National Alzheimer’s Project Act (NAPA) Is Signed Into Law

On January 4, 2011, The National Alzheimer’s Project Act was signed into law by the President of the United States after having been passed unanimously in both the Senate and House of Representatives.

The National Alzheimer’s Project Act will create a national strategic plan to address and overcome the rapidly escalating crisis of Alzheimer’s. Once enacted, NAPA will ensure the coordination and evaluation of all national efforts in Alzheimer research, clinical care, institutional, and home- and community-based programs and their outcomes.

NAPA is the largest legislative victory in many years for the Alzheimer cause. It is a victory for you and more than 300,000 other Alzheimer advocates who stood up and demanded that our nation’s leaders create a plan for combating this disease.

Alzheimer’s advocates were instrumental in moving NAPA through Congress. More than 50,000 e-mails, nearly 10,000 phone calls and more than 1,000 meetings by the Alzheimer’s Association and its advocates led us to the historic legislative victory for the Alzheimer community.

Please continue to stand with us in the fight against Alzheimer’s. Stay up-to-date on these issues by signing up for advocacy updates at www.alz.org/advocacy. Or consider attending our Advocacy Forum in Washington, D.C., May 15-17, 2011. For more information, please contact Beth Sulkowski at beth.sulkowski@alz.org or 1-800-908-9690.

Chapter Office Reopens in Myrtle Beach

We are pleased to announce that the South Carolina Chapter has reopened a Myrtle Beach area office, serving Horry, Georgetown, Marion and Williamsburg Counties!

Drop in for an OPEN HOUSE at the new office on Friday, March 11, from 11:30 a.m. to 1:00 p.m. Please RSVP to Natalie Bankowski, Myrtle Beach Area Program Director, at natalie.bankowski@alz.org or (843) 213-1516.

The new office is located at: 1039 44th Avenue North, Suite 201 Myrtle Beach, SC 29577

This office will be staffed part-time, so please call to schedule appointments before stopping by during the week.

The Alzheimer’s Association is excited to be back in the Myrtle Beach area. We look forward to serving the community, and we are thankful for the dedicated supporters and volunteers who have helped to make this possible!
A Message From Our CEO

Dear Friends,

This year the first baby boomers will begin turning 65, entering an age of greater risk for developing Alzheimer’s. While this is a sobering milestone, our focus is on reaching more people with our messages of help and hope.

As you’ve read, we are celebrating a significant advancement in the fight to end Alzheimer’s disease. In early January, the National Alzheimer’s Project Act was signed into law. This bill will create a coordinated national strategy to focus on finding better treatments, a means of prevention, and care and support services for the millions of families who live with the challenges of Alzheimer’s every day.

I would like to personally thank our Senators, Representatives, and President Obama for taking a bold stand on this legislation, which was passed unanimously in both the Senate and House of Representatives. Our national leaders have recognized the importance of confronting Alzheimer’s disease as one of the most costly and devastating problems facing our nation.

In this newsletter, you’ll also read about a new Medicare benefit that provides an annual wellness visit at no cost to beneficiaries. This check-up will include an assessment for the detection of possible cognitive impairment. These wellness visits will help increase the likelihood that Alzheimer’s is detected earlier, allowing for early interventions, increased support and better planning for the future. Without diagnosis and awareness, families often struggle to manage their situations alone when help is available just around the corner.

As Alzheimer’s disease touches more lives in South Carolina, our chapter is preparing to meet the increasing needs of those individuals, their families and healthcare professionals. The recent opening of our Myrtle Beach Area Office will increase our outreach in the growing Grand Strand area. Through our six regional offices, our chapter is working hard to increase awareness of our organization as the go-to resource for Alzheimer’s information, guidance and support.

Thanks to the efforts of our many wonderful volunteers, we continue to reach more people, provide more services and raise more dollars to expand our outreach efforts. With 80,000 South Carolinians living with Alzheimer’s, there is much work to be done! We appreciate your ongoing support of the Alzheimer’s Association as we face the future, ready to support those whose lives have been touched by Alzheimer’s or related dementia.

Know Your Charity

With many groups using the word “Alzheimer’s” in their name, it can become confusing to distinguish the different charitable organizations. The following organizations are not affiliated with the Alzheimer’s Association:

Alzheimer’s Foundation of America - AFA
Fisher Center for Alzheimer’s Research Foundation
American Health Assistance Foundation

When you contribute to the Alzheimer’s Association, please rest assured that your donation will support South Carolina Chapter services as well as national research & advocacy efforts. We are proud that 85% of each donor dollar received goes to programs and services, 10% to fundraising, and only 5% to management costs.
About Our Chapter

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 South Carolina Chapter is delighted to welcome Natalie Bankowski, as Program Director in the newly reopened Myrtle Beach Area Office. Natalie has been working for several years in the senior care field in the Horry and Georgetown County areas. She brings extensive experience in business management and marketing, and enjoys educating concerned families about the options that are available to help take care of their loved ones. Natalie and her husband John currently live in Myrtle Beach. She has two children; John Jr., a graduate of Coastal Carolina University residing in Charleston, and Julianna, a graduate of the University of South Carolina residing in Columbia.

The Midlands Area Office is pleased to welcome Lynne Futrell Moore as the new Director of Development for the Midlands Region. Lynne most recently worked for Richland School District Two as Special Projects Coordinator and then as Volunteer Fundraising Special Projects Coordinator. She also serves on the Board Of Directors for the Greater Columbia Education Advancement Foundation and recently served as Fundraising Chair for the 2010 Chick-Fil-A Classic. Lynne has been involved in fundraising all of her life and it is truly her passion. Lynne and her husband live in Blythewood, and they have two wonderful children.

We also welcome Holly Glenn to the Anderson Office as our new Respite Services Assistant. Holly is a 2008 Graduate of Lander University where she majored in English. Holly recently worked as Public Relations Coordinator for Park Seed in Greenwood and was responsible for coordinating the Festival of Flowers. Holly is especially committed to our mission after losing her grandfather to dementia. She lives with her husband and one month old son in Honea Path.

Anderson - Main Office
Serving 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
Respite/Finance Assistant
Brittany Burdette
Respite Services Assistant
Holly Glenn

Lowcountry Area Office
Serving Charleston, Berkeley, Dorchester, Colleton, Hampton, Jasper and Beaufort Counties
2090 Executive Hall Rd, Ste 130
Charleston, SC 29407
843-571-2641
800-860-1444 (toll free)
VP - Development & Communications
Ashton Houghton
Program Director
Cawana Wilson
Director of Development - Lowcountry & Coastal Region
Cameron Renwick

Midlands Area Office
Serving Richland, Lexington, Newberry, Sumter, Clarendon, Calhoun, Orangeburg, Florence, 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
Lynne Moore
Client Services Associate
Bob Eversfield

Greenville Area Office
Serving 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
Kimberly Williams
Program Associate
Sheila Lewis

Myrtle Beach Area Office
Serving Horry, Georgetown, Marion and Williamsburg Counties
1039 55th Ave North, Ste 201
Myrtle Beach, SC 29577
843-213-1516
Program Director
Natalie Bankowski

Spartanburg Area Office
Serving 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/Donor Services Associate
Jill Smith

We serve the state of South Carolina through a network of regional offices.
Wellness Visits May Aid Early Detection

A New Benefit for Medicare Beneficiaries, A New Tool to Aid Early Detection & Treatment

Under the Affordable Care Act, Medicare will now pay for an annual wellness visit, which will include the creation of a personalized prevention plan and detection of possible cognitive impairment.

Millions of Americans will soon advance into an age of greater risk for developing Alzheimer’s, and early detection is increasingly important. The inclusion of cognitive evaluation as a part of this visit will not only improve early detection and diagnosis of existing Alzheimer’s, but it will also establish cognitive status benchmarks for those who are healthy so that any later decline can be detected.

We urge beneficiaries to take advantage of this new benefit, which began on January 1, 2011. Here are answers to some of the questions you may have regarding this change.

Detection of cognitive impairment is included in the annual wellness visit. What does that mean?
During the exam, the doctor will assess an individual’s cognitive function by direct observation, with due consideration of information obtained by way of patient report, concerns raised by family members, friends, caretakers or others.

Why is early detection of possible cognitive impairment important?
There are many causes of memory loss, some reversible, so it is important to see a doctor right away if you have memory concerns. If it is Alzheimer’s disease, early diagnosis allows you to gain the greatest benefit from available treatments that provide some relief of symptoms and help you maintain a higher level of independence for a longer period of time. Early diagnosis also allows a patient to participate more fully in treatment options and plans for the future.

What else is included in the annual wellness visit?
Like any physical exam, the doctor (or health professional) will check to make sure the heart, lungs, and other body systems are working properly. The doctor will probably ask questions about your daily routine, medical history, memory, as well as take certain routine measurements like height, weight, and blood pressure.

Who can perform an annual wellness visit?
An annual wellness visit may be performed by a doctor or other practitioner recognized by Medicare, such as a nurse practitioner, physician assistant, clinical nurse specialist, or other health professional (including a health educator, a registered dietitian, or nutrition professional) or a team of such medical professionals who are working under the direct supervision of a physician.

What should you bring to the visit?
You should bring a complete list of your medications (including vitamins and over-the-counter drugs) or all your medication bottles for the doctor to review. You should also bring a list of your top two to three concerns or questions for the doctor. If you have concerns about your memory or a chronic health condition (such as diabetes, heart disease or depression), you might consider bringing a family member or friend with you to the appointment.

Are there any deductibles or co-pays for the visit?
No. The Medicare Part B deductible and coinsurance payments do not apply to the annual wellness visit.

What is an annual wellness visit?
An annual wellness visit is like a check-up or physical exam. Until now, Medicare did not cover annual physicals.

Who is eligible?
Any Medicare beneficiary who:

- Has been receiving Medicare Part B benefits for at least 12 months, and
- Has not had an initial preventive physical examination (“Welcome to Medicare” exam) within the past 12 months.

How often will Medicare pay for a wellness visit?
Medicare will pay for an annual wellness visit once every 12 months.

For more information, please consult your physician or call our Helpline at 1-800-273-2555
Honoring Local Legacies

Time. Awareness. Funding. There are many, many ways to give to the cause and advance the fight to end Alzheimer’s. In this issue, we would like to shine the spotlight on some special people who have made a big impact on the South Carolina Chapter in the last year through their example, their generosity, or their volunteerism.

Honoring Mayor Harry Hallman of Mt. Pleasant

When Harry Hallman was diagnosed with Alzheimer’s in 2009, the public eye was immediately upon him. In the months that followed, Mayor Hallman served on the Purple Ribbon Alzheimer’s Task Force convened by Lt. Governor André Bauer to address the needs of South Carolinians living with Alzheimer’s. He and his family also became active supporters of the Alzheimer’s Association.

Mayor Hallman handled the diagnosis and progression of his Alzheimer’s disease with dignity, honesty, and responsibility. He acknowledged that a time would come when he would no longer be able to fulfill his civic duties, and when that time came he retired gracefully.

Harry Hallman was recently laid to rest. He died of natural causes on Saturday, January 8, 2011. The South Carolina Chapter will remember him as a champion in the fight against Alzheimer’s disease. By publicly acknowledging his diagnosis, Mayor Hallman demonstrated to South Carolinians that Alzheimer’s is a disease to be fought, not hidden.

His fight will not be abandoned. Harry Hallman stipulated that his brain be donated to the Carroll A. Campbell Jr. Neuropathology Laboratory at the Medical University of South Carolina. His gift will help advance understanding of this disease and contribute to efforts to find a cure.

A Memory Walk Record

Over the years, our supporters in South Carolina have kept our services and research funding going, all thanks to their participation in Memory Walk. In 2010, one family team set a new record in Memory Walk history, recruiting 30 people for their team and raising over $18,000! Our thanks and congratulations go to the Williams Warriors team members. The team included Karen Williams, the first female chief judge on the U.S. Court of Appeals for the 4th Circuit, who retired from her post after being diagnosed with Alzheimer’s in 2009.

Our First Three-Peat Super Sponsor

In 2010, Interim Healthcare set a new precedent by sponsoring three of our major fundraising events: Memory Walk, the Upstate Forget-Me-Not Ball, and A Ride to Remember. We are grateful for their monetary support and for setting a new standard as a corporate supporter of the Alzheimer’s Association.

A Generous Bequest

In Fall 2010, the Alzheimer’s Association was notified of a charitable bequest from the estate of Mr. William King. His niece, Kathy Hudgins, and her husband Wayne presented the South Carolina Chapter with a check for over $74,000. Known for his generosity, Mr. King has created a legacy of compassion after his passing.

Kathy and Wayne are picture above with Cindy Alewine, President/CEO of the South Carolina Chapter, and Velma Haggan, VP of Finances. The generous gift took Cindy completely by surprise. “I am always so touched by people who leave generous gifts such as this,” she said. “I wish that I could thank Mr. King personally for this generosity.” His gift will help provide local programs and services and support research and advocacy efforts of the Association.

“A Reason to Hope” Luncheon

On November 15, 2010, the South Carolina Chapter hosted its very first “A Reason to Hope” Luncheon in Spartanburg. The event was inspired by dedicated volunteers in Spartanburg, and modeled after a similar event developed by the Colorado Chapter of the Alzheimer’s Association. The luncheon was a tremendous success, raising over $45,000 in donations and multi-year pledges.

We are grateful to our new supporters and our wonderful volunteers for supporting this endeavor, which will help provide the South Carolina Chapter with reliable income during these tumultuous times.
Coping with Caregiver Stress

Are you a family caregiver for someone with a disabling condition such as Alzheimer’s disease? You may be so busy caring for someone else that you don’t realize you could be putting your own health at risk.

Consider your caregiving situation. Do you . . .

- Feel like you have to do it all yourself, and that you should be doing more?
- Withdraw from family, friends and activities that you used to enjoy?
- Worry that the person you care for is safe?
- Feel anxious about money and healthcare decisions?
- Deny the impact of the disease and its effects on your family?
- Feel grief or sadness that your relationship with the person isn’t what it used to be?
- Get frustrated and angry when the person continually repeats things and doesn’t seem to listen?
- Have health problems that are taking a toll on you?

If you answered “yes” to any question, you may be experiencing signs of caregiver stress.

Help for Caregivers

Caregiving is never easy, but it’s easier when you feel healthy and have support. Make time to consult your doctor, and contact the Alzheimer’s Association for a full range of services.

At the Alzheimer’s Association, we understand what it’s like to care for someone with dementia. We are available to give you support, information and referrals to local resources all day, every day.

If you need to talk, please call our free 24-Hour Helpline at 1-800-273-2555. All conversations are confidential.

We can also provide:

- Care consultation
- Support groups for caregivers
- Long-distance caregiver support
- Information about difficult issues, such as behaviors
- Wandering and safety services
- Workshops for caregivers
- Education programs for families
- Online information and resources

The South Carolina Chapter is also able to provide caregivers with a voucher for short-term respite services.

Apply For Respite Voucher Today

Respite care can provide a temporary break from daily care routines, which may become demanding as your loved one becomes increasingly dependent on you. Respite care gives you time for errands or relaxation, while the person with dementia receives care from a qualified individual at home or in another care setting.

The Alzheimer’s Association South Carolina Chapter offers financial assistance for short-term respite for family caregivers living in South Carolina through a respite voucher program. This service is made possible through the SC Department of Mental Health to provide relief to caregivers to lessen stress associated with caring for a person with Alzheimer’s disease or related dementia.

With a respite voucher, family members are able to set up care through approved in-home care providers, adult day care providers, or temporary placement in residential care. The approved agency or facility will bill the Association for up to $500 worth of services.

Caregivers are encouraged to begin using the respite voucher as soon as possible upon receipt. Each voucher expires six months from the date of issue. Caregivers may apply for a renewal once they have spent the first voucher. Renewals are issued as funds are available.

To apply for a respite voucher or a renewal, please call the office nearest you or visit www.alz.org/sc and click on “Respite Services.” Questions? Call 1-800-273-2555.

If the respite program has been helpful to you and your family, please join us at the State House on April 6th to support continued funding for this program. Learn more on the next page!
Advocacy Updates

2011 Public Health Telephone Surveys Begin, Households to be Notified via Letter

Each year the state of South Carolina conducts a telephone survey to learn more about the general health, health risks, and ability to receive health care of South Carolina’s adults. Public health officials depend on the results of this survey to evaluate health programs and to plan future actions to improve the health of citizens in the state.

This year, for the first time, this survey will include a set of questions about cognitive impairment, memory loss, Alzheimer’s and dementia. This is an important opportunity to learn more about how Alzheimer’s and related disorders are impacting the day-to-day life of South Carolinians, and how we can work to better meet existing needs.

From now through December, South Carolina households will be randomly selected to participate in the survey. The information provided during the call will be kept strictly confidential and the households will never be identified in any reports.

Selected households will receive a notification letter by mail approximately two weeks before they receive a phone call. If you receive a letter from the University of South Carolina regarding this survey, please take time to answer the survey questions when you are called. Although answering the health questions is voluntary, your participation is important for the results to truly represent South Carolina’s population.

Alzheimer’s Action Day at the State House

At the State of the State Address on January 19, newly inaugurated Governor Nikki Haley urged South Carolinians, “Stay involved in your government. Let your will be known so that those of us you have sent to Columbia might follow it.”

We have all heard that this budget year is going to be hard. South Carolina legislators have some tough decisions to make, and they are eager to hear from you, their constituents. Your voice can impact their decisions.

Please plan to join us at the State House in Columbia on the morning of April 6, 2011, for our annual Alzheimer’s Action Day. Whether you are a family caregiver, an individual diagnosed with Alzheimer’s, or a caregiving professional, we need you to come and speak to your legislators in support of vital programs serving those with Alzheimer’s and dementia in our state.

Has your family benefited from using a respite voucher? Is your agency a provider of respite services? Come and share how respite reduces caregiver stress and helps family caregivers provide care at home for as long as possible. The Alzheimer’s Caregiver Respite Program is a cost-effective way to help prevent crisis scenarios and delay the need for higher, more costly levels of care.

Details for Alzheimer’s Action Day will be available soon. Please check www.alz.org/sc for the latest information, or contact Beth Sulkowski at 1-800-908-9690 or beth.sulkowski@alz.org.

Join us on April 6, 2011.
Education Calendar

To view our most up-to-date education listings, please visit our website at www.alz.org/sc and click on Education Programs. Family caregivers: Please call 1-800-273-2555 if a no-cost, in-home sitter is needed in order to attend any of these educational opportunities. The Chapter will cover the cost through local home care organizations. Please call two weeks in advance for an application.

FEBRUARY

The Welcome Wagon: An Informational Conference for Alzheimer’s and Dementia Caregivers

Thursday, February 10, 2011
8:30 a.m. to 4:00 p.m.
Columbia Conference Center
169 Laurelhurst Avenue, Columbia

Alzheimer’s disease can be a hard road to navigate. This conference is designed to give caregivers some of the tools and information they will need. Come with your questions about care, legal issues, current research, dementia and sexuality, driving safety, and more. We’ll tackle questions like:

How do I select long term care for my loved one? What options are there?
What do Medicare, Medicaid and VA have to offer?

Registration is $20 for professionals and $10 for family caregivers. Limited scholarships available for family caregivers only. Fees include morning coffee and snack, luncheon, conference and materials.

For more details or to register, please visit our website at www.alz.org/sc. Questions? Please call 1-800-636-3346 or email adelle.stanley@alz.org.

Annual Respite Solutions Conference hosted by the SC Respite Coalition

Thursday, February 17, 2011
St. Andrews Baptist Church
230 Bush River Road, Columbia

This program is open to the faith community and leaders, family caregivers, professionals and others who care about respite for the lifespan. Tested models, ways to include loved ones with disabilities, how to coach family caregivers to use respite, success stories, and other helpful sessions will be offered.

CEUs are available. For more information, please go to www.screspitecoalition.org or call 803-935-5027 or 1-866-345-6786.

WANT TO BECOME A “SAVVY CAREGIVER?”

Sessions from The Savvy Caregiver Curriculum are being discussed at two support groups in the upstate area now through May. Information that will be presented includes: Introduction to Dementing Illnesses, Effect of Dementia on Thinking, Feelings, Caregiver Control, Managing Daily Care and Complicated Behavior, and Dealing with Self Care. (Materials from University of Minnesota, Hepburn, Lewis, Tornatore, Sherman, Dolloff, 2008).

Persons from any area are invited to attend either group to learn more:

Clemson Support Group: meets every fourth Wednesday at 2 PM at Clemson Downs, Berkeley Drive.

Men’s Support Group: meets every second Monday at noon at Boulevard Baptist Church, 700 Boulevard in Anderson. Lunch provided.

For more information, please call the office in Anderson: 864-224-3045.
MARCH

The Basics: Memory Loss, Dementia, and Alzheimer's Disease

Tuesday, March 8, 2011
10:30 a.m. - 11:15 a.m.
Center Street Café
(Formerly the Senior Center)
101 Center St, Abbeville

This program is free and open to the public to provide information about diagnosis, treatment options, and Alzheimer’s chapter resources. Call by March 7 if interested in attending: 864-224-3045.

The Impact of Dementia on Thinking and Feeling

Thursday, March 10, 2011
11:00 a.m. - Noon
Senior Citizens Council
400 Church Street
Edgefield, SC

The community is invited to a free discussion regarding effect dementia has on thinking and feelings. Call 864-224-3045 for more information.

When Forgetting is Not Just Forgetting, Featuring Mary Hughes, MD

Thursday, March 17, 2011
8:30 a.m. - 1:00 p.m.
County Council Chambers
Greenville County Square
301 University Ridge, Greenville

This meeting is free and open to families and professionals. Dr. Hughes, a Greenville neurologist, will discuss various types of dementia and current strategies and treatment options. The seminar will also feature a panel discussion on planning for the future.

There is no cost to attend the program, but reservations are required. Call 864-250-0029 by March 15 to reserve your spot.

African-American Education Seminar in Anderson, Featuring Mary Hughes, MD

Thursday, March 17, 2011
5 p.m. Snack supper, 5:30 p.m.
Program begins
Royal Baptist Church Auditorium
407 E. Hampton St, Anderson

This meeting is free and open to families and professionals. Dr. Hughes, a Greenville neurologist, will discuss various types of dementia and current strategies and treatment options.

Following Dr. Hughes’ presentation, Dr. Robena Egemonye, a local Anderson teacher and author, will read her newly published children’s book entitled When My Grandma Sings.

There is no cost to attend the program, but reservations are required. Call 864-224-3045 by March 15 to reserve your spot.

COMING IN MAY

Are you frustrated by the difficult behaviors that can accompany dementia?

Would you like to develop more effective ways of communicating with a person with Alzheimer’s?

Join us at one of our May conferences to learn from dementia expert Teepa Snow, MS, OTR/L, FAOTA. Teepa is renowned for teaching techniques that help caregivers see beyond the disease process and fully connect with the person with dementia.

Tuesday, May 24, 2011
Upstate Education Conference
Carolina First Center, 1 Exposition Drive, Greenville
8:30 a.m. – 4:00 p.m.
To register or learn more, please visit www.alz.org/sc or call 800-273-2555.

May 25, 2011
Charleston Education Conference
Elks Lodge #242, 1113 Sam Rittenburg Blvd, Charleston
To register or learn more, please visit www.alz.org/sc or call 800-860-1444.
Beta-Amyloid - The Chicken or the Egg?

Since Alzheimer's disease results from a complex pattern of abnormal changes in the brain, a major goal of research is to identify the starting point of the destructive cell loss that characterizes this disease. As you may be aware, one of the prime suspects in the mystery is a protein called Beta-Amyloid.

Much of recent research is based on the hypothesis that too much Beta-Amyloid protein is produced by nerve cells in the brain of a person with Alzheimer's. It is, after all, the main component of the sticky “plaques” that accumulate in the brain as a hallmark of Alzheimer's.

However, a recent study suggests that Alzheimer brains produce Beta-Amyloid at a normal rate, and that the malfunction is that people are unable to dispose of the protein that they produce. In this study, researchers were able to measure the rate at which Beta-Amyloid was produced, as well as the rate at which it was processed and drained away by natural functions.

They discovered that the normal rate of Beta-Amyloid disposal was fairly rapid—in the course of eight hours, half of the existing proteins were cleared away and replaced by fresh proteins. However, with Alzheimer's disease, Beta-Amyloid was produced at the normal rate, but it stayed around longer—draining away at a rate 30% slower than healthy persons in the same age group.

Think of it as a drain that is partially clogged. The problem is not the faucet, as earlier research supposed. Instead, the problem is the drain. The hope is that, if the drain can be repaired or prevented from clogging, then the sink can once again become functional.

You may have also heard about a gene called ApoE4 (Apolipoprotein E-e4 (ApoE4) which is linked to increased risk of developing Alzheimer's disease. This gene, which binds directly to the Beta-Amyloid protein and forms a complex, ties in directly to disposal of the protein.

Recent research has shown that the binding of ApoE4 to Beta-Amyloid changes the way Beta-Amyloid is removed from the brain, shifting from a rapid export pathway, to a very slow pathway, resulting in poor beta-amyloid clearance from the brain, and hence, its accumulation. ApoE4 also seems to be routing the protein to synapses where it leads to synapse dysfunction—or a breakdown of communication between nerve cells in the brain.

These findings bring us yet another step closer to pinpointing the culprit that causes the process of Alzheimer's disease to begin. In other research, Beta-Amyloid and other proteins are being studied as biomarkers that will change how and when Alzheimer’s disease can be diagnosed.

Updating Diagnostic Criteria for Alzheimer’s

For the first time in 25 years, there is a proposal to change the diagnostic criteria for Alzheimer's disease. The National Institute on Aging (NIA) and the Alzheimer’s Association have convened three workgroups to explore the need for new diagnostic criteria that better reflect the full continuum of the disease from its earliest effects to its eventual impact on mental and physical function.

This proposal is part of a new movement to diagnose and eventually treat the disease earlier. The hope is that future treatments could then be developed to target the disease in its earliest stages, before irreversible brain damage or mental decline has occurred.

As we learn more, early detection of Alzheimer’s becomes more and more important, and the need for clinical trial volunteers continues to grow.

To learn more about participating in clinical trials, please visit www.alz.org/trialmatch or call 1-800-292-3900.

“Good” Cholesterol May Be Good for Your Brain, Too

Results of a study published in the December 2010 issue of Archives of Neurology suggest that higher levels of “good” cholesterol (called high-density lipoprotein or “HDL”) are associated with lower risk of late-onset Alzheimer’s disease.

The researchers examined 1,130 elderly individuals in Northern Manhattan, New York, who were free of cognitive impairment at the beginning of the study. They found that people with higher levels of HDL were less likely to get either probable or possible Alzheimer’s disease than those with lower HDL levels.

This study is consistent with the growing body of research that suggests a strong link between heart health risk factors (including blood pressure level, cholesterol level, diabetes and weight) and late-life risk of Alzheimer’s disease.

That said, more needs to be learned about this complex issue. The relationship between cholesterol levels and Alzheimer’s needs further investigation. In particular, we need long-term observational studies to learn more about possible risk factors for Alzheimer's disease over the course of lives and generations. And we need controlled clinical trials to know for certain if changing lifestyle or intervening with medicine can reduce the risk of Alzheimer’s or change the course of the disease.

To learn more, visit www.alz.org/research.
Upcoming Events

**Forget-Me-Not Ball**

Put on your dancing shoes for one of four memorable evenings benefiting the Alzheimer's Association.

**Grand Strand Forget-Me-Not Ball**
Saturday, April 16, 2011
Myrtle Beach Marriott Resort & Spa at Grande Dunes

A black-tie optional gala featuring silent auction, fine food and beverages, live entertainment and dancing.

To reserve seats or learn about sponsorship opportunities, please visit www.fmnb.org/grandstrand.

**Upstate Forget-Me-Not Ball**
Friday, May 6, 2011
Hyatt Regency Greenville

A black-tie optional gala featuring live and silent auction, fine food and beverages, live entertainment and dancing.

To reserve seats or learn about sponsorship opportunities, please visit www.fmnb.org/upstate.

**Midlands Forget-Me-Not Ball**
Friday, April 29, 2011
Columbia Marriott Downtown

A black-tie optional featuring a “Dancing for the Stars” competition, silent auction, dinner and dancing with an unforgettable band.

To reserve seats or learn about sponsorship opportunities, please visit www.fmnb.org/midlands.

**Charleston Forget-Me-Not Ball**
Friday, May 13, 2011
Francis Marion Hotel

A black-tie optional gala featuring live and silent auction, fine food and beverages, live entertainment and dancing.

To reserve seats or learn about sponsorship opportunities, please visit www.fmnb.org/charleston.

**Midlands Forget-Me-Not Ball**
Friday, April 29, 2011
Columbia Marriott Downtown

A black-tie optional featuring a “Dancing for the Stars” competition, silent auction, dinner and dancing with an unforgettable band.

To reserve seats or learn about sponsorship opportunities, please visit www.fmnb.org/midlands.

**Volunteers Needed to Help at the Cooper River Bridge Run, April 2, 2011**

For the 5th year running, the Alzheimer’s Association is fortunate to have been selected as a beneficiary of the Cooper River Bridge Run Charity Connection. That means that we are looking for 100 volunteers to help out with recycling efforts on the day of the race. All volunteers will receive a complimentary t-shirt. For more information, please contact Cameron Renwick at 1-800-860-1444 or cameron.renwick@alz.org. Thank you!

Planning to run? Please consider the Alzheimer’s Association when you register!

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**BOWL-A-THON**

The 23rd Annual TO STRIKE OUT ALZHEIMER’S

Benefiting the Alzheimer’s Association

May 14, 2011, 1:00 - 4:00 p.m.
Boulevard Lanes, 4140 Clemson Blvd, Anderson, SC

To register a team: http://bowlathon.kintera.org or 866-844-0995.

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**a ride to remember**

An unforgettable cross-state cycling event

July 15, 16 & 17, 2011

Benefiting the Alzheimer's Association

Ride one, two or all three days for one flat registration fee of $50. Each leg of the route is approximately 75-90 miles. Register & start training today!

www.aridetoremember.org
Thank you for supporting Memory Walk 2010!

Memory Walk 2010 was our most successful walk season yet!

With your help, we raised $619,151 to support local programs and services, Alzheimer’s disease research, and advocacy efforts. A big thank you to all of our sponsors and supporters who contributed to the success of our last official Memory Walk season, helping us reach this new milestone! Please join us again in 2011 as we kick off Walk to End Alzheimer’s!

Marathon Runner Sponsors
All About Seniors
Bankers Life and Casualty
Charleston Harbor Resort & Marina
Comporium
Elks USA
Palmetto Parrot Head Club
United Hospice
Wal-Mart
WRHI AM 1430

Power Walker Sponsors
AnMed Health
BMW Manufacturing Co.
Interim Healthcare
Rolling Green Village

Sprinter Sponsors
Ashley River Plantation
BlueCross BlueShield
BrightStar Care, Spartanburg
Brightwater
Care For Life
Carolina House of Hilton Head
CVS Pharmacy

Elmcroft of Florence
Harbor Chase
Heartland Hospice
In Memory of Betty Ledford
JM Smith Foundation
LifeWise, Bon Secours St. Francis Health System
Nestle USA
NHC Healthcare of Bluffton
NHC Healthcare of Charleston
Oakleaf Village at Thornblade
Park Place Assisted Living & Memory Care Community
Pee Dee Gardens
Piggly Wiggly
Pilot Club of Darlington Foundation, Inc.
Ralph Hayes Toyota
Regency Hospice
Solaris Hospice
State Farm
T&S Brass and Bronze Works, Inc.
Tex-Mach, Inc.
The Cascades Verdae
The Haven in the Summit
The Haven in the Village at Chanticleer
The Palms
The Woodlands at Furman
Vulcan Materials Company
Wachovia
White Oak Estates

Jogger Sponsors
Active Day Inc. of Sumter
Allcare Living Services
Always Best Care Senior Services of Greenville
Anderson Pharmacy
Bayada Nurses
Bayview Manor
Bishop Gadsden
Bridgestone Firestone
Browning Geriatric Consulting, LLC
Care Haven-Senior Home Care Agency
Carolina Center for Behavioral Health
Carolina Pharmacy
CenTec, Inc.
Comfort Keepers, North Myrtle Beach
Comfort Keepers, Greenville
Comfort Keepers, Spartanburg
Covenant Place
Cumberland Village
Curves of Manning
Eden Terrace
Foothills Retirement Community
FOX Rehabilitation
Franke at Seaside
Green River Cabins
Harbor Chase of Columbia
HarborChase of Rock Hill
Harley Funeral Home
Since 1989, we’ve mobilized millions of Americans in the Alzheimer’s Association Memory Walk®. Continuing in that tradition, please join us in 2011 for Walk to End Alzheimer’s, the nation’s largest event to raise awareness and funds for Alzheimer care, support and research.

Walk to End Alzheimer’s is the movement to **reclaim the future for millions**. Together, we are an unstoppable force against Alzheimer’s. **Join us.**

Visit [alz.org/walk](http://alz.org/walk) to lead the way.
Caregiver Support Groups

ABBEVILLE COUNTY
1st Tues. 7 PM (not June/Jul)
Covenant Way
Due West
864-379-3210 (Ruth Hill)

AIKEN COUNTY
3rd Thurs. 2:00 PM
HarborChase Assisted Living & Memory Care
1385 Silver Bluff
803-642-8444 (Christina Reed)

2nd Tues. 11:00 AM
Aurora Pavilion
803-641-8441 (Liz Neal)
803-641-5900 (Robert Schwartz)

3rd Tues. 2 PM
St. Bartholomew Episcopal
471 Martintown Rd. N Augusta
803-439-1016 (Margaret Koop)
803-279-8085 (Delores Tyler)

ANDERSON COUNTY
2nd Thurs. 5:30 PM
Royal Baptist Church
407 E. Hampton St
864-224-3045 (office)

3rd Thurs. 7 PM
Anderson Place
311 Simpson Rd.
864-224-3045-Alz. Office
(Mel Harriss- Facilitator)

3rd Thurs. 7 PM
The Maples, Wildwood Dr.
Honea Path, SC
864-369-6461 (Barbara Wright)

Men’s Group (Lunch provided)
2nd Mon. Noon
Boulevard Baptist Family Life Ctr.
864-225-7424 (Bill Davis)

BAMBERG COUNTY
3rd Thurs. 6 PM
Barnberg Library Railroad Ave.
803-245-3021 (Charity Sandifer)
803-245-5006 (Mary Jones)

3rd Thurs. 2 PM
Parkinson’s Support Group
Hilton Head Regional Med Ctr
843-705-5349 (Marilyn Weiner)

2nd Tues. 2 PM
4th Fri. 2 PM
Okatie Outpatient Center
803-705-2113 (Sandria Brown)

Every Wed. 10 AM
Memory Matters (Hilton Head)
843-842-6688 (Karen Doughtie and Cathee Stegall)

1st & 4th Thurs 1:30 PM
St. Andrews Methodist
Hilton Head
843-671-5696 (Karen Kirby)

BERKELEY COUNTY
3rd Thurs. 4 PM
St. Stephen Comm. History Rm
843-821-4011 (Pat Browder,RN and Don Bagwell)

2nd Thurs. 10 AM
Pinewood House (Goose Creek)
843-873-5121 (Angela Rooman)

CHARLESTON COUNTY
2nd Sun. 2:30 PM
Parkinson’s Support Group
Bon Secours- St Francis Hospital Meeting Room 1 (West Ashley)
843-884-6949 (Gretchen Huff)

1st Thurs. 7 PM
Bon Secours - St Francis Hospital West Ashley
843-766-5694 (John Ledford)

2nd Thurs. 6:30-7:30 PM
Choices Women’s Center West Ashley
843-763-1207 (Edith Miller)

3rd Thurs. 1-2 PM
Episcopal Church of Our Savior
3rd Thurs. 6 PM
Seashore Adult Day Care Johns Island
843-559-2504 (Betty Brown)

CHEROKEE COUNTY
2nd Thurs. 12 Noon - Lunch
Magnolias of Gaffney
843-206-0006 (Bonita Wise)

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

COLLETON COUNTY
2nd Tues. 6 PM
Good Shepherd Lutheran Walterboro
843-549-6623 (Linda Sisk)

DARLINGTON COUNTY
1st Tues. 10 AM
St. Bartholomew’s Church
Campus Dr. Hartsville
843-332-3478 (Margaret Coker)

2nd Tues. 10 AM
Medford Center, Darlington
843-332-3478 (Margaret Coker)

DORCHESTER COUNTY
2nd Thurs. 7 PM
Grace Lutheran - Summerville
843-832-2397 (Don Bagwell)

FLORENCE COUNTY
3rd Thurs. 6 PM
The Leatherman Senior Center/ Senior Citizens Association
600 Senior Way Florence
843-669-6761 (Fannie Kennedy)

2nd Wed. 4 PM
Methodist Manor Twin Church Rd.
843-664-0700 (Debbie Edwards)

GEORGETOWN COUNTY
1st Mon. 12 PM
Prince George Parish Hall
Georgetown, SC
843-237-2845 (Lillian Szabo)

2nd Thur. 2 PM
Lakes at Litchfield
843-651-2335 (Joyce Calabrese)

GREENVILLE COUNTY
1st Tues. 5PM
(Upstate Lewy Body & Related Dementia Support Group)
The Haven
355 Berkmans Lane, Greenville
864-350-7160 (Gail Stokes)
864-918-1416 (Pam Williams)

1st Thurs. 7 PM-Golden Strip
Hillcrest Hospital (Conf Rm B)
729 S.E. Main Street
For info call 864-250-0029
864-346-0579 (BJ Burns)
(Nancy Pearce)

2nd Thurs. 7 PM
Greer Memorial Hospital
830 S. Buncombe Rd., Greer
For info call (864) 250-0029
(864) 236-8541 (June Green)
(Bonnie Noble Silberman)

3rd Tues. 6PM
Informal Spouses-Only Dinner Group
Greenville Area Restaurant—TBA
864-286-0668 (Gale Pemberton)

4th Mon. 7 PM
(3rd Mon in Dec)
The Gardens at Eastside
275 Commonwealth Dr.
Greenville
For info call (864) 250-0029
(864) 346-0579 (B.J. Burns)
(Bonnie Noble Silberman)

4th Tues. 6:30 PM
(3rd Tues Nov & Dec)
Shepherd’s Care Center Auditorium
2100 N. Pleasantburg Dr., Greenville
864-905-5111 (Alex Caro)
864-987-0124 (Fran Erickson)

GREENWOOD COUNTY
2nd Thurs. 2 PM
Wesley Commons, GW
864-227-7141 (Vicki Fields, Jane Roper)

www.alz.org/sc
Please call numbers listed to verify meeting details. Family members and friends are welcome. Meetings are free.

NEED A SITTER? Call 1-800-273-2555 in advance 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.

HAMPTON COUNTY
2nd Monday 6 PM
Hampton Presbyterian Church
803-942-3775 (Sally Dobson)

HAMPTON COUNTY (cont.)
2nd Tues 7 PM (Estill)
UniHealth PAC of LowCountry
803-942-3775 (Sally Dobson)

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

1st Monday 6 PM
Brightwater Senior Living
Grissom/International Pkwy.
843-651-2335 Joyce Calabrese

2nd Wed. 1 PM
Agape Senior-Conway
843-914-1197 (Charleline Hope)

2nd & 4th Wed. 10 AM
Belin Methodist Church, Murrells Inlet
843-215-1497 (Lillian Chopko)

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

2nd Thurs. 1 PM
Capt. K. Hampton Library –Easley
(2nd Floor Conf Rm)
864-855-8668 (Meredith Childress)

4th Wed. 2 PM (3rd Wed
Novs & Dec)
Clemson Downs
505 Downs Loop Corley Ctr.
803-273-2555 (Gail Marion)

LEXINGTON COUNTY
1st Thurs. 6-8 PM
Oak Leaf Village  Lexington
803-808-3477 (Vicky Caldwell)

1st Wed. Noon-lunch provided
Wittenberg Lutheran Church
Leesville, SC
803-532-4636 (Joan Coachman)

2nd Thurs. 6 PM
Agape of Lexington
5422 Augusta Rd
803-520-5050 (Chuck Underhill)

2nd Mon. 6:30 PM
Riverland Hills Baptist
201 Lake Murray Blvd. Irmo
803-761-9192 (Jan & Don Earles)

NEWBERY 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
1st Tues. 6 PM
Morningside Assisted Living
Riverbank Dr. Orangeburg
803-539-2911 (Jerri Ziegler
and Tina Fogle)

3rd Tues. Noon (lunch provided)
SPOUSES GROUP
Orangeburg Council on Aging
2570 St. Matthews Rd.
803-351-7827 (Janet Haladay
& Bill Smith)

PICKENS COUNTY
1st Thurs. 7 PM
Capt. K. Hampton Library –Easley
(2nd Floor Conf Rm)
864-855-8668 (Meredith Childress)

4th Wed. 2 PM (3rd Wed
Novs & Dec)
Clemson Downs
505 Downs Loop Corley Ctr.
803-273-2555 (Gail Marion)

RICHLAND COUNTY
3rd Mon. 12:30 PM (lunch)
Alterra Sterling House
Columbia, SC
803-732-0300 (Pamela Rodriguez
and Peter Pzaepfle)

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

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

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

3rd Wed. 12 PM
Salem United Methodist
1321 Salem Church Rd. Irmo
803-732-6670 (Georgia Troficanto)

3rd Thurs. 10:30 AM
Rice Home
Columbia, SC
803-691-5765 (Felicia Pinckney)

3rd Fri. 12:130 PM
Palmetto Senior Care Laurel St
Columbia, SC
803-931-8166 (Cynthia Palmor
or Cynthia Young)

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

3rd Thurs. 4 PM
The Heritage at Lowman Home
Wellness Ctr. Gallery
803-461-7434 (Melanie Dohm)

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

SPARTANBURG COUNTY
2nd Thurs. 11:30 AM
lunch provided
RoseCrest Retirement
Community
864-599-8564 (LaVana Duque)

3rd Tues. 6 PM
Alzheimer’s Office
901 S Pine St. Spartanburg
864-542-9998 or 1-800-908-9690
Jill Smith or Joyce Finkle

4th Mon. 6 PM
Chesnee
Wesleyan Church Fellowship Hall
864-461-2774 (Vera Martin)

4th Tues. 6 PM
Eden Terrace, Spartanburg
864-579-1094 (Larena Gilfillan)

Last Tues. Noon- lunch provided
Skylyn Place, Spartanburg
864-582-6838 (Bates McKinney)

SUMTER COUNTY
1st Thurs. 6:00 PM
McElveen Manor
505 Downs Loop Corley Ctr.
803-808-3477 (Vicky Caldwell)

www.alz.org/sc
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.

A CURE IS THE GOAL.
YOU ARE THE HOPE.

Introducing Alzheimer’s Association TrialMatch™ – our Clinical Studies Matching Service.

Far too many Americans have Alzheimer’s disease, currently more than 5 million people. That number is expected to triple by 2050. Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come. Without volunteers, finding a cure is virtually impossible. With so many new treatments being developed, chances are there are Alzheimer’s clinical studies going on near you. Alzheimer’s Association TrialMatch will help you find the right one; there’s no cost and it’s easy to use. Be a hero and get started today. Talk to your doctor, call 800-272-3900 or visit alz.org/trialmatch.