THANK YOU for your support during Memory Walk season!

Thanks to your faithful support, our 2009 Memory Walk season was a great success! Despite the difficult economy, dedicated Memory Walkers rose to the challenge and raised $563,866, a 3% increase from 2008!

After all of your hard work, we have a lot to celebrate! Here are a few of the highlights:

• We had an increase of 890 participants compared to Memory Walk 2008, for a total of 4,032 Memory Walkers statewide!
• Our participants raised an amazing $88,982 more than last year!
• The Charleston Memory Walk had the largest increase, raising $24,000 more than in 2008 and became the third largest walk in the state!
• The Greenville walk again hit the $100,000 milestone and Spartanburg was not far behind with over $96,000!
• Congratulations to Life Care Center, our top fundraising team for the state, raising $10,223 for the Columbia Area Memory Walk!

All of the funds raised through Memory Walk are helping to provide local support services across South Carolina, as well as fund Alzheimer research efforts. Your support helps us make a difference to South Carolina individuals and families, to our communities, and to the search for better treatments for Alzheimer’s disease.

Supporting Alzheimer Families in Lowcountry Faith Communities

Do you belong to a faith community in the counties of Charleston, Dorchester, or Berkeley? If so, we would like to hear from you!

The Lowcountry office of the Alzheimer’s Association is currently recruiting volunteers to attend a FREE two-hour training about supporting families in your community who are affected by dementia.

This training will provide you with the basics of dementia and how to help caregivers and persons with dementia within a faith community setting.

For example, did you know inviting individuals with dementia to join your choir in singing traditional hymns can have a very positive effect on them?

Please contact Jennifer Gates at 843-571-2641 or jennifer.gates@alz.org if you are interested in learning more about how you can make a difference in your community.

This opportunity is offered as a part of the Alzheimer’s Disease Supportive Services Program grant.

We would also like to thank our supporters in Gaffney, Newberry, St. Stephen, and Walhalla who organized community walks this year. Congratulations to all of you on your successes!

We could not do what we do without your support, and we know that you donate and fundraise because you believe so strongly in the cause. Thank you for sharing your time, your effort, your resources, your stories, and your deep commitment.

To view our sponsors, as well as walk location totals, photos, and top fundraising teams, please turn to pages 8-9.
A Message From Our CEO

During this season of thankfulness and remembrance, I would like to express my heartfelt gratitude to the many individuals and organizations that have supported the Alzheimer’s Association over the past year.

Although the financial crisis of 2009 created great challenges for our chapter, it created even greater hardships for many caregiving families. To meet increasing need, we have carefully conserved our resources, and worked creatively to expand outreach to families in South Carolina.

We feel very fortunate to have advocates, donors, staff, volunteers and friends who have helped us continue to move our chapter forward in tough economic times. As the year 2009 draws to a close, I would like to count some of our many blessings.

We have once again been blessed to receive respite funds through the SC Department of Mental Health. We thank our South Carolina legislators for making it possible to provide 2835 respite vouchers to families. Over 96% of families served indicate that respite makes their situation more manageable.

On World Alzheimer’s Day, September 21st, many in South Carolina and around the world stopped to remember people who have been affected and learned more about what we can do to help families who are currently providing care. Thank you for 'going purple' and increasing awareness in your communities.

To meet the needs of the communities we serve while also conserving chapter funds, our chapter staff members have taken on extra responsibilities throughout the year. I am grateful for their willingness to give 100%, and then give more!

Lastly, participation in our 2009 fundraising events has far exceeded past participation, especially during the last few exhilarating months of our Memory Walk season. This is a remarkable achievement during a year of such economic instability.

No matter the state of the economy, the number of individuals with Alzheimer’s disease continues to increase dramatically. It seems that everyone knows someone who has been touched by Alzheimer’s disease, and this has inspired a sense of urgency to learn more and to do more to help this important cause. Thank you!

As we move forward into 2010, many more individuals will receive the diagnosis of Alzheimer’s disease and their lives will be changed forever. The Alzheimer’s Association is ready to embrace these families with compassion and support.

This newsletter is filled with information about new resources and products, support groups, educational opportunities and much more. We take great pride in our work, but it is because of you that we are able to offer all of these programs and services.

Through the generous and ongoing dedication of supporters, we will move into the new year with optimism and renewed determination to achieve our mission and someday realize our vision of a world without Alzheimer’s.

Know Your Charity

With many groups using the word “Alzheimer’s” in their name, it can become confusing to distinguish the different charitable organizations that send you mail. 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

As long as you see the words “Alzheimer’s Association” and our logo, 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 direct services, 10% to fundraising, and only 5% to management costs.

Our Mission:

To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The South Carolina Chapter is fortunate to be guided by the leadership of a very diverse and capable team of individuals who share our passion for serving families who are living daily with Alzheimer’s disease. We appreciate the commitment of all our board members to our mission and the work of this chapter.
The Lowcountry Area Office is delighted to welcome Jennifer Gates, LMSW, as Case Manager for the Alzheimer’s Disease Supportive Services Program (ADSSP). Jennifer comes to us from St. Louis, Missouri, where she interned with the Alzheimer’s Association’s professional education department while getting her masters in social work from Washington University in St. Louis. She has had extensive experience conducting home visits for the underserved mentally ill, and looks forward to continuing to serve the public as the Alzheimer’s Disease Supportive Services Project (ADSSP) case manager. When not working, Jennifer loves to read, spend time with friends, and explore the many nearby beaches and parks.

We are also pleased to welcome Cawana Wilson, MSW, as Program Director of the Lowcountry & Coastal Area of our chapter. We introduced Cawana to you in our last newsletter in relation to the grant program mentioned above. Cawana is now stepping in to fill the role of Program Director.

On that note, we would like to offer congratulations and best wishes to Fran Emerson on her retirement! Fran has been working with seniors for nearly 30 years. She has made a big impact in the Lowcountry Area as Program Director, and her contributions to the recent Purple Ribbon Alzheimer’s Task Force will continue to impact SC families in the future.

Fran, we appreciate your years of commitment to the cause! Enjoy your retirement, and we will always look forward to seeing you as a volunteer!

We would also like to welcome Bob Eversfield as Client Services Associate in the Midlands Area Office. Bob comes to us after 20 years of working as a field engineer, as well as 4 years serving in the US Air force. Bob and his wife Linda are the proud parents of 5 children and grandparents of 5 grandchildren. In his time off, Bob likes to play flag football on his church team or any other team that will let him play.

Chapter News

Anderson - Main Office
Serves all counties with emphasis on Anderson, Oconee, Greenwood, Abbeville, McCormick, Saluda, and Edgefield Counties
4124 Clemson Blvd, Ste L
Anderson, SC 29621
864.224.3045
800.273.2555 (toll free)
CEO/ President
Cindy Alewine
VP - Finance and Operations
Velma Haggan
VP - Programs
Gail Marion
Director of Respite Services
Deby Stewart
Respite/Finance Assistant
Brittany Burdette

Greenville Area Office
Serves Greenville, Pickens, and Laurens Counties
301 University Ridge, Ste 5000
Greenville, SC 29601
864.250.0029
866.844.0995 (toll free)
Program Director
Marjorie George
Director of Development - Upstate Region
Kimberly Williams
Program Associate
Sheila Lewis

Lowcountry Area Office
Serves Charleston, Berkeley, Horry, Dorchester, Colleton, Williamsburg, Hampton, Jasper, Beaufort, and Georgetown Counties
2090 Executive Hall Rd, Ste 130
Charleston, SC 29407
843.571.2641
800.860.1444 (toll free)
VP - Development & Communications
Ashton Baker
Program Director
Cawana Wilson
Director of Development - Lowcountry Region
Cameron Renwick
Case Manager - ADSSP
Jennifer Gates

Midlands Area Office
Serves Richland, Lexington, Newberry, Orangeburg, Chesterfield, Clarendon, Sumter, Calhoun, Florence, Darlington, Marion, Dillon, Marlboro, 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
Client Services Associate
Bob Eversfield

Spartanburg Area Office
Serves Spartanburg, Union, Cherokee, York, Chester, Lancaster, and Fairfield Counties
901 South Pine St
Spartanburg, SC 29302
864.542.9998
800.908.9690 (toll free)
Program Director
Joyce Finkle
Director of Communications & Advocacy - Beth Sulkowski
Program Associate
Jill Smith
As Alzheimer’s or related dementia progresses, communication can become more and more challenging. Sensitive, ongoing communication is important, no matter how difficult it may become or how confused the person may appear.

While the person may not always respond as you might expect, he or she still requires and benefits from continued communication.

When communicating with a person with dementia, it’s especially important to choose your words carefully.

**Identify yourself**
Approach the person from the front. Tell the person who you are.

**Call the person by name**
This is not only courteous, it helps orient the person and gets his or her attention.

**Keep it short and simple**
Don’t overwhelm the person with lengthy requests or stories. Use short, simple words and sentences. Speak in a concise manner. In some cases, slang words may be helpful.

**Talk slowly and clearly**
Be aware of speed and clarity when speaking.

**Give one-step directions**
Break down tasks and instructions into clear, simple steps. Give one step at a time.

**Ask one question at a time**
Don’t overwhelm or confuse the person with too many questions at once.

**Patently wait for a response**
The person may need extra time to process your request. Give the person the time and encouragement he or she needs to respond.

---

**Repeat information or questions**
If the person doesn’t respond, wait a moment. Then ask again. Ask the question in the same way, using the same words as before.

**Turn questions into answers**
Try providing the solution rather than the question. For example, say “The bathroom is right here,” instead of asking, “Do you need to use the bathroom?”

**Avoid confusing expressions**
If you ask the person to “Hop in!” – he or she may take that as literal instructions. Describe the action directly to prevent confusion. “Please come here. Your shower is ready.”

**Avoid vague words**
Instead of saying “Here it is!” – try saying, “Here is your hat.”

**Emphasize key words**
Stress the words in a sentence you most want to draw attention to, like “Here is your coffee.”

**Turn negatives into positives**
Instead of saying, “Don’t go there,” try saying, “Let’s go here.”

**Give visual cues**
To help demonstrate the task, point or touch the item you want the person to use. Or, begin the task for the person.

---

**Avoid quizzing**
Sometimes reminiscing may be healthy. But avoid asking, “Do you remember when ... ?” Stay away from saying things like, “You should know who that is.”

**Give simple explanations**
Avoid using logic and reason at great length. Give a complete response in a clear and concise way.

**Write things down**
Trying using simple written notes for reminders, if the person is able to understand them. A written response may also help when a spoken one seems too confusing.

**Treat the person with respect**
Avoid talking down to the person or talking as if he or she isn’t there.

**Be aware of your tone of voice**
- Speak slowly and distinctly
- Use a gentle and relaxed tone of voice – a lower pitch is more calming.
- Convey an easygoing, non-demanding manner of speaking.
- Be aware of your feelings and attitude – they are often communicated through your tone of voice, even when you don’t mean to.

**Pay attention to body language**
- Always approach the person from the front.
- Avoid sudden movements.
- Keep good eye contact; if the person is seated or reclining, get down to that level.
- Be aware of your stance to avoid sending a bad message.
- Use positive, friendly facial expressions.
- Use unspoken communication like pointing, gesturing or touch.

Questions? Call 1-800-273-2555.
The South Carolina Alzheimer’s Registry

Here’s a trivia question for you: What US state maintains the most comprehensive and accurate state registry of Alzheimer’s disease and related disorders in the nation?

The answer: South Carolina.

Surprised? Not a lot of people are familiar with the SC Alzheimer’s Registry, but it has been in place for over 21 years. In fact, the registry was created by legislation signed into law by our governor at the time, Carroll Campbell. It was a very forward-thinking move that will benefit many future generations.

The Alzheimer’s Registry maintains an ongoing database of diagnosed cases of Alzheimer’s and related disorders (ADRD) in the state of South Carolina. It is one of only three such registries in the nation. The statistical data that the Registry generates helps to provide disease prevalence estimates that enable better planning for social and medical services. It also helps to identify differences in disease prevalence among demographic groups, as well as foster research into risk factors for ADRD.

Unfortunately, we cannot know the number of dementia cases in South Carolina with certainty. The Registry only counts diagnosed cases of Alzheimer’s or other dementia, so individuals who have mild cognitive impairment or are not yet diagnosed do not appear in the data. There are also data sources that are unavailable to the Registry, so persons who have not been to a hospital or accessed health services are not represented in the data.

It is important to note that, at this time, persons cannot contact the Registry to sign up for it or check to see if a name is included. The information in the Registry is actually collected electronically from multiple data sources though the South Carolina Budget and Control Board, Office of Research and Statistics. Each record has a unique identifier to protect personal identifying information and prevent duplicates.

Since January 1, 1988, the Registry has identified 138,842 cases of ADRD. During calendar year 2006, the Registry maintained information on 60,763 individuals alive on January 1, 2006.

If you are asked to be a potential participant, you will receive an initial notification by mail with the opportunity to opt out of participation. Those caregivers who choose to participate will be asked study questions by phone. All names and locations of study participants will remain absolutely confidential.

Upcoming Research:
The South Carolina Chapter of the Alzheimer’s Association recently partnered with the Alzheimer’s Registry to support the passage of a legislative amendment clarifying how the Alzheimer’s Registry may contact caregivers to conduct follow-back studies for further research. These studies will gather additional information about important issues such as difficult behaviors, caregiver stress, service needs, and factors that influence placement in care settings outside of the home.

According to Carol Corman, the Director of the Alzheimer’s Registry, the real strength of the Registry is that the data it collects will serve to drive development of services and resources to better meet the needs of those affected. “We don’t just collect the data,” said Corman, “We’re working with it to make positive changes. The information gained by talking with caregivers may help us learn how to make their experience a little bit easier.”

The Alzheimer’s Association encourages those caregivers who are contacted in the future to consider participating in these telephone studies when given the opportunity. Without volunteers, research and progress are not possible. You can make a difference for families across the state by sharing feedback from your own caregiving experiences.

http://www.sph.sc.edu/OSA/

The Registry is maintained by the Arnold School of Public Health at the University of South Carolina, in cooperation with the SC Department of Health and Human Services, the SC Department of Mental Health, the USC School of Medicine, and the SC Office of Budget and Control.

www.alz.org/sc
New Resources

Notebook can help caregivers manage challenges

The Alzheimer’s Association Caregiver Notebook, published by Meredith Corporation, can help a caregiver manage the challenges of caring for someone with Alzheimer’s.

The notebook’s easy-to-follow format contains tips for care and planning for the future, as well as a list of resources to use when additional information is needed. Each of its eight chapters has a section to write notes or thoughts, making this book a personal record that can be referenced again and again.

Chapters include:

- Taking good care of yourself
- Understanding an Alzheimer diagnosis
- Basics of Alzheimer’s disease
- Legal and financial planning
- Caring for a person with Alzheimer’s

The notebook is available through Shop for the Cause (www.alz.org/shop) for $17.95 plus shipping.

To learn more about the Caregiver Notebook, visit www.alz.org/caregivernotebook.

Alzheimer’s Association Comfort Zone™, powered by Omnilink, is a new comprehensive Web-based location management service that provides the entire family peace of mind while giving people with Alzheimer’s the freedom and independence they want. Family members can have knowledge of a person’s location, while individuals with Alzheimer’s can enjoy the emotional security of familiar routines and surroundings.

Working with a tracking device, such as a car-mounted unit, pocket device or wrist-worn device, Comfort Zone is a secure Web application that allows families to:

- Remotely monitor the location of the person with Alzheimer’s.
- Set up safety zones.
- Receive alerts (via text or e-mail) when he or she has traveled beyond a pre-set zone.

Some of the benefits that Comfort Zone provides are:

- Choice – It works with a variety of devices and you can choose the monthly plan that meets your needs.
- Monitoring Center – A 24/7 call center to help with technical questions and location management in the event you cannot access the Internet.
- Emergency Health Record – Included is an annual membership for MedicAlert ® + Alzheimer’s Association Safe Return®, which provides 24-hour emergency response service for wandering and medical emergencies.

To learn more about Comfort Zone and find a plan that meets your needs, visit www.alz.org/comfortzone or call 1.877.ALZ.4850.

Get ready to build your brain power! The Alzheimer’s Association is proud to announce that The Big Brain Puzzle Book is now available!

The Big Brain Puzzle Book features 200 Alzheimer’s Association-approved puzzles from renowned brain teaser Terry Stickels. The puzzles are categorized in three progressive levels and include frame games, trivia, word searches, and other fun puzzles that will exercise your brain.

The book is available on newsstands and in bookstores for $11.99. It can also be purchased online at Amazon.com. Every purchase will support the Alzheimer’s Association in its efforts to advance scientific research, provide and enhance care and support and reduce the risk of dementia through the promotion of brain health.
Advocacy Update

Thank you for being the VOICE of change!

It is well-known that Memory Walk is our biggest fundraiser of the year, but did you know that it is our biggest advocacy activity as well?

This year a total of 1,329 Memory Walk participants petitioned their US Representatives for Alzheimer research funding!

Thank you to everyone who participated in this call to action! It is important that our legislators know that this cause is vital to their constituents. If you provided your email address, we will be updating you monthly about research funding and other ongoing initiatives.

If you missed your chance at Memory Walk, it’s easy to be an advocate. Visit www.alz.org/sc and click “Advocate.”

Caregiver Respite Services

Thanks to a continuing grant through the SC Department of Mental Health, we are pleased to be able to provide short-term respite (time away from caregiving responsibility) for full-time family caregivers.

The Family Caregiver Respite Voucher Program is designed to provide relief to caregivers to lessen the physical, emotional and financial burdens associated with Alzheimer’s disease. Fulltime caregivers provide 24 hour a day care for their loved ones often without taking a break. As a result, the caregiver’s own physical and emotional health often suffers. Evidence suggests that elderly spousal caregivers who experience caregiver stress have a mortality rate 63% higher than average. High caregiver stress leads to the increased need to seek long-term care placement for the individual with Alzheimer’s disease.

With a respite voucher, family members are able to arrange care through approved home care agencies, adult day care, or temporary placement in a long term care facility. The approved agency or facility will bill the Association for up to $500 worth of services. This program is not designed to pay for services on a long term basis and may not be applied retroactively, nor may it be used for private sitters.

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, and remaining funds cannot be redeemed once a voucher’s expiration date has passed. Caregivers can apply for a renewal once they have spent their voucher. Renewals are issued as funds are available.

To apply for a renewal, the family caregiver must complete the renewal form and return it by mail. This form requires a signature of the family member requesting a renewal and the management of the respite agency. The renewal cannot be issued until the Association has been invoiced for the service dates of the first voucher issued.

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.”

Action Alert: Join us this spring!

Plans are in the works for Alzheimer’s Action Day at the South Carolina State House on February 3, 2010! This free activity will include an advocate training session, lunch and legislative meetings at the State House in Columbia.

To learn the latest about Action Day, please sign up to become an advocate at www.alz.org/sc. This will subscribe you to receive the very latest advocacy news from our chapter, including Action Day details.

As the growing Alzheimer population continues to strain an already fragile healthcare system, our legislators must understand the urgent need to increase federal research funding for Alzheimer’s disease.

Join us in Washington D.C. on March 7-9, 2010 for the Alzheimer’s Action Summit Advocacy Forum — so they can hear this from you. A world without Alzheimer’s begins with your voice!

Contact Beth Sulkowski if you are interested in joining a group of volunteers from SC. We would love to have you! Learn more at www.alz.org/forum.

Questions about an event? Call 1-800-908-9690 or email beth.sulkowski@alz.org.

www.alz.org/sc
<table>
<thead>
<tr>
<th><strong>Top teams by location</strong></th>
<th><strong>Led by:</strong></th>
<th><strong>Totals:</strong></th>
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<tbody>
<tr>
<td><strong>Aiken Memory Walk:</strong></td>
<td>Robbie Yarborough &amp; Christina Reed, co-chairs</td>
<td>$36,134</td>
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<tr>
<td>Eden Gardens</td>
<td>Michelle Johnson</td>
<td>$7,560</td>
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<td>Cumberland Village</td>
<td>Jason Stewart</td>
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<td>Team Braeloch</td>
<td>Sandra Carroll</td>
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<td><strong>Anderson Memory Walk:</strong></td>
<td>DeeDee Waters</td>
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<td>Foothills Assisted Living</td>
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<td>Alzheimer’s Memory Poker</td>
<td>Wendy Parks</td>
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<td>Paddle</td>
<td>Betty Hunt</td>
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<td><strong>Beaufort County Memory Walk:</strong></td>
<td>Nancy Rosen, Chair</td>
<td>$22,797</td>
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<td>Carolina House of Hilton</td>
<td>Linda Lacy</td>
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<td>Head</td>
<td>Angela Geiger</td>
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<td>Beach MOVERS</td>
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<td>Carolina House of Bluffton</td>
<td>Maggie Hypes, Chair</td>
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<td><strong>Charleston Memory Walk:</strong></td>
<td>Fran Emerson</td>
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<td>Fran’s Folks</td>
<td>April Dillon</td>
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<td>Franke at Seaside</td>
<td>Stephanie Warth</td>
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<td>MUSC Alzheimer’s Research</td>
<td><strong>Greenville Area Memory Walk:</strong></td>
<td>Tiffany Keyes</td>
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<td><strong>Grand Strand Memory Walk:</strong></td>
<td>Adina Norton, Chair</td>
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<td>Happy Crab</td>
<td>Karen Austin</td>
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<td>Plantation Federal</td>
<td>Karen Parchert</td>
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<td><strong>Greenwood Memory Walk:</strong></td>
<td>Ruth Wood, Chair</td>
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<td>Wesley Commons</td>
<td>Tammy Campbell</td>
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<td>Rolling Green Village</td>
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<td>Campbell Kids</td>
<td>Keller Anne Bumgardner</td>
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<td>Sigma Kappa Clemson University</td>
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<td>Betty Wellock</td>
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<td>Barbara Shumpert</td>
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<td><strong>Pee Dee Memory Walk:</strong></td>
<td>Joy Seif</td>
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<td>Florence Friends and Family</td>
<td>Jamie Suter</td>
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<td>Southland Healthcare Center</td>
<td>Delores Matthews</td>
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<td>Commander Nursing Center</td>
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<td><strong>Rock Hill Area Memory Walk:</strong> Seth Zamek, Chair</td>
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<td>Baboo’s Bunch</td>
<td>Sarah Rowe</td>
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<td>White Oak Manor-Lancaster</td>
<td>Alison Graves</td>
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<td>Carole’s Crew</td>
<td>Bob Weiland</td>
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<td><strong>Spartanburg Area Memory Walk:</strong> Erin Couchell, Chair</td>
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<td>Lem’s Lads and Ladies</td>
<td>Cindy Grier</td>
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<td>NAIFA of Spartanburg</td>
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<td>Forget-Me-Not Friends</td>
<td>Joyce Finkle</td>
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<td><strong>Sumter Memory Walk:</strong></td>
<td>Melissa Linville, Chair</td>
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<td>Team SAFE</td>
<td>Debbie Jordan</td>
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<td>Covenant Place</td>
<td>Lorie Kesler</td>
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<tr>
<td>NHC Healthcare of Sumter</td>
<td>Cara Lowery</td>
<td>$1,375</td>
</tr>
</tbody>
</table>

**THANK YOU FOR AN INCREDIBLE YEAR!**
Many thanks to all of our 2009 Memory Walk Sponsors for your generous support!

**Nationally presented by:** Genworth Financial

**National Platinum Teams:**
- Brookdale Senior Living
- Genworth Financial
- Homestead Senior Care
- Kindred Healthcare

**Marathon Runner Sponsors:**
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- Lutheran Homes of South Carolina
- Walmart

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- NHC Healthcare - Parklane
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- Life Care Center of Columbia
- Magnolias of Santee
- Nestle’s USA
- NHC Healthcare - Charleston
- Oconee Memorial Hospital
- Palmetto Parrot Heads
- Pee Dee Gardens
- Pilot Club of Darlington
- Ralph Hayes Toyota
- Sam’s Club
- Security Federal-Aiken & Columbia
- Somerby of Mt. Pleasant
- Spartanburg Regional Healthcare System Foundation
- State Farm Insurance
- Still Hopes Episcopal Retirement Community
- Tex-Mach, Inc.
- The Cascades Verdae
- The Haven in the Summit
- The Haven in the Village at Chanticleer
- The Palms of Mt. Pleasant
- The Preston Health Center
- United Hospice of the Upstate
- Wachovia - Anderson
- White Oak Estates

**Memorial Sponsorship Gifts:**
- In Memory of:
  - Lem Grier
  - Carmen and Sarah Hiskamp
  - Betty Ledford
  - Betty Ledford

**In-Kind Sponsors:**
- All About Seniors
- Charleston Harbor Resort & Marina
- ESPN Radio 1400 AM
- Food Lion
- McLeod Health and Fitness
- Outback Steakhouse
- Patriots Point Naval & Maritime Museum
- Piggly Wiggly
- The Burton Center
- WPDE News Channel 15

**Jogger Sponsors:**
- Aiken Internal Medicine
- Amedisys Home Health Care of Myrtle Beach & Conway
- Ameriprise Financial Advisors
- Anderson Pharmacy
- Angelic Health Care
- Baker Family Dentistry
- Bayview Manor
- Bon Secours St. Francis Health System
- Bridgestone Firestone
- BrightStar Healthcare
- Brightwater Senior Living
- Browning Geriatric Consulting, LLC
- Burroughs & Chapin
- Care For Life
- Carolina First
- Columbia Pilot Club
- Comfort Keepers - Greenville
- Comfort Keepers - Myrtle Beach
- Comfort Keepers - Spartanburg
- Comporium
- Covenant Place
- Eagle Crest Retirement
- Eastside/Westside Eye Center
- Green River Cabins
- Harley Funeral Home
- Hilton Head Elks Lodge
- HMR Advantage Health Systems
- Home Instead Senior Care
- Homewood Residence at Cleveland Park
- Hospice Care of South Carolina
- Hospice Compassus
- Horizon Bay
- Interim Healthcare - Anderson
- Island Oaks Living Center
- Ladd Britt Auto Sales
- Lance, Inc.
- Laurens County Healthcare Systems
- Liberty Home Care & Hospice
- Life Care Center of Charleston
- Lighthouse Care Center of Conway
- Medi Home Team
- Methodist Manor
- Morningside Assisted Living
- Murrells Inlet Elks Lodge
- MUSC Alzheimer’s Research & Clinical Programs
- Neurology Centers of the Carolinas
- New Generations
- New York Life
- NHC Healthcare - Anderson
- Palm Meadows Court & Palm Meadows Village
- Pilot Club of Columbia
- Regional Ambulance
- ResCare Home Care
- Rhodia, Inc
- Right At Home
- Shadow Oaks Assisted Living
- Solaris Hospice-Sumter
- Spring Valley Rotary Club
- Sterling Health Plans
- Sterling House of Greenville
- Summit Place of North Myrtle Beach
- The Retreat at Summit Hills
- Surfside Auto Parts
- Sweetgrass Court
- The Legacy of Anderson
- The Palmettos, NHC Assisted Living
- Tidewater Hospice
- Unilhealth Post Acute Care Rock Hill
- Upstate Staffing
- Wachovia - Aiken
- Willoughby & Hoefer, PA.
- Windsor House

**Stroller Sponsors:**
- A Family’s Touch
- Absolute Medical Training
- Agape Hospice of the Pee Dee
- Aiken Neurosciences
- Alan G. Boggs, DMD
- Assistance + Geriatric Care Management
- Attaway Printing, Inc.
- Attorney Michael Mueller
- Carolina Center For Behavioral Health
- Cherry, Bekaert & Holland, LLP
- Comfort Keepers - Florence
- Comfort Keepers - Sumter
- Cumberland Village
- Dr. Mayes Dubose
- Emerald Gardens
- Haley Enterprises
- Harbor Chase of Rock Hill
- Home Instead Senior Care - Charleston
- Home Instead Senior Care - Rock Hill
- Hospice Care of South Carolina
- KC Steel
- Land Parker and Welch
- Leatherman Senior Center
- Life Span Consulting
- Margaret Jones Gamble Class
- MUSC Center of Aging
- Paula & Stan Baker
- Pilot Club of Sumter
- Reliable Medical Equipment
- Representative Brian White
- Rigby Oil
- Right At Home
- Riverside Dental Care
- Safe Federal Credit Union
- Senior Helpers
- Sunshine House
- TLC Your Way
- Utopia Home Care
- Westminster Retirement Residence
- Wilson Senior Care

www.alz.org/sc
Educational Opportunities

Caring for the Caregiver

Thursday, February 11, 2010
5:00- 7:00 PM
Fellowship Hall, Royal Baptist Church
407 East Hampton Street, Anderson SC 29624

This annual conference is open to family members who have a loved one with dementia, professionals, social workers, clergy and interested others, particularly in the African American Community.

Topics & Speakers include:

Debra Ann King, PhD, LPC/S
How effective communication can help alleviate difficulties with behavior

Dr. George West
The importance of caring for the caregiver physically and spiritually

A light snack supper will be served. There is no cost to attend. Pre-registration is requested.

Please reserve your place by February 7, 2010, by calling the Alzheimer’s Association at 1-800-273-2555.

SAVE THE DATE
to attend an Alzheimer’s educational conference in 2010!

Each year, the Alzheimer’s Association - South Carolina Chapter sponsors several educational conferences. These conferences feature opportunities for professionals in the senior care industry to obtain continuing educational units while refreshing and upgrading their skills working with dementia clients. Family caregivers also benefit from these educational opportunities.

April 14, 2010
Myrtle Beach Educational Conference

April 29, 2010
Upstate Educational Conference
Greenville, SC

May 19, 2010
Charleston Educational Conference

July 8, 2010
Aiken Educational Conference

August 13, 2010
Columbia Educational Symposium

August 21, 2010
Educational Breakfast for Physicians, Pharmacists, & Nurse Practitioners
Columbia, SC

2nd Annual Community Resource Conference
“THE WELCOME WAGON”

Thursday February 25, 2010
8:00am to 4:00pm
Brookland Baptist Banquet & Conference Center
1066 Sunset Blvd, West Columbia, SC 29169

Registration and vendor exhibits begin at 8:00 a.m.
Program begins at 8:45 a.m.

This program will include information about community resources that can help caregiving families. Attendees will learn about:

Memory/Alzheimer’s Care Units
Rehabilitation
Hospice and Palliative Care
Long Term Care
Veterans Administration
Medicaid
Reverse Mortgages

This program will also include discussions about alternative therapeutic treatments to consider, as well as resources that are available through the Alzheimer’s Association South Carolina Chapter and other organizations.

To learn more or to register, call 1-800-636-3346.

Additional conference details will be included in the Spring Issue of our newsletter. You may also contact the office nearest you to learn more about upcoming conferences and other educational programs.

Conference information will also be posted online at www.alz.org/sc as it becomes available. Be sure to check out our website periodically for other educational opportunities.

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.
Funds from the American Recovery and Reinvestment Act are being used to promote the national research efforts to better understand, diagnose and treat Alzheimer’s disease. The National Institute on Aging (NIA), part of the National Institutes of Health, has targeted promising areas of research in granting the awards, such as new and ongoing studies to identify additional risk factor genes associated with Alzheimer’s, improve diagnostic tools, find biomarkers, develop therapies, conduct clinical trials and explore preventive measures.

“We are delighted to announce the award of Recovery Act funds to many dedicated, hardworking scientists committed to advancing scientific discovery into Alzheimer’s disease and cognitive impairment,” said NIA Director Richard J. Hodes, M.D. “Over the next two years, the recipients will use this unprecedented boost in research funds to help reach our ultimate goal of understanding age-related cognitive decline and reducing the individual and societal burden of this devastating disease.”

More than 100 Alzheimer’s or related research grants were awarded under the Recovery Act. The full list of NIH grants can be found at http://grants.nih.gov/recovery/. The grants featured here highlight how these funds will expand research. Some of the funding will advance the work of existing NIA initiatives that benefit from large-scale collaborative, interdisciplinary research, including the following:

The Neuroimaging Initiative -- Identifying brain changes before symptoms appear

The Alzheimer’s Disease Neuroimaging Initiative (ADNI) will receive $24 million in stimulus funds – half from the NIA and half contributed by the NIH Office of the Director – to further groundbreaking research to establish neuroimaging and biomarker measures. These funds will enable researchers – and ultimately practicing physicians – to track changes in the living brain as older people transition from normal cognitive aging to amnestic mild cognitive impairment (MCI), in which individuals have a memory deficit but generally retain other cognitive abilities, and from MCI to Alzheimer’s disease. ADNI, a research partnership supported primarily by the NIA with private sector support through the Foundation for NIH, seeks to find neuroimaging and other biological markers that can be used to detect Alzheimer’s disease progression and measure the effectiveness of potential therapies.

“Researchers and clinicians need imaging and biomarker tools to detect and understand the very earliest signs of pathology that cause changes in the brain some 10 to 20 years before any clinical symptoms of cognitive impairment or Alzheimer’s may appear,” said ADNI Principal Investigator Michael Weiner, M.D., of the San Francisco Department of Veterans Affairs Medical Center and the University of California, San Francisco. “This grant will help us in our goal of establishing a panel of biomarkers that predict those at risk of developing the disease and also reveal which therapies may be effective in treating the disease or preventing its progression.”

The AD Genetics Consortium and more -- Identifying genes affecting risk for late-onset Alzheimer’s

A grant of more than $5.4 million will add 3,800 Alzheimer’s patients and an equal number of people free of the disease to a previously funded study by the Alzheimer’ Disease Genetics Consortium (ADGC). Gerard Schellenberg, Ph.D., University of Pennsylvania School of Medicine, Philadelphia, leads the consortium, which aims to identify the additional risk factor genes for late-onset Alzheimer’s disease. All of these study participants are currently enrolled in the NIA-funded national network of 29 Alzheimer’s Disease Centers. When added to the samples from other sources, this will make available one of the largest collections of samples to perform genome-wide association studies (GWAS) in an effort to identify the susceptibility and protective genes influencing the onset and progression of late-onset disease. The large number of DNA samples brought together in this study may enable the researchers to detect genes whose individual effects in the disorder may be small but may still play a role.

“This funding will bring us closer to identifying the elusive genetic variations that contribute to overall risk and development of late-onset Alzheimer’s disease,” said Marcelle Morrison-Bogorad, Ph.D., director of the NIA Division of Neuroscience. “With this large sample size and the rapid DNA sample and data sharing, there are tremendous opportunities for defining new disease pathways that could lead to the development of new therapies.”

The NIA leads the federal government effort conducting and supporting research on the biomedical, social and behavioral issues of older people. For more information, go to www.nia.nih.gov.

Would you like to participate in research?

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

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

Forget-Me-Not Ball

April 17, 2010 - Grand Strand Forget-Me-Not Ball
Myrtle Beach Marriott Resort & Spa at Grande Dunes

May 7, 2010 - Upstate Forget-Me-Not Ball
Poinsett Club, Greenville

May 14, 2010 - Columbia Forget-Me-Not Ball
Columbia Marriott

May 21, 2010 - Charleston Forget-Me-Not Ball
Francis Marion Hotel, Charleston

At our black-tie Optional gala, you’ll enjoy fine foods & beverages, live entertainment, dancing, and silent & live auctions. The Forget-Me-Not Ball will be hosted at four beautiful South Carolina locations in 2010.

It is sure to be an unforgettable evening!

To reserve tickets & view promotional opportunities, please visit www.fmnball.org or call 1-800-860-1444.

BOWL-A-THON

MAY 1, 2010 BOULEVARD LANES ANDERSON, SC

Calling all bicyclists looking for a memorable challenge--this ride is for you! a ride to remember is a 3-day, 260+ mile fundraising ride for the Alzheimer’s Association - South Carolina Chapter. The cross-state route begins in the Upstate and ends at the South Carolina coast. Grab your friends and start training today!

To register, sponsor, or learn more: 1-800-860-1444 or www.aridetoremember.org
Local Champions for the Cause

[a ride to remember 2009]

The 1st Annual “A Ride to Remember” bicycle event, held July 24-26, 2009, raised nearly $16,000! 22 cyclists pedaled over 252 miles from Simpsonville to Mt. Pleasant to raise awareness and funds.

“I was overwhelmed by the strength of the riders and the volunteers in this event,” said Missy Johnson, chapter board chairwoman and ride participant. “When our strength was spent, it made us reflect on the daily strength that is needed to care for someone living with Alzheimer’s disease. We hope this ride will inspire others to act now and move our cause forward so that we can find a cure.”

Now that’s commitment! Plan now to join us in 2010!

On October 13th, Mark Zimmer (of Grand Rapids, MI) hiked South Carolina’s Sassafras Mountain, and Missy Johnson, chapter board chair, was along for the hike. Mark is on a journey to climb the highest point in each U.S. state to raise money and awareness in the fight against Alzheimer’s. Follow Mark’s trek: www.summitupusa.com.

An estimated 80,000 South Carolinians are living with Alzheimer’s disease.

By 2025, that number could jump to as many as 100,000 — unless we do something about it now!

That’s why Charleston area celebrities have joined us in the fight, helping us to recruit others to ‘champion’ the Alzheimer cause.

Many of these locally-known personalities have a personal connection to the cause because they’ve lost loved ones to Alzheimer’s.

We’re closer than ever to research breakthroughs that have the potential to change the course of this disease. Now is the time for you to take action and join us.

You don’t have to be a celebrity to be a Champion for our cause! We encourage you to:

ACT now to end Alzheimer’s
VOICE your support – become an advocate
MOVE the cause forward – volunteer & raise funds
OPEN your mind – learn the facts about Alzheimer’s

Learn more by visiting www.actionalz.org.

Tracey Amick
TV Personality

Ryan Nelson
TV Personality

Tessa Spencer
Radio Personality

Bobby Cremins
Basketball Coach
College of Charleston

General & Boo
Citadel Mascots

Carroll Campbell
Son of the late Gov. Campbell

All photos by Rick Rhodes.
### ABBEVILLE COUNTY
- **1st Tues. 7 PM**
  - Covenant Place
  - Due West
  - 843-379-3210 (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)

### Anderson County
- **2nd Thurs. 5:30 PM**
  - Royal Baptist Church
  - 407 E. Hampton St
  - 843-224-8839 (Odis Tellely)

### Berkeley County
- **3rd Thurs. 4 PM**
  - St. Stephen's Community Hosp. Room
  - 843-567-2116 (Dong Bagwell or Pat Browder)

- **4th Thurs. 10-12 noon**
  - Pinewood House (Gross Creek)
  - 843-832-2357 (Don Bagwell)

### Charleston County
- **2nd Sun. 2:30 PM**
  - Parker's Support Group
  - 843-769-5694 (John Ledford)

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

- **3rd Tues. 6:30-8 PM**
  - Franke at Senior Living
  - 843-856-4725 (Karen Berry)

### Clarendon County
- **3rd Tues. 7 PM**
  - St. Bartholomew's Church
  - Campus Dr. Hartsville
  - 843-332-7478 (Margaret Coker)

### Dorchester County
- **2nd Thurs. 7 – 9 PM**
  - Grace Lutheran - Summerville
  - 843-832-2357 (Don Bagwell)

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

### Georgetown County
- **1st Mon. 12 PM**
  - Prince George Parish Hall
  - 843-237-2845 (Lillian Szabo)

### Greenville County
- **1st Tues. 5PM**
  - Upstate Lewy Body & Related Dementia Support Group
  - The Haven in the Summit at Chanticleer
  - 864-350-7160 (Gail Stokes)
  - 864-918-1416 (Pam Williams)

### Horry County
- **3rd Thurs. 2 PM**
  - Summit Place
  - 843-450-3410 (Kathy Bazzarre)

### Beaufort County
- **2nd Tues. 11 AM**
  - Barnwell Co. Library – Burr St
  - 843-649-9201 or 803-335-8044 (Suzanne Creech)

### Barnwell County
- **2nd Tues. 7 PM**
  - The Maples
  - Wildwood Dr. Honea Path, SC
  - 864-369-6461 (Barbara Wright)

### MENS'S GROUP
- **2nd Mon. Room (Lunch provided)**
  - Boulevard Baptist – Family Life Ctr.
  - 864-225-7424 (Bill Davis)

### Barnwell County
- **2nd Tues. 11 AM**
  - Barnwell Co. Library – Burr St
  - 803-649-9201 or 803-335-8044 (Suzanne Creech)

### Beaufort County
- **Wednedays 12:30-1:30 PM**
  - Baptist Church of Beaufort
  - Beaufort, SC
  - 843-521-0866 (Louise Blanchard)

### 3rd Thurs. 2 PM
  - Parkinson's Support Group
  - 843-769-5694 (John Ledford)

### 2nd Wednesday 10-noon
  - Palm Meadows Court
  - Hilton Head
  - 843-842-6888 (Karen Doughtie)

### 2nd & 4th Tuesdays 1 PM
  - Hawthorn Inn
  - Hilton Head
  - 843-816-5659 (Karen Kirby)

### 2nd & 4th Wednesdays 3 PM
  - Tide Point
  - Hilton Head
  - 843-816-5659 (Karen Kirby)

### 4th Friday 10-noon
  - Hilton Head Library
  - 843-842-6688 (Cathee Stagg)

### 2nd Thurs. 2 PM
  - Oakie Outpatient Center
  - 843-705-2113 (Sandra Brown)

### Berkeley County
- **3rd Thurs. 4 PM**
  - St. Stephen's Community Hosp. Room
  - 843-567-2116 (Dong Bagwell or Pat Browder)

### 4th Thurs. 10-12 noon
  - Pinewood House (Gross Creek)
  - 843-832-2357 (Don Bagwell)

### Charleston County
- **2nd Sun. 2:30 PM**
  - Parker's Support Group
  - 843-769-5694 (John Ledford)

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

### 3rd Tues. 6:30-8 PM
  - Franke at Senior Living
  - 843-856-4725 (Karen Berry)

### Clarendon County
- **3rd Mon. 2 PM**
  - New Covenant Presbyterian Church
  - 843-596-6623 (Virginia Bullard)

### Darlington County
- **1st Tues. 10 AM**
  - St. Bartholomew's Church
  - Campus Dr. Hartsville
  - 843-332-7478 (Margaret Coker)

### Dorchester County
- **2nd Thurs. 6 PM**
  - Good Shepherd Lutheran
  - Walterboro
  - 843-549-6623 (Virginia Bullard)

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

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

### 2nd & 4th Wed. 10 AM
  - Belin Methodist
  - Family Life Center
  - Murrells Inlet, SC
  - 843-215-1497 (Lillian Chopko)

### Greenville County
- **1st Tues. 5PM**
  - Upstate Lewy Body & Related Dementia Support Group
  - The Haven in the Summit at Chanticleer
  - 864-350-7160 (Gail Stokes)
  - 864-918-1416 (Pam Williams)

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

### 1st Monday 6 PM
  - Brightwater Senior Living
  - 843-651-2335 Joyce Calabrese
Support Groups are free and open to the public. Family members and friends are welcome to attend. Please call numbers listed to verify meeting details.

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

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](http://www.alz.org/sc).

Please consider the Alzheimer's Association as you make your year-end charitable giving decisions.

With one donation, you can impact the lives of thousands of South Carolina families and support Alzheimer's disease research efforts. If you would like, your gift can be made in honor or memory of someone special to you. We appreciate your generous support, and we are honored to continue to serve you and families across South Carolina.

I would like to make a gift of:

☐ $25 ☐ $50 ☐ $100 ☐ Other _________

Optional

This gift is ☐ in honor of ☐ in memory of:

____________________________________________

Please send notification of my tribute to:

____________________________________________

____________________________________________

____________________________________________

A Gift To:  **Fight Alzheimer’s!**

From:

Name: _______________________________________

Address: _____________________________________

City: ___________________________ Zip Code:________

Phone: _______________________________