Respite: A Lifeline for Family Caregivers
A Daughter Shares Her Story

Karen Penley is a full-time pharmaceutical representative, a wife, and a mother. And a year and half ago, she also became full-time caregiver for her mother, who has Alzheimer’s disease. The responsibility came to her when her father passed away after caring for her mother for nearly 8 years. Karen suspects that his illness was hastened by his stress level as a caregiver.

“Taking care of my mother has been the biggest undertaking that I never expected,” Karen says. “My father used to talk to me about it, and I just didn’t understand what he was going through. Until you’ve done it 24/7 and walked in those shoes, you don’t have a clue.”

Now she understands very well, because her mother lives at home with Karen’s family. When Karen’s father passed away, the family decided to uproot and move to Clemson so that her mother could live with them while staying within her own community. It was not a simple transition. “You live with someone for years, and then—BOOM —she’s different. It’s a horrible disease for the whole family, because you have to face it both for her and for yourself. It’s a very helpless feeling.”

Karen is constantly thinking about her mother’s medicines, since it’s easy for her mother to become confused and take multiple dosages or forget them altogether. She also worries about her wandering away or experiencing boredom, and she feels guilty for not being able to be with her all the time.

“It’s a total switch,” Karen says. “Now I have to tell my mother what to do. For instance, I have to watch how she dresses and make sure she’s not wearing summer clothes when it’s freezing outside—she did that recently.”

“I see Mom there, but she’s nothing like she was. It’s difficult and confusing.”

Karen thought she was at the end of her rope, until one day her husband clipped a “Dear Abby” article about caregiver stress and left it by her plate at breakfast. She called the Alzheimer’s Association immediately, and that’s when she learned that respite (a temporary break from caregiving responsibilities) was available for her as a fulltime caregiver. Karen remembers a feeling of immense calm coming over her just from the idea of a short-term break.

With her respite voucher, Karen arranged for her mother to stay at a local assisted living for a weekend. Although her plans to go out of town fell through, she said it felt like a vacation just to be at home.

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Continued page 5
Dear Friends:

As our nation’s economy continues to be in crisis, we are reminded each day of the financial, emotional and physical stress that individuals with Alzheimer’s disease and their families are faced with daily.

Every 71 seconds a person shows their strength and courage – they don’t have a choice - They have been diagnosed with Alzheimer’s. Every 71 seconds, a spouse or partner must show love and support in the midst of fear and uncertainty when their loved one is diagnosed with Alzheimer’s. Every 71 seconds a son or daughter realizes that patience and perseverance are the most important gifts they can give to their parents who have just been diagnosed with Alzheimer’s. Every 71 seconds a doctor delivers the heartbreaking news to a family that their lives will be changed forever because their loved one has just been diagnosed with Alzheimer’s. These individuals must work through their fear with courage and love because they are faced with one of the most devastating of all situations. If we don’t stop this disease, it won’t be every 71 seconds but it will be every 20 seconds that a life is changed forever - We won’t have a choice!

Many people across our nation are now forced to cope with the fears and financial concerns associated with loss of jobs, health insurance and in many cases, their homes. Many of these individuals are also living with Alzheimer’s disease or caring for a loved one with this disease. The Alzheimer’s Association continues to provide a network of support for these families to let them know that they are not alone and that help is available. We also offer hope that future generations might someday realize a world without Alzheimer’s disease. Can you stop to imagine that someday, this disease could be prevented, cured or controlled?

While the world waits to see what will happen with our economy and as our leaders struggle to come up with the best plan to resolve this crisis, there is something that we can do to help make life a little easier and more manageable for over 80,000 families in SC who are faced with their own crisis each day because of Alzheimer’s disease. You are the solution and the champions in this global fight against Alzheimer’s disease. You are the champions who can make a tremendous difference by donating, volunteering, advocating and showing your support for these families. We are all in this together and by working together, we can do our part to make our world a better place and to make the lives of individuals with Alzheimer’s disease and their families a little more manageable.

I encourage you to donate by mail or online by visiting our website at www.alz.org/sc. I thank you for your support in the past and for your continued support as we face this disease together.

We are very grateful for the dedication of our Board of Directors. 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.

In our new fiscal year, we welcome seven new members to our Board of Directors! We appreciate the commitment of all our board members to our mission and the work of our chapter.

A Message From Our CEO

Cindy Alewine
CEO/President

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.

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Our Residents Are

Grandparents
Mothers/fathers,
Artists
Teachers
Architects
Doctors
Judges

Alzheimer’s Doesn’t Change That.

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

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

Notes:

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Winter/Spring 2008

alzheimer’s association

2
The Greenville Area Office welcomes **Kimberly Williams** as the new Director of Development for the Upstate Region. Kimberly is a South Carolina native and a graduate of Clemson University. Although she began her career working in sales and training in the pharmaceutical and computer industries, she decided after 9/11/2001 to shift her focus to the non-profit arena, working for organizations serving her community and the common good. Since that time she has worked for several diverse charitable organizations including Safe Harbor, Shriners Hospitals for Children, and the American Diabetes Association.

Kimberly is thrilled to be working with the SC chapter staff and volunteers, and eager to help raise funding to support all the wonderful programs and research the Alzheimer’s Association provides.

Congratulations and warm wishes to **Beth (Murff) Sulkowski** of the Spartanburg Area Office and her husband Eric Sulkowski on their recent marriage!
In the last issue of the newsletter, we told you about Project Lifesaver, a radio-signal tracking system for persons at risk of wandering and becoming lost. Here are the areas that currently offer enrollment:

- **Charleston County** - Captain Jim Brady
  843-745-2386

- **Richland County** - Corporal Amanda Lee
  803-513-3438

- **Horry County** - Gordon Harris
  843-915-5400

- **Aiken County** - Sergeant Steve Deibel
  803-642-1761

- **Oconee County** - Rhonda Morgan
  864-638-4111

**New Training Tool Launched to Help Law Enforcement Officers Respond to Persons with Dementia**

Many behaviors associated with dementia tend to increase a person's chance of interacting with law enforcement. Because these individuals are often unable to explain their unusual behavior, their actions could easily be misunderstood by law enforcement officers. “Alzheimer’s Training for 1st Responders,” a new training DVD produced by the South Carolina Criminal Justice Academy, will help prepare law enforcement across the state to address potential scenarios with individuals who have Alzheimer’s or related dementia.

Planning for this project began over two years ago when Adelle Stanley, Midlands Area Program Director for the Alzheimer’s Association, mentioned the need for this training to William Floyd, the Manager of Instruction Standards and Support at the SC Criminal Justice Academy. Together, with the collaboration of several dedicated staff persons, they created an instructional DVD to inform law enforcement about common encounters they may potentially have with persons with dementia.

Wandering is a key issue of high importance for those with dementia and their caregivers. Alzheimer’s disease causes millions of people in the United States to lose their ability to recognize familiar places and faces or to even remember their names or addresses. They may become disoriented or lost, even in their own neighborhood. Although common, wandering can be dangerous — if not found within 24 hours, up to half of those who wander risk serious injury or death. The training DVD offers important insight on the movement patterns and common behaviors of wanderers to help locate them and return them safely home as quickly as possible.

There are a wide range of other potential scenarios that law enforcement may face, such as auto accidents or erratic driving. Because memory impairment and alterations in perception, a person with dementia may fail to obey the rules of the road, street signs, traffic lights, or speed limits.

Additionally, sometimes when a person with dementia has lost or misplaced an item, he or she may call 911 to report a theft. In many cases, reports of a burglary-in-progress or a strange intruder turn out to be an otherwise familiar family member or even a spouse whom the person with dementia does not recognize.

This new training tool not only teaches officers about potential encounters, but also teaches appropriate ways to respond. Because Alzheimer’s disease affects the part of the brain where memory is stored, the individual may not be able to answer questions or understand the seriousness of the incident. In many cases, confusion may lead to increased agitation or a catastrophic response (a sudden physical or emotional response to a situation).

The DVD is available for law enforcement across the state from the South Carolina Criminal Justice Academy. Special thanks are due to the following for their work on this production: William Floyd, Dottie Cronise, Monica Yarborough, Hal Volin, Fran Emerson, Gail Marion, and Adelle Stanley.
Tips for Caregivers

Being a healthy caregiver

Caring for someone who has Alzheimer’s disease can be overwhelming, exhausting and stressful. A family caregiver may feel loss over changes in relationships with a loved one with Alzheimer’s, other family members and friends. During this time, it is critical that caregivers look after their own physical and mental health. Taking care of yourself is one of the most important ways to be a healthy caregiver.

Know what resources are available. Adult day care, in-home assistance, visiting nurses and Meals-on-Wheels are just some of the services that can help you.

Become an educated caregiver. As the disease progresses, new caregiving skills are necessary. Find information on alz.org or contact your local Alzheimer’s Association.

Get help. You are not failing as a caregiver by asking others for assistance. Seek the support of family, friends and community resources. Alzheimer’s Association support group meetings are a good source of comfort and reassurance. Or you can join our online community.

Take care of yourself. Watch your diet, exercise and get plenty of rest. Make time for shopping, lunch with friends or even a golf outing. Take advantage of community services such as adult day care or in-home companion services to care for your loved one while you take a break.

Manage your stress level. Stress can cause physical problems and changes in behavior. If you experience symptoms of caregiver stress, use relaxation techniques that work for you, and consult your doctor.

Accept changes as they occur. People with Alzheimer’s change and so do their needs. They often require care beyond what you can provide on your own. Look into care services such as in-home caregiver services and residential care.

Do legal and financial planning. Consult an attorney to discuss legal, financial and care issues. If possible and appropriate, involve the person with Alzheimer’s and other family members.

Be realistic. Many of the behaviors that occur are beyond your control and the control of the person with Alzheimer’s. Grieve your losses, but also focus on the positive moments.

Give yourself credit, not guilt. You are doing the best you can. Don’t feel guilty because you can’t do more. Your loved one needs you, and you are there – that should make you feel proud.

Continued from front cover

“I am so thankful just to have had those two days to myself,” Karen said. “Afterward, I didn’t feel as tense and it was easier to take care of her. It helped me not feel like I couldn’t do it anymore.”

Now, Karen hopes that she’ll be able to provide care for her mother for a longer period of time, but she realizes that she has to consider her own health and that of her family as well. She also feels like this will help her mother eventually transition to professional care. For now, Karen says, using the respite voucher is a cost-savings. “In the long run, this $500 voucher is saving taxpayers’ money. It is keeping my mother out of a facility and off of Medicaid.”

“I love my mother dearly, and I would do anything for her. I don’t regret taking care of her,” Karen says. “That weekend of respite gave me a whole new outlook. Just those couple of days did wonders! Until I can’t care for my mother anymore, I will.”

Have you used our respite program? Please share your story with us. Call the office nearest you (phone numbers on p.3) or visit http://myrespitestory.kintera.org.

Did you know... ?

Funding for the Alzheimer’s Association Respite Program is provided by a grant through the SC Department of Mental Health.

The Alzheimer’s Association is extremely grateful and very fortunate to have received funding for the respite program in 2008, despite difficult state budget cuts.

Please help us make sure that the Respite Program will still be available for you in 2009. This year’s state budget will be even tighter, and we need your help to communicate the importance of this program to the State House.

Please call your state legislators to thank them for their support of this program, share your story with them, and ask them to help make sure that Alzheimer’s caregiver respite funding stays in this year’s budget.

Not sure who your legislator is? Visit www.scstatehouse.gov and click on “Find your legislator.” Or call Beth Suikowski at 1-800-908-9690 for assistance.
The Principles for a Dignified Diagnosis

In December of 2007, individuals living with early-stage Alzheimer’s gathered for a Town Hall Meeting in Spartanburg, South Carolina. The conversations from this meeting, and from similar meetings across the country, have helped to bring a very important issue to light—the difficulty of the diagnosis process, and the expectations of the individual receiving the diagnosis.

The Alzheimer’s Association has gathered your collective voices to produce a land-breaking document – The Principles for a Dignified Diagnosis. It contains insights from people living with the disease on how to improve the diagnosis experience.

“Patients with Alzheimer’s disease face many challenges as they strive to maintain a normal life, and physicians are committed to helping ease the burden with high quality health care,” said American Medical Association President Nancy Nielsen, M.D. “The AMA applauds the Alzheimer’s Association for bringing forward the patients’ perspective on compassionate care, as Alzheimer’s patients, their families and their physicians battle the disease together.”

It is our hope that The Principles for a Dignified Diagnosis will build greater understanding of Alzheimer’s disease in our local medical community. Since Alzheimer’s is a progressive brain disease, the physical, emotional and social implications of the diagnosis need to be considered throughout the journey.

Take my concerns seriously, regardless of my age. Age may be the biggest risk factor for Alzheimer’s, but Alzheimer’s is not a normal part of aging. Don’t discount my concerns because I am old. At the same time, don’t forget that Alzheimer’s can also affect people in their 40s, 50s and 60s.

Deliver the news in plain but sensitive language. This may be one of the most important things I ever hear. Please use language that I can understand and is sensitive to how this may make me feel.

Coordinate with other care providers. I may be seeing more than one specialist — it is important that you talk to my other providers to ensure you all have the information so that changes can be identified early on and that I don’t have to unnecessarily repeat any tests.

Explain the purpose of different tests and what you hope to learn. Testing can be very physically and emotionally challenging. It would help me to know what the purpose of the test is, how long it will take and what you expect to learn from the process. I would also appreciate the option of breaks during longer tests and an opportunity to ask questions.

Give me tools for living with this disease. Please don’t give me my diagnosis and then leave me alone to confront it. I need to know what will happen to me, and I need to know not only about medical treatment options but also what support is available through the Alzheimer’s Association and other resources in my community.

Work with me on a plan for healthy living. Medication may help modify some of my neurological symptoms, but I am also interested in other recommendations for keeping myself as healthy as possible through diet, exercise and social engagement.

Recognize that I am an individual and the way I experience this disease is unique. This disease affects each person in different ways and at a different pace. Please be sure to couch your explanation of how this disease may change my life with this in mind.

Alzheimer’s is a journey, not a destination. Treatment doesn’t end with the writing of a prescription. Please continue to be an advocate — not just for my medical care but for my quality of life as I continue to live with Alzheimer’s.

To find an early stage dementia support group, please call 1-800-273-2555.

The Principles:

Talk to me directly. I am the person with the disease, and though my loved ones will also be affected, I am the person who needs to know first.

Tell the truth. Even if you don’t have all the answers, be honest about what you do know and why you believe it to be so.

Test early. Helping me get an accurate diagnosis as soon as possible gives me more time to cope and live to my fullest potential and to get information about appropriate clinical trials.
Advocacy Update

We need YOU to join us for Lobby Day!

Wednesday, April 22, 2009
South Carolina State House
Columbia, SC

As citizens of South Carolina, we trust our elected legislators to represent our interests and concerns through state laws and policies. It is our right and privilege to let them know what issues are affecting their constituents.

Lobby Day is your opportunity to be a VOICE for individuals with Alzheimer’s and their families across the state of South Carolina. We invite you to participate, because no one tells your story better than you do!

The event will begin with a press conference in the State House lobby, followed by the opportunity to speak one-on-one with your elected legislator. Our message will be clear: Alzheimer’s disease affects nearly 80,000 South Carolinians. These individuals and their families need respite and support. What’s more, our state must prepare itself to address the Alzheimer epidemic as our population ages.

To register to attend Lobby Day, please visit http://SCLobbyDay09.kintera.org. You may also register by calling or emailing Beth Murff Sulkowski at 1-800-908-9690 or beth.murff@alz.org.

We hope to see you there! Thank you for being an advocate!

Local Advocate Speaks Out About Alzheimer’s
Batesburg caregiver featured by SCETV and at California event

Although life has brought his family difficult circumstances, Mike Burgess considers himself a pretty regular guy. But this Batesburg native has had some incredible opportunities to speak out about Alzheimer’s disease and its impact on families and caregivers.

Mike understands well how drastically Alzheimer’s changes the lives of those affected by it. Five years ago at the age of 48, Mike Burgess’s wife, Sandra, was diagnosed with younger-onset Alzheimer’s disease. Mike is still employed fulltime, the sole provider for Sandra and their twin 18-year-old sons. Sandra is now 53 and requires the 24-hour care of an assisted living facility.

Recently, Mike has had two unique opportunities to share his story and spread awareness about Alzheimer’s disease. During National Alzheimer’s Disease Awareness Month in November 2008, Mike was interviewed on SCETV’s “The Big Picture” about Alzheimer’s disease in South Carolina. And in February 2009, he traveled to San Diego to speak about his experiences as a caregiver at a leadership conference of the National Health Council. Here, Mike was part of a panel of speakers calling for health reform. By sharing his story, Mike highlighted the need for increased research for treatment and prevention, as well as the need for an accessible continuum of care, regardless of age and diagnosis. His key message was, “We need a cure –and until then we need better healthcare.”

Mike fought long and hard to access affordable care for his wife. For as many as 500,000 Americans who are disabled by Alzheimer’s disease before age 65, access to health care and long term care is a huge problem.

The Alzheimer’s Association applauds Mike for his courage and willingness to take his difficult experience and translate it into a call for change, with the hope that other families will not have to experience this battle.
Memory Walk 2008

Nearly 3,000 people across the state were on the MOVE to end Alzheimer’s during Memory Walk 2008. The 14 walks held in September and October raised over $550,000 to support the full mission of the Association, funding research efforts as well as local services.

We have a lot to be proud of and many reasons to celebrate because of our participants’ dedication to the cause. Statewide we had our best Memory Walk fundraising year ever. Many walks saw significant growth in fundraising dollars and also in the number of participants.

Thank you to our sponsors, donors, walk participants, and countless volunteers who made Memory Walk 2008 so successful!

**Congratulations to the top fundraising teams from each walk location!**

<table>
<thead>
<tr>
<th>Location</th>
<th>Team Name</th>
<th>Fundraising Amount</th>
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<tbody>
<tr>
<td>Aiken</td>
<td>Cannon Balls II</td>
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<td></td>
<td>Team Captain: June Cannon</td>
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<tr>
<td>Anderson</td>
<td>Memory Poker Paddle</td>
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<td></td>
<td>Team Captain: Wendy Parks</td>
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<td>Beaufort County</td>
<td>Carolina House of Hilton Head</td>
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<td>Team Captain: Linda Lacy</td>
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<tr>
<td>Charleston</td>
<td>Team John Ledford</td>
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<td>Life Care Center of Columbia</td>
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<td>Team Captain: Joyce Calabrese</td>
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<tr>
<td>Manning</td>
<td>Lake Marion Alzheimer’s Family</td>
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<td>Support Team:</td>
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<td>Pee Dee</td>
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<td>Rolling Green Village</td>
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<td>Team Captain: Ruth Wood</td>
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<td>Greenwood</td>
<td>Pilot Club of Greenwood</td>
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<td>Team Captain: Carol Scales</td>
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<td>Rock Hill Area</td>
<td>Gendron Girls Rock!</td>
<td>$1,525.00</td>
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<td>Team Captain: Brenda Gendron</td>
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<td>Seneca</td>
<td>Oak West Middle School</td>
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<td>Spartanburg Area</td>
<td>Lem’s Lads and Ladies</td>
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<td>Sumter</td>
<td>Covenant Place</td>
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<td>Team Captain: Melissa Linville</td>
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The Greenville walk raised over $105,000... our first walk ever to reach the $100,000 milestone!

Our Greenwood walk was just recognized by the National Alzheimer’s Association as the #8 growth in a rural walk with a 60% increase over 2007!

Our stalwart volunteers at the Beaufort County Memory Walk were not in the least deterred by the rain.

It’s not too early to start your fundraising for Memory Walk 2009!

We hope you’ll visit our website at [www.alz.org/sc](http://www.alz.org/sc) for a complete list of locations and dates for our 2009 Memory Walks. Walk registration is already open for this year’s walks. We’ve got a great year full of fun Memory Walk events in store for you. Questions? Call 1-800-860-1444.
We are very grateful for the support and generosity of these sponsors:

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<th>Marathon Runners:</th>
<th>Power Walkers:</th>
<th>Joggers:</th>
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<td>Right At Home- Beaufort</td>
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<td>Lady Baltimore</td>
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<td>All About Seniors</td>
<td>Smith &amp; Haskell</td>
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<td>BMW</td>
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<td>Emerald Gardens Assisted Living</td>
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<td>Eden Terrace Assisted Living</td>
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<td>Elmcroft of Florence</td>
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<td>Especially Seniors</td>
<td>Sterling Health Plans</td>
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<td>Hamrick Mills Foundation</td>
<td>Summit Place of North Myrtle Beach</td>
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<td>Heartland</td>
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<td>Hilton Head Elks Lodge</td>
<td>Surfside Auto Parts</td>
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<td>Home Depot, Myrtle Beach</td>
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<td>In Home Matters</td>
<td>Tex-Mach, Inc.</td>
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<td>In Memory of Betty Ledford</td>
<td>Three Rivers Behavioral Health</td>
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<td>In Memory of Carmen</td>
<td>Tidewater Hospice</td>
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<td>Interim Healthcare</td>
<td>United Hospice- Greenville</td>
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<td>Interim Healthcare</td>
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<td>Upstate Carolina Medical Center</td>
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<td>JM Smith Corporation</td>
<td>Willoughby &amp; Hoefer</td>
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<td>Konica Minolta</td>
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<td>Lifecare Center of Columbia</td>
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| Sprinters:                                             | Lowcountry Parrotheads                  |                                          |
|                                                      | Mary Black Hospital System              |                                          |
|                                                      | Nestle                                  |                                          |
|                                                      | Neurology Centers of the Carolinas      |                                          |
|                                                      | NHC Parklane                            |                                          |
|                                                      | Oconee Memorial Hospital                |                                          |
|                                                      | Orangeburg Lutheran Church              |                                          |
|                                                      | Palm Meadows Court                      |                                          |
|                                                      | Pee Dee Gardens                         |                                          |
|                                                      | Peoples National Bank                   |                                          |
|                                                      | Pilot Club of Darling                   |                                          |
|                                                      | Price, Waterhouse & Cooper              |                                          |
|                                                      | Ralph Hayes Toyota                      |                                          |
|                                                      | ResCare Homecare                       |                                          |
|                                                      | Rockafellers Raw Bar                    |                                          |
|                                                      | State Farm                              |                                          |
|                                                      | Still Hopes Episcopal                   |                                          |
|                                                      | Retirement Community                    |                                          |
|                                                      | The Haven in the Summit                 |                                          |
|                                                      | at Chanticleer                          |                                          |
|                                                      | The Palms of Mt. Pleasant               |                                          |
|                                                      | Verizon Business                        |                                          |
|                                                      | VistaCare                                |                                          |
|                                                      | Wachovia                                |                                          |
|                                                      | White Oak Estates                       |                                          |
|                                                      | Windsor House                           |                                          |

| Strollers:                                             | Durango Bagels                          | KC Steel                                     |
|                                                      | East Cooper Regional Medical Center     | Land, Parker & Welch                         |
|                                                      | First Piedmont Federal of Gaffney       | Laurel Gardens                               |
|                                                      | Georgetown Hospital                     | Margaret Jones Gamble Class                  |
|                                                      | Goldfinch Funeral Services              | Morningside Assisted Living                  |
|                                                      | Haley Enterprises                       | NHC Healthcare Lexington                    |
|                                                      | Hillcrest Cemetery                      | Pet Dairy                                    |
|                                                      | Home Instead Senior Care                | Prothro Chevrolet                            |
|                                                      | Judith Anne Whiting, J.D.               | Reliable Medical Equipment                   |
|                                                      |                                        | Right At Home                                |
|                                                      |                                        | Riverside Dental Care                        |
|                                                      |                                        | Simpson Plaza Hardware                       |
|                                                      |                                        | SportsClub                                   |
|                                                      |                                        | Summit Place of Beaufort                     |
|                                                      |                                        | Tyler Dunlap, SCDL                           |
|                                                      |                                        | Winyah Community Hospice Care                |

www.alz.org/sc
Upcoming Educational Opportunities

21st Annual Alzheimer’s Education Conference
“Caring, Coping, Connecting”
Thursday, May 14, 2009
8:45 a.m. - 4:00 p.m.
7:45 a.m. - registration and light breakfast
First Baptist Church, 847 Cleveland St, Greenville

PRESENTERS:
David L. Bachman, MD, Professor, Co-Director of Alzheimer’s Research and Clinical Programs, Associate Director Center on Aging, Director, Division of Neurology, Medical University of South Carolina, Charleston, SC.

James N. Laditka, D.A., PhD, Associate Professor, UNC- Charlotte, NC Department of Public Health Sciences, Director of an interdisciplinary Health Services Research PhD Program.

Nancy Pearce, MSW, LISW-CP, Clinical Social Worker and author of Inside Alzheimer’s: How to Hear and Honor Connections with a Person who has Dementia, from Taylors, SC.

William Logan, MD, Director for the Center for Success in Aging, Geriatric Specialty, Greenville Hospital System.

CEUs submitted for approval: 6 CEUs (1.5 hours social work, 4.5 hours non-social work) for long term care administrators, social workers, and others. Cost is $65 for those desiring CEU’s, $25 for all others. Please pre-register by May 8 by calling 1-800-273-2555.

8th Annual Elks Educational Conference
“A Pathway to Progress: What’s being done about Alzheimer’s?”
Wednesday, May 20, 2009
9:15 am – 3:45 pm, (Registration 8:15 am)
Charleston Elks Lodge #242
1113 Sam Rittenberg Blvd., Charleston, SC 29407

Keynote Speaker: Cameron J. Camp, Ph.D.
Director of Research & New Product Development, Hearthstone Alzheimer Care, author of “Montessori-Based Activities for Persons with Dementia” and “A Therapy for Improving Memory Spaced Retrieval.”

Educational Topics Include:
Montessori-Based Activities
Legal Issues
Progress in Medical Research
Progress in Prevention – Maintain Your Brain
Progress in Support for Patients and Families
An Alzheimer’s Plan for the State of SC

Fees: $55 for professionals desiring CEU’s, $20 for professionals not desiring CEU’s, $5 for family caregivers and students, free for Elks Members.

Register early! Continuing education credits will be offered for various professionals through Lowcountry AHEC. For more information and to register, please call (843) 571-2641 or (800) 860-1444.

Myrtle Beach Alzheimer’s Symposium
“Riding the Waves of Caregiving”
April 23, 2009
Grand Strand Senior Center

Topics include:
Communication Transitioning to Long Term Care
Alzheimer’s Updates Medicare vs. Medicaid
Maintain Your Brain Changing Relationships

Fees: $55 long term care administrators, $45 healthcare providers, $15 family care givers, students & community. CEU’s have been submitted for approval for nurses, social workers, & long term care administrators. To register, please contact Linda Cello: 1-866-800-4460.

5th Annual Pee Dee Alzheimer’s Symposium
May 14, 2009
Leatherman Senior Center, Florence

Topics include:
Hear it from a family caregiver
Finding activities in day-to-day routines
Potential stressors for caregivers
Transitioning to Long Term Care

Fees: $55 long term care administrators, $45 healthcare providers, $15 family care givers, students & community. CEU’s have been submitted for approval for nurses, social workers, & long term care administrators. To register, please contact Linda Cello: 1-866-800-4460.

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

A new study suggests that people who have been exposed to secondhand smoke may be as much as 44% more likely to develop dementia. The study also suggested that the risk of cognitive loss increases for those with higher levels of exposure. The study was published online Feb. 13 in the journal BMJ.com.

For the study, the research team collected data on more than 4,800 nonsmokers who were 50 years old and older. The researchers tested saliva samples from these people for levels of cotinine, which is a product of nicotine that can be found in saliva for about 25 hours after exposure to smoke. The study participants then underwent neuropsychological tests to assess cognitive function, evaluating memory, math and verbal skills.

The researchers found that people with the highest cotinine levels had a 44 percent increased risk of cognitive impairment, compared with people with the lowest cotinine levels. The risk was also found to be significant for people with lower cotinine levels.

“Being a smoker is bad for your health and increases your risk of Alzheimer’s. This study suggests that this is the same for passive smoking,” said lead researcher Iain Lang, a research fellow in the Public Health and Epidemiology Group at Peninsula Medical School in Exeter, England. “We know that passive smoking is associated with an increased risk of stroke and heart disease. This is just another reason to avoid exposing other people to your smoke, and if you are not a smoker to stay away from smoking places.”

Risk factors you may be able to influence

Age, family history and heredity are all risk factors we can’t change. Now, research is beginning to reveal clues about other risk factors we may be able to influence. Take, for example, the recent study on secondhand smoke.

Other emerging studies are taking a hard look at diabetes as a major risk factor, strengthening evidence linking brain health to heart health. Your brain is nourished by one of your body’s richest networks of blood vessels. Every heartbeat pumps about 20 to 25 percent of your blood to your head, where brain cells use at least 20 percent of the food and oxygen your blood carries.

The risk of developing Alzheimer’s or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol. Work with your doctor to monitor your heart health and treat any problems that arise.

Other lines of evidence suggest that strategies for overall healthy aging may help keep the brain healthy and may even offer some protection against developing Alzheimer’s or related diseases. Try to keep your weight within recommended guidelines, avoid tobacco and excess alcohol, stay socially connected, and exercise both your body and mind.

Are you interested in participating 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 enrolling studies at 843-740-1592 x14 or go to our website at www.musc.edu/arcp.

Please Save the Date for these Upcoming Conferences

Aiken Caregivers’ Conference
July 9, 2009
University of South Carolina - Aiken
For more info: Kim Shannon - 1-866-844-0992

Educational Dinner for Physicians, Pharmacists and Nurse Practitioners - Columbia
August 13, 2009

Columbia Educational Symposium
August 14, 2009
For more info: Adelle Stanley - 1-800-636-3346
Professional Training

**Foundations of Dementia Care:**

**A Training Program to Enhance Skills and Enrich Lives**

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

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

Our affordable, field-tested training gives your staff:

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

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

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

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

**For more information about staff training contact:**

Gail Marion, Vice-President of Programs
864-224-3045 or 1-800-273-2555
gail.marion@alz.org

You can also learn more by visiting:

www.alz.org/qualitycaretraining

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**Activity Based Alzheimer Care**

**A workshop for Activity Professionals**

**April 17, 2009**

The Haven in the Summit at Chanticleer
355 Berkmans Lane, Greenville

9 a.m. - 4 p.m. Registration and coffee at 8:30 a.m.

“Activity Based Alzheimer Care: Building a Therapeutic Program” is a one-day, interactive training program designed for activity professionals who have a basic understanding of Alzheimer’s disease, and whose primary job responsibilities include activity programming design and implementation.

The “Activity Based Alzheimer Care: Building a Therapeutic Program” curriculum was developed in 1998 by the Alzheimer’s Association national office and remains one of the staple programs in the Association’s professional education series.

Through six 45-minute modules, ABAC helps participants to learn a range of skills from assessment and program design through teamwork and evaluation strategies. The program features energetic, interactive exercises, case studies and discussion exercises. Participants also receive a manual to use during the program and as a reference tool.

Registration brochures will be mailed to Activity Directors in the upstate area. The cost will be $50 and pre-registration by April 10th is required. An activity manual, lunch, and other materials will be provided. Continuing education credit is available.

For more information, please contact Gail Marion: 1-800-273-2555 or gail.marion@alz.org.

To view additional training opportunities, please visit our website: www.alz.org/sc.
Upcoming Special Events

Please plan to join us at the 2009

Forget-Me-Not Ball

Three unforgettable evenings featuring fine food & beverages, live entertainment, and silent & live auction. Black tie optional.

April 25, 2009
The 1st Annual Grand Strand Forget-Me-Not Ball
Marina Inn at Grande Dunes, Myrtle Beach

May 1, 2009
The 2nd Annual Upstate Forget-Me-Not Ball
The Poinsett Club, Greenville

May 15, 2009
The 4th Annual Charleston Forget-Me-Not Ball
The Francis Marion Hotel, Charleston

Tickets and sponsorships are available for purchase online at www.alz.org/sc or by phone at 1-800-860-1444.

The Carroll A. Campbell, Jr. Memorial Golf Classic

Tuesday, April 28
Windermere Club
Blythewood, SC

Tee Time: 10 a.m.

Please call 1-800-636-3346 to register a team or learn about sponsorship opportunities.

the 21st annual

BOWL-A-THON

MAY 2, 2009
Boulevard Lanes, Anderson

STRIKE OUT alzheimer’s

Learn how to start your team:
http://bowlathon09.kintera.org 1-866-844-0995

a ride to remember

july 24, 25 & 26

an unforgettable cycling event across the state

Participants may ride all 3 days from Greenville to Charleston, or they may select a 1- or 2-day segment. Each rider is encouraged to set a goal and collect donations from friends, family, colleagues, even local businesses. Registration fee and rider fundraising minimums apply.

Registration, sponsorships, and more information at
http://aridetoremember.kintera.org

www.alz.org/sc
### Caregiver Support Groups

#### ABBEVILLE COUNTY
- **1st Tues. 7 PM**
  - Due West Retirement
  - Due West, SC
  - 843-379-3030 (Sallie Donald)
  - 843-379-3210 (Ruth Hill)

#### Aiken County
- **3rd Thurs. 2:00 PM**
  - Eden Gardens
  - 803-642-8444 (Steve Smith and Christina Reed)

#### ANDERSON COUNTY
- **2nd Thurs. 5:30 PM**
  - Royal Baptist Church
  - 407 E. Hampton St
  - 864-224-0185 (Odis Telley)

#### Barnwell County
- **2nd Tues. 6:30-8:00 PM**
  - Edenbrook Assisted Living
  - 843-763-4055 (Karen Black)

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

#### Charleston County
- **2nd Sun. 10 AM**
  - GardenTerrace/Life Care Center
  - North Charleston, SC
  - 843-764-3500 (Sharon Johnson)

#### Chester County
- **2nd Tues. 2 PM**
  - Sheppard's Care Center
  - 843-478-4202 (Betty Wellock)

#### Cherokee County
- **2nd Tues. 12 Noon- Lunch**
  - Magnolias of Gaffney
  - 864-206-0006 (Pam White)

#### 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 (Virginia Bullard)

#### Darlington County
- **1st Tues. 10 AM**
  - St. Bartholomew’s Church
  - 174 Columbia St.
  - 803-581-6577 (Jan Byars)

#### Dorchester County
- **2nd Thurs. 7 – 9 PM**
  - Informal Spouses-Only Dinner Group
  - Greenville, SC
  - 864-346-0579 (B.J. Burns)

#### Greenwood County
- **2nd Tues. 7 PM**
  - Greer Memorial Hospital
  - 830 S. Buncombe Rd., Greer
  - 864-918-8058 (Emily Casto)

#### Georgetown County
- **2nd Mon. Noon- Lunch**
  - Moses Mcdonald’s Tavern
  - 2100 N. Pleasantburg Dr., Greenville
  - 843-286-0668 (Gaille Pemberton)

#### Greenville County
- **3rd Tues. 2-3 PM**
  - David Souther Senior Center
  - Hwy 78 St. George
  - 866-796-9670 (Don Bagwell)

#### Florence County
- **3rd Thurs. 6 PM**
  - The Leatherman Senior Center/ Senior Citizens Association
  - 600 Senior Way
  - Florence, SC
  - 843-669-6781 (Fannie Kennedy)

#### Men's Group
- **2nd Tues. 6:00 PM**
  - Mattie C. Hall Health Care
  - 380 Laurens St. Aiken
  - 803-641-5900 (Robert Schwartz)

#### Women’s Group
- **4th Tues. 7 PM**
  - Gadsden senior Center
  - 1 Hoke Smith Blvd.
  - 843-842-6688 (Karen Doughtie)

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**Winter/Spring 2008**

[alzheimer's association](http://www.alz.org/sc)
**Support Groups are free and open to the public. Family members and friends are welcome to attend.**

<table>
<thead>
<tr>
<th>County</th>
<th>Days/Times</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>HORRIZ COUNTY</td>
<td>3rd Thurs. 2 PM</td>
<td>Summit Place, Little River, SC 843-450-3410 (Kathy Bazzarre)</td>
<td>1st Monday 6 PM Grand Strand Senior Center 1268 21st Ave., Myrtle Beach 843-333-2868 (Joyce Calabrese)</td>
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<tr>
<td>KERSHAW COUNTY</td>
<td>1st Mon. 6 PM</td>
<td>Wittenberg Lutheran Church, 1st Wed. Noon-lunch provided, (Loretta Wrigley) 803-432-4311</td>
<td>2nd Tues. 6 PM Agape Senior Murrells Inlet 843-357-0200 (Alyse Emerson) 843-215-1497 (Lillian Chopko)</td>
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<td>LANCERTON COUNTY</td>
<td>Last Mon 3:30 PM</td>
<td>Leesville, SC Wittenberg Lutheran Church 1st Wed. Noon-lunch provided (Stacey Sherman) 803-651-2335</td>
<td>803-788-5115 (Brigette Harrell) 803-831-9900 (Cynthia Palmore)</td>
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<tr>
<td>MARION COUNTY</td>
<td>Last Tues. 2 PM</td>
<td>Altria at Forest Lake, Columbia, SC 803-790-9800 (Anne Abel)</td>
<td>2nd Mon. 6:30 PM Morgan County Senior Center 201 Lake Murray Blvd., Irmo 803-781-9192 (Jan &amp; Don Earels)</td>
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<td>NEWBERRY COUNTY</td>
<td>2nd Thurs. 10 AM</td>
<td>Rice Home, Columbia, SC 803-691-5650 (Mary Winstead)</td>
<td>2nd Wed. at 2:00 Chapin Baptist Church 803-451-7434 (Melanie Dohm)</td>
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<td>OCONEE COUNTY</td>
<td>2nd Mon. 7 PM</td>
<td>Palmetto Senior Care, White Rock, SC 803-732-6760 (Georgia Troficanto)</td>
<td>2nd Mon. 6:30 PM Virginia Baptist Church 803-682-1202 (Jane Thomas) 803-654-3862 (The Feemsters)</td>
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<td>ORANGEBURG COUNTY</td>
<td>1st Tues. 6 PM</td>
<td>Palmetto Senior Care, Columbia, SC 803-931-8166 (Sarah Dunning)</td>
<td>1st Mon. 6:30 PM Chapel Hill Baptist Church 803-451-7434 (Melanie Dohm)</td>
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<td>PICKENS COUNTY</td>
<td>1st Thurs. 7 PM</td>
<td>Palmetto Senior Care, Columbia, SC 803-931-8166 (Sarah Dunning)</td>
<td>2nd Wed. 10 AM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead) 2nd Wed. 11:30 AM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead)</td>
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<td>RICHLAND COUNTY</td>
<td>3rd Mon. 12:30 PM (lunch)</td>
<td>Palmetto Senior Care, Columbia, SC 803-931-8166 (Sarah Dunning)</td>
<td>1st Tues. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead) 2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead)</td>
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<td>SUMTER COUNTY</td>
<td>3rd Tues. 6:30 PM</td>
<td>Palmetto Senior Care, Columbia, SC 803-931-8166 (Sarah Dunning)</td>
<td>2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead) 2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead)</td>
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<td>UNION COUNTY</td>
<td>4th Wed. 6 PM</td>
<td>Palmetto Senior Care, Columbia, SC 803-931-8166 (Sarah Dunning)</td>
<td>2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead) 2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead)</td>
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<td>YORK COUNTY</td>
<td>1st Tues. 10:30 AM</td>
<td>Palmetto Senior Care, Columbia, SC 803-931-8166 (Sarah Dunning)</td>
<td>2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead) 2nd Mon. 6:30 PM Palmetto Senior Care, Columbia, SC 803-691-5650 (Mary Winstead)</td>
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**NEED A SITTER? Call 1-800-273-2555 if a no-cost in-home sitter is needed during meeting time. An application needs to 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.**

You may call numbers listed to verify meeting details.

**Spartanburg County**
3rd Thurs. 6 PM RoseCrest Retirement Community 864-599-8564 (LaVana Duque)
3rd Tues. 7 PM Alzheimer’s Office 901 S Pine St, Spartanburg 864-542-9998 (Jim Smith)
4th Mon. 7 PM Chesney Wesleyan Church Fellowship Hall 864-461-2774 (Vera Martin)
4th Tues. 6 PM Edelen Terrace, Spartanburg 864-579-1094 (Janet Alford)
4th Tues. 7 PM Middle Tyger Community Ctr. 84 Groce Rd, Lyman 864-439-0259 (Vicki Stidham)

**Sumter County**
1st Thurs. 6-8 PM Covenant Place, Carter Rd. 803-459-7007 (Medical Center) 803-773-5293 (Judith Jernigan)
3rd Tues. 6:30 PM McElveen Manor, McCrorys Mill Rd. 803-778-9690 803-968-1293 (Tom Cope)

**Union County**
4th Wed. 6 PM Wallace Thomson Hosp. Classroom 864-429-2602 (Sheila Jeter or Quanisha Savage)

**York County**
1st Tues. 10:30 AM Park Ave. Adult Day Ctr, Rock Hill 803-327-7448 (Barbara Smith)
1st Tues. 6-7 PM EdenGardens RH 803-981-6855 (Sarah Dunning)
1st Mon. 6:30 PM Lake Wylie Retirement & Asst. Living 4877 Charlotte Hwy, Clover 803-831-9000 803-327-4715 (Sarah Dunning)
2nd Wed. 2:30-3:30 PM SunCity Community Room Grandview Drive Ft.Mill/IndianLand 803-396-9800 (Carrie Patterson-Barto)
2nd Thurs. 10-11 AM Senior Helpers –Northfield Dr. Indian Land 803-548-6766 (Seth Zamek)
Thank you for supporting our cause and helping us serve you efficiently.

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

http://alz.kintera.org/SCnewsletter

As always, your contribution to the Alzheimer’s Association is tax-deductible. Please consider the Alzheimer’s Association as you make your charitable giving decisions. If you would like, your gift can be made in honor or memory of someone special to you.

Your gifts allow us to provide local services to support the thousands of South Carolina families who are living daily with the reality of Alzheimer’s disease, as well as fund Alzheimer’s research and advocacy. By the year 2010, an estimated 80,000 South Carolinians will be affected. There is no time to waste in the fight to end Alzheimer’s disease!

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.