significantly lowered beta amyloid in cerebrospinal fluid at the highest dose; the average reduction from baseline was more than 80 percent. According to the researchers, the drug was generally well-tolerated.
Detection, Diagnosis & Risk

Online tests for Alzheimer’s do not measure up

A panel of experts – including geriatricians, human-computer interaction specialists, neuropsychologists and neuroethicists – reviewed 16 freely accessible online tests for Alzheimer’s disease, and found that the tests scored poorly on scales of overall scientific validity, reliability and ethical factors. The experts found that most of the tests (12 of 16) scored “poor” or “very poor” for overall scientific validity and reliability, and concluded that these tests are not useful for the diagnosis of Alzheimer’s disease. All 16 tests scored “poor” or “very poor” on the evaluation criteria for ethical factors, including confidentiality and privacy policies, commercial conflicts of interests and wording the test outcomes in an appropriate and ethical manner.

Self-reported changes in memory may be earliest clinical markers of Alzheimer’s

Four studies supported increasing evidence that subjective cognitive decline (SCD) — the self-reported perception of memory or cognition problems — is a potentially valid early clinical marker of brain and cognitive changes that may indicate Alzheimer’s disease. In one study, cognitively normal older people showed a significant relationship between self-reported cognitive concerns and evidence of buildup of beta-amyloid protein, the main component of Alzheimer’s brain “plaques,” as revealed by PET scans. Another study of nearly 4,000 nurses age 70 and older indicated that a subjective concern about memory could be a marker of subsequent decline in objectively measured memory, especially among carriers of the ApoE4 gene, the strongest known genetic risk factor for Alzheimer’s. In a third study, older adults underwent annual cognitive assessments for an average of 10 years. Subjects who reported a change in memory since their last assessment were almost twice as likely to be diagnosed with mild cognitive impairment or dementia during follow-up than those who did not report such a change.

Diabetes drug associated with reduced risk of dementia

Type 2 diabetes may double the risk of dementia. However, in a study of nearly 15,000 type 2 diabetes patients age 55 and older, patients who started on metformin, an insulin sensitizer, had a significantly reduced risk of developing dementia compared with patients who started other standard diabetes therapies. Trials are currently under way to evaluate metformin as a potential therapy for dementia.

Learn more at alz.org/research.
Research Funding Update

Congressional Support Needed for Alzheimer’s National Plan

Last year, the U.S. Department of Health and Human Services released the first-ever national strategic plan to deal with the Alzheimer’s crisis. Now we need Congress to provide the critical resources that are necessary to fully implement the plan. $100 million is needed now for Alzheimer’s research, education, outreach and community support.

In July, the Senate Subcommittee on Labor, Health and Human Services, Education and Related issues of the Senate Appropriations Committee passed the Fiscal Year 2014 (FY 2014) Labor-HHS funding bill. This bill contained an additional $84 million for Alzheimer’s research at the National Institutes on Aging (NIA) and $20 million for the Alzheimer’s Disease Initiative, which will focus on education, outreach and caregiver support services.

The bill went on to be passed by the full Senate Appropriations Committee, with leaders from both parties emphasizing the importance of acting now to overcome Alzheimer’s.

This is a huge step forward, but there is still a long way to go! We are now awaiting action by the full Senate on the bill, and the House of Representatives have not yet reported their version of the appropriations bill.

You can help! Got to alz.org/plan to ask your Members of Congress to support a strong Alzheimer's National Plan.

To learn more about how the appropriations process works, watch our explanatory video at alz.org/appropriations.

South Carolinians not talking to doctors about memory

New data underscores need for greater public health efforts

In South Carolina, 13.7 percent – almost one in seven – of those aged 60 and over report that they are experiencing confusion or memory loss that is happening more often or is getting worse.

Of those with memory problems, over 80 percent of them have not talked to a health care professional about it.

This data comes from a recent telephone survey on public health. Each year, every state conducts a public health survey through the Behavioral Risk Factor Surveillance System (BRFSS).

While these numbers are not surprising, they are concerning. Alzheimer’s is a frightening disease, but early detection and diagnosis allow you to get the maximum benefit from available treatments, which may provide some relief of symptoms and help you maintain a level of independence longer.

An early diagnosis of Alzheimer’s allows you to take part in decisions about care, transportation, living options, financial and legal matters. You can also participate in building the right care team and social support network, rather than going it alone.

Currently, only 5.8% of survey respondents with memory problems are receiving help from family or friends. However, four in ten say their memory loss or confusion has interfered with household activities and/or work or social activities, and over half say that they need assistance.

As we know, ignoring a problem does not make it go away. We need to get assistance to families before they find themselves in crisis scenarios, but to do that, there must first be a clear diagnosis.

This data underscores the need for greater public awareness of Alzheimer’s disease and resources that are available to help. We call upon the medical and public health communities to join the Alzheimer’s Association in educating the public and your patients on these critical issues.

To learn more, please contact Beth Sulkowski at 864-699-0620 or bsulkowski@alz.org.
Spring & Summer Event Highlights

A Ride to Remember: Our 5th annual cross-state cycling event DOUBLED last year’s participation and funds raised! Over 100 riders raised over $115,000... and rode 252 miles!

Grand Strand Forget-Me-Not Ball
April 12th, 2013
The 5th annual Grand Strand Forget-Me-Not Ball was held at The Dunes Golf & Beach Club. The event, which featured silent auction, dinner and dancing, raised $47,136 with 155 people in attendance. Special thanks to our event sponsors, including:

Diamond Sponsors:

Gold Sponsor:
Regency Hospice

Bronze Sponsors:
Lighthouse Care Center of Conway
Scalise Realty at North Beach

Charleston Forget-Me-Not Ball
May 3rd, 2013
The 8th annual Charleston Forget-Me-Not Ball was held at the Francis Marion Hotel. This year’s event raised $47,042 and had 200 people in attendance. Special thanks to our event sponsors, including:

Gold Sponsor:

Silver Sponsors:
Roper St. Francis Healthcare
Senior Directory of Charleston

Bronze Sponsors:
Knights of Columbus
Lutheran Homes of South Carolina

Upstate Forget-Me-Not Ball
April 19th, 2013
The 6th annual Upstate Forget-Me-Not Ball was held Friday, April 19 at The Hyatt in Downtown Greenville. This year’s Ball raised $112,801 and had 324 people in attendance. Special thanks to our event sponsors, including:

Distinguished Sponsor:
Mr. & Mrs. Peter Larocque,
In Memory of Claire Larocque

Enduring Sponsor:
The Woodlands at Furman

Memorable Sponsors:
Carolina International Preparatory School
Grace Covenant Presbyterian Church
Laurel Baye Healthcare of Greenville
NHC HealthCare Mauldin
The Palmettos Mauldin

25th Anniversary Bowl-A-Thon
May 4th, 2013
Our 25th anniversary event in Anderson included 36 teams and raised approximately $35,000. Special thanks to our event sponsors, including:

High Roller Sponsors:

Strike Sponsors:
AnMed Health
Electric City Animal Clinic
Electric City Rotary
Medi Home Hospice

A Reason to Hope Luncheon
April 26th, 2013
This one-hour luncheon event had a successful debut in Columbia this spring. 120 people, each invited by table hosts, were in attendance at the luncheon, and $31,000 was raised in one time gifts and multi-year pledges. Special thanks to our table hosts and guests!

Charleston Forget-Me-Not Ball
May 3rd, 2013
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2013 Turkey Day Run &
Gobble Wobble, Charleston
November 28, 2013
Volunteers Needed!
Contact kalmstedt@alz.org

2014 Upstate
Forget-Me-Not Ball
April 11, 2014

2014 Grand Strand
Forget-Me-Not Ball
April 25, 2014

2014 Charleston
Forget-Me-Not Ball
May 16, 2014
Details soon at fmnball.org
### AIKEN COUNTY
- **Caregiver Support Groups**
  - **2nd Tues.** 10:00 AM
  - Hilton Head Regional Medical Center
  - 3101 Highway 278, Bluffton
  - 843-285-5000 (Heather Miller)
  - 3rd Thurs. 12 PM
  - Hilton Head Regional Medical Center
  - 3101 Highway 278, Bluffton
  - 843-285-5000 (Heather Miller)

### BERKELEY COUNTY
- **2nd Mon.** 11:12 PM
  - Trident/Moncks Corner Medical Center
  - 1620 Folly Road, Charleston
  - 843-768-5640 (Karen Doughtie)
- **2nd Mon.** 5:30 - 7:30 PM
  - Metro North Church
  - 109 Central Ave, Goose Creek
  - 843-571-2641 (Cawana Tisdale)

### CHARLESTON COUNTY
- **1st and 3rd Mondays** 1-2 PM
  - The Palms of Mt. Pleasant
  - 843-399-2030 (Jessie Hughes)
  - 843-884-6949 (Jill Reid)
- **1st Tues.** 10 AM
  - New First Missionary Baptist Church
  - 1844 Hwy. 174 Edisto Island
  - 843-869-0279 (Lula Grant)

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### CHESTERFIELD COUNTY
- **2nd Mon.** 10 AM
  - The Bridge at Charleston
  - 843-768-5694 (John Ledford)
- **2nd Mon.** 13:00 - 2:00 PM
  - The Bridge at Charleston
  - 843-768-5694 (John Ledford)

### CLARENDON COUNTY
- **3rd Mon.** 2 PM
  - New Covenant Presbyterian Church
  - 2833 Alex Harvin Highway, Manning
  - 803-478-4820 (Betty Wellock)

### FLORENCE COUNTY
- **1st Tues.** 10 AM
  - St. Bartholomew’s Church
  - 1197 Armory Rd, Chester
  - 803-385-3838 ext.28 (Terry Green)

### DORCHESTER COUNTY
- **2nd Tues.** 11:00 AM
  - Magnolia’s of Summerville
  - 843-509-2252 (Amy Murray)

### FLORENCE COUNTY
- **1st Tues.** 10 AM
  - St. Bartholomew’s Church
  - 1197 Armory Rd, Chester
  - 803-385-3838 ext.28 (Terry Green)

### GREENVILLE COUNTY
- **1st Tues.** 5 PM
  - The Haven at Chanticleer
  - 355 Birkhams Lane, Greenville
  - 864-275-5022 (Toni Edge)
  - 864-979-8463 (Emmie McNamara)

### HANCOCK COUNTY
- **2nd Tues.** 10 AM
  - Medford Center
  - 3101 Highway 278, Bluffton
  - 843-285-5000 (Heather Miller)
- **3rd Thurs.** 12 Noon- Lunch
  - Magnolias of Gaffney
  - 843-206-0006 (Bonita Wise)

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### NEED A SITTER?
Call 800-272-3900 in advance if a no-cost in-home sitter is needed during meeting time. This service is available through a professional home care agency ONLY. Respite recipients, this opportunity to arrange for a sitter is in addition to your respite voucher and will not be taken out of your voucher funds.

### Alzheimer’s Association
- **2nd Tues.** 10 AM
  - Magnolia’s of Summerville
  - 843-509-2252 (Amy Murray)

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### Alzheimer’s Association
- **2nd Tues.** 10 AM
  - Magnolia’s of Summerville
  - 843-509-2252 (Amy Murray)
4th Mon. 7 PM (3rd Mon in May/Dec)  
The Gardens at Eastside  
275 Commonwealth Dr. Greenville  
864-346-0579 (B.J. Burns)  
864-979-1884 (Mary Lee)

4th Tues. 6:30 PM (3rd Tues Nov/Dec)  
Earle St Baptist Church (Main Bldg)  
225 W. Earle St, Greenville  
864-616-0629 (Julia Mullen)  
864-561-7020 (Denise Parsons)

GREENWOOD COUNTY  
2nd Tues. 2 PM  
Wesley Commons, GW  
864-227-7141 (Vickie Fields)  
Jane Roper, Renee Bledsoe

HORRY COUNTY  
1st Mon. 6 PM  
Brightwater Senior Living  
Grisson/International Pkwy.  
843-213-1516 (Natalie Bankowski)

2nd & 4th Wed 10 AM  
Belin Methodist Church, Murrells Inlet  
843-215-1497 (Lilian Chopko)  
843-650-1123 (Carolyn Sandt)

2nd Thursday 11 AM – 12PM  
First Presbyterian Church  
Kings Campus  
1300 N Kings Hwy, Myrtle Beach  
843-449-4496 (Denise Ellis)

3rd Thurs. 2 PM  
Summit Place, Little River, SC  
843-450-3410 (Kathy Bazzarre)

KERSHAW COUNTY  
1st Mon. 6 PM  
Kareh Long Term Care Ctr.  
1315 Roberts St. Camden-- Med. Ctr.  
803-432-4311 (Loretta Wrigley)

LANCASTER COUNTY  
2nd Fri. 10 AM  
Carolina Lakes Golf Course Clubhouse (Del Webb) Indian Land  
23012 Kingfisher Dr.  
803-548-6766 (Seth Zamek)

Last Mon. 1:30 PM  
Mackey Family Practice, Lancaster  
1025 W. Meeting Street, Suite 200  
1st floor meeting room  
803-285-7414 (Stephanie Stinson)

LAURENS COUNTY  
2nd Thurs. 2:30 PM  
Senior Options  
512 Professional Park Rd., Clinton  
864-547-1322 (Debbie Johnson)  
864-457-1704 (Katie Coleman)

LEXINGTON COUNTY  
1st Wed. Noon-lunch provided  
Wittenberg Lutheran Church, Leesville  
803-532-4636 (Joan Coughman)

1st Thurs. 6 PM  
Oak Leaf Village (by Lexington Middle School)  
803-908-3477

2nd Mon. 6:30 PM  
Riverland Hills Baptist  
201 Lake Murray Blvd. Irmo  
803-781-9192 (Jan & Don Earles)

3rd Wed. 12 Noon  
Covenant Community Church (Red Bank)  
1302 Old Orangeburg Rd, Lexington  
803-359-7117 (Pam Freck)

MARION COUNTY  
2nd Wed 12-1 PM  
Marion Regional Hospital  
2829 East Highway 76, Mullins  
843-423-1888 (Natalia Feely)

NEWBERRY COUNTY  
2nd Tues. 5:30 PM  
Springfield Place (Dining Room)  
2006 Springfield Circle  
803-276-2601 (Denise Marshall)  
803-276-8266 (Janet Ballentine)

OCONEE COUNTY  
2nd Mon. 7 PM  
United Way Seneca  
864-882-1202 (Jane Thomas)  
864-654-3862 (The Feemsters)

ORANGEBURG COUNTY  
2nd Thurs. 5 PM  
Morningside Assisted Living  
2306 Riverbank Dr. Orangeburg  
803-539-2911 (Tina Fogle)  
803-682-4113 (Melinda Merritt)

 PICKENS COUNTY  
1st Wed. 2PM (New Meeting Date)  
Clemson Downs  
150 Downs Blvd. – Corley Activity Ctr  
For info call 864-250-0029  
864-356-1174 (Gail Marion)

1st Thurs. 7 PM (no July meeting)  
Capt. K. Hampton Library – Easley  
304 Biltmore Rd. (Meeting Room)  
864-856-8668 (Meri Childress)  
864-270-1861 (Tammy Burkharter)

RICHLAND COUNTY  
1st Tues. 12 noon  
Senior Primary Care  
3010 Farrow Rd. #300  
803-434-1238 (Mary Winstead, LISW)

2nd Mon. 6:30 PM  
Caregivers Coalition of Midlands  
Group for spouses of persons with dementia-- led by spouse caregivers  
Palmer Bldg, First Presbyterian, 1420 Lady St, 4th Floor, SW corner of Lady & Bull St. Parking lot on corner; enter on Lady St.  
803-779-1995 Ext. 4 (Debbie Clark)  
803-351-7827 (Janet Haladay)

2nd Thurs. 3:30 PM  
Harbor Chase of Columbia  
120 Fairforest Rd.  
803-781-2243 (Gloria Brown & Kesha Hayes)

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

3rd Tues. 6:00 PM  
The Haven in the Summit  
3 Summit Terrace, Columbia  
803-788-4633

3rd Thurs. 4 PM  
The Heritage at Lowman Home  
Wellness Ctr. Gallery. Chapin  
803-733-9800

4th Fri. 12:13 PM  
Palmetto Senior Care  
1308 Laurel St, Columbia  
803-931-8166 (Karen Carr)

4th Mon. 6 PM  
The Palmettoes of Parklane  
7811 Parklane Rd.  
803-754-0538 (Betty Rabon)  
803-741-7233 (Monica Butler)

SPARTANBURG COUNTY  
2nd Thurs. 11:30 AM lunch provided  
RoseCrest Retirement Community  
864-599-8549 (Kay Gwinn)

3rd Tues. 6:15 PM  
Alzheimer’s Association Office  
901 S Pine St. Spartanburg  
864-542-9998 or 800-272-3900  
(Jill Smith or Joyce Finkle)

4th Mon. 6PM  
Chesnee Wesleyan Church Fellowship Hall  
864-384-1669 (Vera Martin)

SUMTER COUNTY  
1st Thurs. 6:00 PM  
McElveen Manor  
2065 McCrarys Mill Rd.  
803-905-7720 (Cheryl Fluharty)

YORK COUNTY  
1st Tues. 10:30 AM  
Adult Enrichment Ctr – Rock Hill  
803-327-7448 (Dee Curran)

2nd Tues. 6 AM  
American Red Cross  
200 Piedmont Blvd, Rock Hill  
803-524-3944 (Scott TenBroeck)

2nd Wed. 6:30 PM  
Oak Leaf Village (by Lexington Middle School)  
803-908-3477

Call 800-272-3900 to learn about early stage dementia support groups.

This new group is designed to provide emotional, educational and social support for caregivers and people in the early stage of Alzheimer’s disease of another form of dementia through regularly scheduled meetings.

Early Stage Support Group - Myrtle Beach  
October 22, 2013, at 2 PM  
Alzheimer’s Association office  
1105 48th Avenue North  
Myrtle Beach, SC 29579

Early Stage Engagement - Coming to Hanahan in 2014  
The Alzheimer’s Association is partnering with Hanahan Senior Center to launch an Early Stage Social Engagement Program beginning in January 2014.
You’ve got **QUESTIONS.**

- Dad refuses to go to the doctor. What can I do?
- My loved one was just diagnosed. What do I need to know?
- How do I get my loved one to get out of the chair/bed? All they want to do is sleep.
- How do I deal with my mom’s insistence on talking with a family member who died years ago?
- Who do I call for help with legal matters? When should I call?
- How can I keep my loved one safe? I worry about him wandering, driving, and cooking unattended.
- How can I prevent bathing from being a battle?
- My siblings insist that our parents are just getting old. How can I get them to understand that they need help?
- What financial assistance is available for long term care?
- These behaviors are driving me crazy! Why is he doing this?

**CALL US 24/7:** 800-272-3900