Since its founding in 1980, the Alzheimer’s Association has been the leader in making the fight against Alzheimer’s a national priority, a call that resonates during November, which is National Alzheimer’s Disease Awareness Month.

After designating a National Alzheimer’s Disease Week in 1982, President Ronald Reagan helped to launch a national campaign against Alzheimer’s disease in 1983, calling members of the Alzheimer’s Association to the White House for the signing of a proclamation declaring National Alzheimer’s Disease Month.

“The emotional, financial and social consequences of Alzheimer’s disease are so devastating that it deserves special attention,” Reagan said. Taking lead on the issue, he went on to advocate research as “the only hope for victims and families.” Reagan courageously announced his Alzheimer’s diagnosis to the public in November 1994 and passed away in 2003.

Alzheimer’s Association founder Jerome Stone led a group of family caregivers, Association volunteers and staff in the effort to bring attention to the cause on Capitol Hill. That advocacy effort continues even stronger today with Association public policy staff and volunteers leading the call for increased government funding for critical Alzheimer research and support programs.

In 1983 fewer than 2 million Americans had the disease; today, the number of individuals with Alzheimer’s has soared to as many as 5.2 million and is expected to grow to 16 million by 2050 unless something is done to slow or stop this devastating disease.

While there is much we don’t yet know about Alzheimer’s disease, tremendous progress is being made, laying the foundation for future breakthroughs in prevention, diagnosis and treatment.

Caregiver fatigue is as real as Alzheimer’s.

More than 40 percent of the 10 million American unpaid caregivers rate the emotional stress of caregiving as high or very high. Additionally, caregivers for someone with Alzheimer’s or another dementia are more likely than non-caregivers to report that their health is fair or poor.

You need to take care of yourself, too. The South Carolina Chapter is happy to provide short-term respite (time away from caregiving responsibility) for full-time family caregivers. This is our way of helping you take care of your own health and well-being. If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk.

A respite voucher for up to $500 worth of care is available to families once a year. After applying for and receiving the 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 respite program is not designed to pay for services on a long term basis, nor can it be applied retroactively.

Receiving a voucher is as easy as applying! For an application packet, please contact the Alzheimer’s Association office nearest you (office contact info is listed on page 19). A doctor’s diagnosis of Alzheimer’s or dementia is required to be eligible.

inside this issue...
A Message From Our CEO

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.

On the MOVE Forward

As the number of Americans with Alzheimer’s disease grows from 5.2 million to 16 million by mid-century, we are continually being faced with challenges and opportunities to significantly impact the lives of these individuals and their families. Looking ahead to those challenges, the South Carolina Chapter is joining with the National Alzheimer’s Association and chapters throughout the country in advancing our mission through the goals of our latest strategic vision.

So where are we going from here? I’d like to share with you some of our goals for the next 3 years.

We will work to increase concern and awareness of the disease and of Alzheimer’s as the leader in the fight against Alzheimer’s disease. We will actively recruit and engage advocates to advance our mission at the state and federal level. We will seek to improve policies that affect research and care. Quality care and support will be provided to individuals and their families at all stages of the disease. We will promote early detection and brain health to reduce the stigma of Alzheimer’s disease and increase understanding of potential risk factors. We will work to increase financial support of research and accelerate the progress in treating and preventing the disease.

These goals are going to be challenging. But they are being embraced across the nation with a great sense of excitement, urgency and momentum. It is my hope that this vision will inspire you, our constituents, to continue to ACT against Alzheimer’s. We cannot carry out these goals without your involvement. In this newsletter, you will find several ways, both traditional and new, to engage in advancing our cause.

Giving is a sure way to make an immediate impact. Please consider the Alzheimer’s Association as you make your year end charitable giving decisions. For your convenience, a donation envelope is included in this publication.

Thank you for your gracious support of the South Carolina Chapter, especially those of you who contributed toward a great Memory Walk season! 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.

As the leader in advocacy, research and support, the Alzheimer’s Association is here to help. Until we live in a world without Alzheimer’s, we will work to give a better quality of life to thousands of people and bring hope for millions more. We are here to help, and we hope that you will join us as champions of the cause!

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.

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 Berkmans 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.
Congratulations and warm wishes to Sarah (Bost) Dunning of the Rock Hill Area Office and her husband Matt Dunning on their recent marriage!

The Midlands Area Office welcomes Elizabeth Brown as the new Events Specialist for the Midlands region. She is a 2004 graduate of Presbyterian College with a BA in Psychology and minor in Biology. Elizabeth is originally from Florence and currently lives in Columbia with her husband Calvin and new kitten. She is very excited about working for the Alzheimer’s Association and hopeful about the growth and possibility for the Association’s fundraisers!

The Anderson (Main) Office is happy to welcome Brittany Burdette as the new Program Associate. Brittany is a recent graduate of Lander University with a Bachelor’s degree in Business Administration. She will be doing Respite billing and assisting in the financial department.

The Greenville Area Office is pleased to welcome Sheila Lewis as the new Program Associate. Sheila has a Bachelor’s degree from the University of South Carolina Upstate in nonprofit administration and public relations. She most recently worked with Bi-Lo Charities assisting in the planning and execution of their charity events and donations. Prior to that, Sheila was Director of Center Programming at Senior Action where she managed the operations of their activity centers, planned and coordinated special events and implemented health, personal and social development activities for seniors. Sheila is very excited about the opportunity to help persons affected by Alzheimer’s disease.

The Greenwood/Aiken Area office welcomes Kim Shannon, RN MPH of Greenwood, as the new Program Director. Kim received her BA from Lander University in Greenwood and went on to receive an Associate degree in Nursing at Piedmont Technical College. She later graduated from USC with a Master of Public Health Administration. She was previously a Nurse Manager at Wesley Commons in Greenwood and also worked in Intensive Care at Self Regional Healthcare in Greenwood. Kim looks forward to working throughout the nine county region to bring programs and services to families and professionals. Her own personal experience enables her to understand the issues that families are dealing with. She will work out of the Greenwood office and also in the Aiken area a few days each week. Office space is being graciously donated at Especially Seniors, a Home Care Agency in Aiken. Persons needing assistance should call 1-866-844-0992.

Lowcountry Area Office
VP - Development & Communications
Ashton Baker
Program Director
Fran Emerson
Community Outreach Coordinator - Cameron Renwick

Midlands Area Office
Program Director
Adelle Stanley
Midlands Events Specialist
Elizabeth Brown
Administrative Associate
Megan Koyle

Rock Hill Area Office
Program Director
Sarah Dunning

Spartanburg Area Office
Program Director
Joyce Finkle
Director of Communications & Advocacy - Beth Murff
Upstate Events Specialist
Lindsay Sill
Program Associate
Jill Smith
Project Lifesaver in Action

Over the summer, I had the unique opportunity to observe a Project Lifesaver training exercise in Aiken. The North Augusta Department of Public Safety, in cooperation with the Aiken County Sheriff’s Office, Aiken Department of Public Safety and South Carolina Law Enforcement Division, hosted a training and media day in July. The exercise incorporated equipment and resources from the participating agencies and simulated tracking and locating a missing person.

Here is some background on Project Lifesaver: The primary mission is to join with law enforcement agencies to help save a community time and money. Since 2006, Project Lifesaver International has partnered with these Departments to aid in locating vulnerable persons who have become lost, including those with Alzheimer’s disease, autism, etc. Project Lifesaver deploys specially trained teams with the most reliable technology available to quickly locate and return wandering adults and children to their families and caregivers.

The average location time is 22 minutes after arriving on the scene. Location time prior to Project Lifesaver was over 8 hours. Over 1,322 wanderers have been found to date. Without equipment, searchers may require off-duty officers, volunteers, helicopters, heat-seeking scopes and dogs or other equipment.

This program differs from MedicAlert + Safe Return in that a person who is at risk of wandering wears a 1-ounce transmitter on the wrist or ankle that emits a constant pulsating radio tracking signal at all times. When a caregiver discovers that someone is missing, they call the police, and trained Project Lifesaver personnel respond with a special tracking unit. Hundreds of communities across the U.S. have now adopted Project Lifesaver to locate those individuals who might wander away from familiar surroundings.

The simulation took place on a 300 acre farm owned by Bill and Amy Weeks. Their 14-year-old son has moderate to severe autism and has worn the bracelet for a couple of years. Bill Weeks was wearing his son’s bracelet when he went out onto the property, as the lost individual. A helicopter carrying the tracking device flew over the area and picked up a signal within a few minutes from the transmitter that Bill wore on his wrist. Officers were dispatched to drive as close in as possible and then start a foot search. It was a successful search that worked as planned, and Bill was found within 20 minutes.

Why was Project Lifesaver started in Aiken County? Captain Randy Moseley, Captain of North Augusta Department of Public Safety, had a mother-in-law with Alzheimer’s disease who enjoyed walking before and after she was diagnosed with the disease. He investigated tracking equipment to serve as a safeguard in case of wandering behavior. For years he worked to find funding and gain support for Project Lifesaver.

When the Sertoma Club of North Augusta learned of the program, they decided that it was a worthwhile project to fund. They bought the tracking system and bracelets and have continued to supply batteries that must be changed monthly. If a family has the ability to pay $20 a month for the fresh battery, they may do so, but if not, it is provided. Someone is always available to change it on a monthly basis. Mr. Herb Olson, a member of Sertoma, is also on the Board of Directors for the local program. He stated that private and corporate donations and grants will assist in helping purchase equipment, educational expenses and rescues. He was very proud to see a search conducted first-hand.

I was impressed by the officers who were anxious to learn how to better use the tracking devices and by their dedication to helping persons within the community. I really enjoyed seeing Project Lifesaver in action and feel it has real value to give families peace of mind when there is a potential wanderer in the family. As the chapter has the opportunity to partner with those in the state who are purchasing this equipment, we welcome that relationship.

If you have interest in learning more about how the program was started, call Captain Moseley at 803-441-4274 or visit www.ProjectLifesaver.com.
Preparing for and Preventing Wandering

Who’s at risk? Anyone who:
- Returns from a regular walk or drive later than usual
- Tries to fulfill former obligations, such as going to work
- Tries to “go home” even when at home
- Is restless, paces or makes repetitive movements
- Has difficulty locating familiar places like the bathroom, bedroom or dining room
- Checks the whereabouts of familiar people
- Acts as if doing a hobby or chore, but nothing gets done (e.g. moves around pots and dirt without planting
- Feels lost in a new or changed environment

Consider behavior:
- Identify the most likely times of day that wandering may occur, and plan activities at that time.
- Provide opportunities for activities and exercise, such as folding towels, listening to music and dancing.
- When night wandering is a problem, make sure the person has restricted fluids two hours before bedtime and has gone to the bathroom just before bed. Limit daytime naps, if possible.
- Monitor reactions to medications. Consult a physician if necessary
- Use communication focused on exploration and validation (not correcting) when the individual says that he or she wants to leave to go home or to work.
- If wandering is in progress, use distraction to redirect the individual’s focus.

Consider the home environment:
- Night-lights: Place throughout the home or facility.
- Locks: Place out of the line of sight. Install slide bolts at the top or bottom of doors.
- Door knobs: Cover knobs with cloth the same color as the door. Use childproof knobs.
- Doors: Camouflage doors by painting them the same color as the walls. Cover them with removable curtains or screens.
- Use black tape or paint to create a two-foot black threshold in front of the door.
- Warning bells: Place above doors.
- Monitoring devices: Try devices that signal you when a door is opened. Place a pressure-sensitive mat at the door or person’s bedside to alert you to movement.
- Hedges or fence: Put around the patio, yard or other outside common areas.

Remove obstacles:
- Noise levels and confusion: Reduce excessive stimulation caused by movement or noise.
- Common areas: Develop indoor and outdoor areas that can be safely explored.
- Clothing: Provide the person with brightly colored clothing.
- Labeling: Label all doors. Use signs or symbols to explain the purpose of each room.
- Secure trigger items: Some people will not go out without a coat, hat, pocketbook, keys, wallet, etc.
- Avoid leaving a person with dementia alone in a car.

Planning ahead:
- Enroll in MedicAlert + Safe Return.
- Keep a list of people to call when feeling overwhelmed. Have their telephone numbers in one location.
- Ask neighbors, friends and family to call if they see the person alone or dressed inappropriately.
- Keep a recent, close-up photo on hand to give to police.
- Make sure that MedicAlert + Safe Return has an updated photo and medical information.
- Know your neighborhood. Pinpoint dangerous areas near the home, such as bodies of water, open stairwells, dense foliage, tunnels, bus stops and roads with heavy traffic.
- Is the individual right or left-handed? Wandering generally follows the direction of the dominant hand.
- Keep a list of places where the person may wander to, like past jobs, former homes or a church or restaurant.

Six out of 10 people with Alzheimer’s will wander.
You can’t know when it will happen, but you’ll know what to do when it does.

It is a known fact that 60% of persons with dementia will wander at some time during the course of the disease. Being proactive can help protect your loved one in these situations.

MedicAlert + Safe Return is a nationwide wanderers’ identification program offered by the Alzheimer’s Association. It provides ID jewelry and live 24-hour response service for wandering and medical emergencies. To enroll call 1-888-572-8566 or visit www.alz.org/sc.

Myths About Wandering

“I watch my wife very closely. She can’t go anywhere.”
It only takes a moment for someone to wander away. This is just as true in your home as it is at the grocery store. No one can be watched every second. Even the most diligent caregiver has to sleep, bathe or talk on the phone.

“My mother has never wandered.”
If your family member is memory-impaired and able to walk, wandering can happen at any time. If wandering has already occurred, it will happen again.

“My husband won’t wear an ID bracelet.”
Other identification products are available, such as an ID necklace.

“I can’t afford to enroll in MedicAlert + Safe Return.”
Scholarships are available if needed to help with enrollment costs. If you live in Spartanburg County, you may enroll at no cost thanks to a grant from the SC Rural Communities Compassion Project. Scholarships are limited in number, so please don’t delay. Call 1-800-908-9690 for scholarship information.
Persons with Dementia Speak

There are many experts who teach us about Alzheimer’s disease—so many wonderful books and resources with the “do’s and don’ts” lists of communication strategies and ways of interacting with persons who have dementia. There is so much, in fact, that we can easily become overwhelmed with trying to remember them all. We often become filled with tension as we attempt to navigate through the “should’s” and “shouldn’ts,” and, in searching for The Expert or The Magic Bible for dementia care, we miss the heart of the matter: Our true learning can only come with opening our hearts to interacting with and listening to persons who have dementia.

An opportunity for such learning was provided at the recent SC Alzheimer’s Association 20th Annual Conference in Greenville, SC. I had the pleasure of facilitating a discussion with Aline Soutter and Gordon Meier as they spoke out about their perspectives on living with Alzheimer’s disease. Both Aline and Gordon are in the early stage of dementia and are wonderfully articulate in describing how they first became aware that “something was different”—the moment that led each to get checked out by the physician who diagnosed the disease. Each is tenderly self-disclosing in describing some emotional impacts, several effects on the relationships in their lives and the decreased passion for participating in activities that used to hold great interest. With all the changes and losses, however, Aline and Gordon provide us all with strong messages as to how to enter life more fully.

Gordon’s philosophy is very clear: “In the end, something will kill you. Disregard that aspect. In the time you have, take full advantage of it and practice pushing yourself mentally. Don’t be a virtual curl-up in a corner. Make the most of each moment. At times, I am infuriated when I have a misfire and say the wrong word or am clumsy and frustrated. What I try to do is to say, ‘Here I am, what do I do now?’” What Gordon realizes is that “The mind is like a muscle. Just because it is sore doesn’t mean you don’t exercise it!” For Gordon, learning metalworking (he was “never a craft-type person before this”) and exercising his brain with a computerized game system helps him to keep going and stay away from the “mulleygrubs” of negative thinking.

Aline strongly agrees with the need to remain physically and mentally active. “Hang onto good habits—they will always serve you well,” she advises. For example, Aline makes sure she walks every day (“...although not as long and far as I used to!”) and emphasizes the importance of consistency, such as “making sure you keep things in the same place so you know where to find them! Doing lots and lots of reading and writing each day” have become particularly important to her in keeping mentally active. “It’s important to journal my thoughts, what I understand and feel...as a gift to give the children. It’s important to teach them about who I am and what I am about before the strings to this puppet are cut. It will help the children know where they came from and who they are. I cannot stress this enough.”

“There’s still a person, here!” states Aline very clearly after noting how people around her can often look at her “differently” or “with a questioning” when she has difficulty finding a word or repeats statements. Gordon mentions that his church congregation tends, at times, to not want to talk about it. He occasionally feels motivated to round the group up and say “I’m not a blue-green man made of cheese!” They have found their Alzheimer’s Support Groups to be helpful because it is a forum where they always find people to interact with in an open, respectful, attentive, nonjudgmental and caring way. Aline and Gordon underline what persons with dementia have been teaching me for over 20 years—that the person with dementia always has the ability to feel joy and satisfaction from being in the rhythm of connection with others.

Aline and Gordon so beautifully bring us back to the awareness that we have long underestimated persons with dementia. In their unique and delightful ways, each helps guide us to living more fully in each moment and to honoring the importance of sharing and maintaining connections with others. We can begin to see how our caregiving role needs to be shifted to understanding our caresharing role, for we are gaining just as much within these relationships. Indeed, persons with dementia are teaching us to embrace life with all its wrinkles, creaks, limitations and deficiencies and to find meaning, love and joy in each moment of small pleasures and wondrous connections. Thank you, Aline and Gordon, for the moments we have shared and for your willingness to be our teachers and inspiration.
Advocacy Update

A South Carolina State Plan to Address Alzheimer’s Disease

The Purple Ribbon Alzheimer’s Task Force

We are pleased to announce the passage of S. 1333, a concurrent resolution detailing the formation of a Purple Ribbon Alzheimer’s Task Force for the creation of a state plan to address the disease. This is an important opportunity to assess our state’s capacity to deal with Alzheimer’s disease and related dementia as it becomes increasingly prevalent in our state.

The Task Force has already begun working, with four subcommittees assessing the areas of (1) Data & Research, (2) Medical and Long Term Care, (3) Case Management & Caregiver Assistance, and (4) Outreach & Education. These subcommittees will make policy recommendations to improve services and availability and to better meet the needs of families living with Alzheimer’s disease in South Carolina. The state plan will be completed in March 2009.

November 4th is Election Day!

Every voice and vote can make a difference, but only if your ballot is cast. We encourage everyone to be informed, civic-minded participants in the election process.

All of our elected officials, from local government to the President of the United States, will face the social and economic impact of Alzheimer’s disease, the public health crisis of the 21st century.

Ten million baby boomers – one in eight – will develop Alzheimer’s disease in the United States. The first wave of baby boomers will turn 65 in less than three years. Our leaders must address the issue now.

SAVE THE DATE for your chance to Advocate!

April 22, 2009 South Carolina Legislative Day Columbia, SC
Contact Beth Murff for more information: beth.murff@alz.org or 1-800-908-9690.

Local Advocates Named to National Early Stage Advisory Group

Congratulations to Aline Soutter and Gary Shelton, both of Spartanburg, who have the distinct honor of being named to serve on the Alzheimer’s Association National Early Stage Advisory Group!

The National Alzheimer’s Association first established the Early Stage Advisory Group in January 2006. The group, composed of people in the early stages of Alzheimer’s disease, is helping the Association provide the most appropriate services for people living with early-stage Alzheimer’s, raise awareness about early-stage issues and advocate with legislators to increase funding for research and support programs.

One of the goals of the group is to change and inform the public perception of dementia. By doing this, it is hoped that more people in the earliest stages of the disease will seek assistance earlier; be able to be a part of the planning process for their own care; be able to seek medical interventions earlier; and maximize their independence for the longest possible timeframe.

As a member of the 2008 Early Stage Advisory Group, Aline would like to raise awareness of the disease and show others who are dealing with Alzheimer’s that they are not alone. Aline was diagnosed with Alzheimer’s disease in July of 2006 at the age of 72. She is participating in a clinical trial at MUSC, and she is very active with the local early stage support group.

Gary was diagnosed with Alzheimer’s in May 2007 at the age of 63. Gary is an active volunteer, representing the Association at health fairs, participating in the early stage support group, getting involved in Memory Walk, and even traveling to Washington, DC, to be an advocate for the cause. He is also participating in a clinical trial through MUSC.

Gary and Aline will both participate in this group for a one-year term. We are grateful for their insights that will help drive our early-stage initiative.
Alzheimer’s Registry Marks 20th Anniversary

The Alzheimer’s Disease Registry was established in 1988 to record specific information about South Carolinians who develop Alzheimer’s disease and related disorders (ADRD). As the nation’s most comprehensive registry of its kind, the Alzheimer’s Disease Registry has maintained a record of diagnosed cases of ADRD in the state since 1988.

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. It draws from multiple data sources, including inpatient hospitalizations, mental health records, Medicaid, emergency departments, memory clinics, chart abstracts, vital records, and long-term care evaluations.

On May 31, 1990, Governor Carroll A. Campbell, Jr., signed a state law authorizing the Registry. This law (R653, H4924) has strict confidentiality requirements but does allow registry staff to contact the families and physicians of persons diagnosed as having Alzheimer’s disease or a related disorder to collect relevant data and to provide information about public and private health care resources available to them.

The vital work of the Registry helps to guide our state’s efforts to combat Alzheimer’s and to identify potential risk factors for the disease. This project has received widespread support and interest from the academic community, lay support groups, state agencies, and other public and private organizations as part of a statewide effort to study the growing impact of Alzheimer’s disease on the health and welfare of older South Carolinians.

The Alzheimer’s Registry will celebrate its 20th anniversary this year with a special seminar and reception on Thursday, November 20. For more details, look under Educational Opportunities on page 14. We congratulate the Alzheimer’s Registry for 20 years of excellent data collection and analysis!

New Caregiver Resources

As the leader in the fight against Alzheimer’s, the Alzheimer’s Association offers a number of resources to help you deal with caregiver stress. As part of National Alzheimer’s Disease Awareness Month in November, we are adding two new programs especially for caregivers:

Caregiver Stress Check, a first-of-its-kind, interactive quiz that helps caregivers identify their symptoms of stress and provides them with a tailored list of helpful referrals and resources. Check out the quiz starting Nov. 1 at www.alz.org.

In addition, Alzheimer’s Association CareSource™ is an easy-to-use, one-stop online resource for everything you need to find and plan for care for a person with Alzheimer’s, including:

Lotsa Helping Hands, an interactive calendar that allows anyone involved in care or support to organize caregiving activities.

Alzheimer’s Association Senior Housing Finder™ — Powered by SNAPforSeniors®, Senior Housing Finder is the first online nationwide database for locating dementia care.

Alzheimer’s Association CareFinder™, which helps identify dementia care options to best meet an individual’s needs and preferences.

Learn more about caregiver stress and all of the helpful resources available to you by visiting www.alz.org.

We applaud the Postal Service’s long history of highlighting public health issues. Including Alzheimer’s disease in this tradition will help to spark a national dialogue about how our nation will deal with this public health threat.

Alzheimer’s Association Holiday Cards

With the holidays just around the corner, we have the perfect complement to book of Alzheimer’s Awareness Stamps. Spread holiday cheer and raise awareness with holiday greeting cards from the Alzheimer’s Association. These beautiful Thanksgiving, Holiday and New Year card feature artwork by persons with dementia. The cards are available to order online at www.alz.org/sc.
Resources for Caregivers

Resolving family conflicts

Caregiving issues can often ignite or magnify family conflicts, especially when people cope differently when faced with caregiving responsibilities.

Family members may deny what is happening or resent family members who live far away or are not helping enough. There may also be disagreement about financial and care decisions.

To minimize conflicts, try to acknowledge these feelings and work through them.

- Have a family meeting. Talking about caregiving roles and responsibilities, problems and feelings can help ease tensions. You may want help from a professional counselor or clergy.

- Recognize differences. Some family members may be hands-on caregivers, responding immediately to issues and organizing resources. Others may be more comfortable with being told to complete specific tasks.

- Share caregiving responsibilities. Make a list of tasks and include how much time, money and effort may be involved to complete them. Divide tasks according to the family member’s preferences and abilities.

- Continue to communicate. Periodic family meetings or conference calls keep the family up-to-date and involved. Discuss how things are working, reassess the needs of both the person with Alzheimer’s and the caregiver, and decide if any changes in responsibilities are needed.

“I don’t know where to start... We’ve never done this before!”

If you need advice on a tough situation, some general direction about caring for a loved one, or just someone to listen while you sort out your thoughts, we’re here for you.

Did you know that the Alzheimer’s Association offers Care Consultations completely free of cost? Simply call the office nearest you. You can speak with a staff person by phone or arrange an appointment at the office.

Not sure which office is nearest you? Check out the locations listed on page 19, or call our 24-hour helpline: 1-800-273-2555.

Dementia Dialogues Caregiver Trainings
a free resource for professional and family caregivers

Over the past six years, the Office for the Study of Aging at the Arnold School of Public Health at USC has been conducting Dementia Dialogues, a basic course for caregivers leading to a Dementia Specialist Certificate, across the state of South Carolina. During the month of April 2008, Jan Merling welcomed the 10,000th participant to the series and celebrated the 5,000th graduate.

Offered statewide since 2002 in over 250 locations in 34 counties, the series has been widely attended. Fifty seven percent of the participants in Dementia Dialogues were direct caregivers employed in provision of services with an additional 7% being family or volunteer caregivers. Ten percent of attendees were in administrative or policy making positions.

Based on the South Carolina Alzheimer’s Disease Registry, the number of individuals with Alzheimer’s Disease and Related Disorders (ADRD) is increasing in institutions and at home as the population ages. An understanding of both the disease process and the unique care requirements are necessary to maintain the quality of life for the individual with ADRD and their formal and informal caregivers.

Dementia Dialogues is a five-part learning experience designed to educate individuals who care for persons who exhibit signs and symptoms associated with Alzheimer’s Disease and related disorders. In collaboration with the Bureau of Long Term Care, South Carolina Department of Health and Human Services, this training is provided to facilities and other related organizations at no cost.

For more information about Dementia Dialogues please contact Jan Merling at 803-318-1601 or at jmerling@sc.edu or visit www.sph.sc.edu/osa.

Turn to page 15 for upcoming opportunities to attend Dementia Dialogues sessions near you!
Champion the Cause

Be a workplace champion.
By bringing your support of the Alzheimer's Association into your workplace, you are building greater public awareness about Alzheimer's and the resources available to help families living with the disease. This is a great opportunity to share with co-workers your commitment to the cause!

Here are just a few ideas:

Wear purple. Your Memory Walk t-shirt is great, or visit our shop at www.alz.org.

Host a brain healthy luncheon. Check www.alz.org for brain-healthy foods or call us for menu ideas.

Invite us over for a lunch and learn presentation about Alzheimer's disease or brain health, and/or to staff an informational table in your cafeteria during lunch.

If your company has a Memory Walk team host a post Memory Walk party!

Share “Inside the Brain: An Interactive Tour” with a friend or colleague. It takes you on a multimedia tour of what goes on inside the brain each day. www.alz.org/brain.

Plan a one-day fundraising activity for your work group or company:

- **Game Day.** Organize a lunchtime tournament (softball, volleyball, Scrabble, Cranium) to exercise the body and the brain.

- **Win-A-Day.** Employees donate to enter a contest to win valuable work-related prizes like a prime parking spot, tickets to an event, team lunch, etc.

- **Casual For a Cause.** Employees pay to dress casually (and receive an Alzheimer’s Association symbol sticker to display).

- **Coffee Break.** Ask a coffee company to donate coffee, and instead of your colleagues running out to Starbucks, or the local café, invite them to purchase yours.

Be a champion by giving.
There are many ways to give, and all of them make a difference:

1. **Founder’s Society:** Include the Alzheimer’s Association in your will or trust. Our proper designation is Alzheimer’s Association, South Carolina Chapter. Please call us for further information.

2. **Planned Gifts:** Name us as a beneficiary of a life insurance policy or a retirement plan. Or, ask about a charitable gift annuity, a gift that enables you to meet your charitable goals, provides you with stable lifetime payments and can offer immediate tax savings. If you are age 70½ and up, you can benefit from the extension of the IRA Charitable Rollover Act. This allows IRA owners to make a direct transfer to charities such as the Alzheimer’s Association. Since a traditional IRA is funded with non-taxed dollars, a charitable contribution from an IRA does not qualify for an income tax deduction, but it does give the benefit of a lower taxable income. *Please contact your IRA plan custodian or trustee before making any withdrawal.*

3. **Donation:** The most immediate way to show you care. Simply mail your check using the envelope enclosed.

4. **Online Donation:** Convenient, safe and easy at www.alz.org/sc.

5. **Matching gifts program:** If your company has a program, this is a great way to double your support.

6. **Tribute gifts:** Make a gift in honor or memory or a loved one.

7. **Alois Alzheimer Society:** Join a special group of friends who donate more than $1,000 annually.

8. **Make a gift of Appreciated Stock or Property:** Avoid the capital gains tax while receiving a charitable tax deduction.

9. **Donate your Automobile** to help fight Alzheimer’s disease.

For more information please call Ashton Baker, Vice President Development & Communications at 1.800.860.1444 or e-mail ashton.baker@alz.org. You can also find more info by visiting the donations page at www.alz.org/sc.
South Carolina has been on the MOVE to end Alzheimer’s with 14 Memory Walks across the state during the months of September and October.

Fundraising for Memory Walk continues long after walk day. Funds turned in by November 30 will count towards fundraising totals for all walk participants. If you haven’t hit your fundraising goal yet, there’s still time!

Our goal this year is to raise $568,000 statewide to support the mission of the Alzheimer’s Association. Thank you for helping us serve families and communities in South Carolina, as well as support national research efforts.

Look for a full Memory Walk recap in the Winter edition of the newsletter!

Why we walk... Memory Walk participants share their inspirations

When our Mother was diagnosed with Alzheimer’s we knew very little about the disease and, quite frankly, we were scared. It was Mom who insisted on finding out more, becoming part of a clinical trial and getting us all involved in support groups ...and Fran Emerson came into our lives. The S.C. Alzheimer’s Assoc., particularly the Lowcountry Area Office, has helped us become better informed, not only about the disease but also about available support and services. We are no longer afraid. So, walking in the memory walk is our way of giving back to The Alzheimer’s Association and our way of supporting our Mom!

The Family of Jonnie Watts (pictured at right)
Charleston, SC

When my father-in-law began showing signs and symptoms of Alzheimer’s disease, we felt totally helpless. Once the diagnosis was made, the reality was “what do we do now?” After struggling on our own for several months, we contacted the Alzheimer’s Association for support materials. That day changed our lives and our perspective about Alzheimer’s disease. It was a wonderful feeling to hear someone say, “We can help you.” The Association was able to provide us with a list of local resource services which we so desperately needed. Through the Alzheimer’s Association, we were able to secure help through respite care (at home and outside the home). We attended educational meetings where we met many people in varied fields of expertise (financial, Veterans Affairs, etc.) who held our hands and directed us through the necessary steps to make decisions and get the help we needed – for our family member and ourselves. After a long journey my father-in-law passed away. As a result of experiencing the journey, I saw first hand what this cruel disease does to its victims. It was now my turn to get involved with the Alzheimer’s Association and be able to say “I can help”. The reason I walk is to raise money to help fulfill the mission of the Alzheimer’s Association. I walk because I am on the MOVE to end Alzheimer’s.

Gail Stokes
Greenville, SC

Being young and able to walk is a blessing most people take for granted. I have been humbled to see many young and elderly people suffer from disease processes that take the joy out of their lives. These experiences shed light on my ability to make a difference. I choose to make the Alzheimer’s Association the Memory Walk a priority in my life to help make any difference I can. Complacency is an epidemic in our society and I want to influence those around me to be involved in their passions and to make life better for those they encounter in their daily lives. My passion is to play a part in the pursuit of finding a cure for Alzheimer’s. My family has been directly affected by this disease so I understand firsthand how difficult and emotional this disease can be for loved ones.

Robbie Yarbrough, Aiken, SC

As an advocate, I walk because I care and have compassion for the 5,000,000 Alzheimer’s patients in the USA and many others throughout the world. I walk to raise funds for research and to assist caregivers in their struggles in caring for their family members who are afflicted with AD. I walk to help educate the public to more fully understand the ravages of this terrible disease. I walk to rid AD from the face of the earth.

Ralph Winn, Spartanburg, SC

Aunt Rose was special. Oh, so special as she and I would take “chick trips” into Boston to the Museum of Fine Arts and lunch at a tea room. She never got sick as she exercised daily, both her body that was slim and trim, and her mind with her crosswords and reading books. When she arrived Christmas eve for our annual Jingle Mingle, she seemed different. She hesitated frequently, trying to find words to speak. She forgot details of the “dates” we had had throughout the year. She had difficulty remembering her sisters’ names who she saw at least every other day. These symptoms had come on so very quickly and she knew something was so wrong. She cried because she frustrated herself.

Aunt Rose died ten years after her first Christmas when she forgot what she forgot. She is my reason for the annual “Remember Those Who Can’t” golf tournament and “walking the walk” at the annual Memory Walk.

Joyce Calabrese RN MS
Myrtle Beach, SC
Approximately 300 people attended the 16th Annual Columbia Educational Symposium on August 15, 2008. Sally Hughes Smith, author of *The Circle: A Walk with Dementia*, was an enormous sensation. She thrilled the audience with her stories and suggestions of how to take care of their loved one as well as themselves. Gary Barg from *Today’s Caregiver Magazine* gave family and professional caregivers ideas and suggestions of how to better handle situations that come up in everyday life of an Alzheimer’s caregiver. The attendees also went away with lots of information from other presenters. Everyone loved the food and spending time with other family and professional caregivers. We appreciate the hard work of the symposium committee! Next year’s Symposium is already set for August 14, 2009.

The 3rd Annual Physicians, Pharmacists, and Nurse Practitioners Dinner continues to grow in the number of professionals that attend each year. This year James R. Burke, M.D., Ph.D. Director, Memory Disorders Clinic, Duke University Medical Center Associate Professor of Medicine (Neurology), presented “Options for Care: Risk Factors & Treatment Alternatives.” Warachal Faison, M.D., Clinical Services Director for the Alzheimer’s Research and Clinical Programs at the Medical University of South Carolina, presented “Current Research Data & How to Contact Research Organizations.” David Johnson, M.D., Geriatrician, at Palmetto Senior Care presented “Appropriate Resources and the Available Community Resources.” Next year’s dinner is set for August 13, 2009, starting at 5:30 pm. Seating is limited, so call early to reserve your space: 1-800-636-3346.

The 1st Annual Aiken Alzheimer’s Education Conference was held September 30, 2008, at USC-Aiken. It was entitled, “Moving Through the Mist: A Clearer Pathway to Understanding Dementia.” The speaker for the event was Teepa Snow, MS, OTR/L, FAOTA. This caregiver conference was very interactive and demonstrated hands-on techniques for caring for a person with dementia. There were many moments of laughter and some tears as the group connected to learn how to better understand the different types of dementia. There were over 50 people at the event, with attendees from all over the state. The hope is for this to become an annual conference. Special thanks to the great conference committee (pictured below)!

Elks Working for Those Who Cannot Remember

The SC Elks State Major Project, Alzheimer’s Charity continues with fund-raising and participation with the SC Chapter. Several lodges throughout the State have been participating in the Memory Walks in their lodge areas.

Recent Fundraisers: Ms Joann Billman, Exalted Ruler of the Summerville Lodge and Chairman of the SCEASMPAC Cruise fund-raiser committee is flying to San Francisco with 62 Elks and guests to board a cruise ship to Hawaii. Ms. Billman and the cruise line donate from $50 to $70 per person to the SMP. Joann’s Travel Agency “Circle B Dream Vacations” is responsible for raising over $18,000 for the SMP over the past 4 years. The SMP Elks Ladies Fundraiser which includes the Auxiliary’s and DOES and other ladies throughout the state contributed $1,900 to the SMP Perpetual Fund at the Summer Convention held in Greenville this August. Those contributing were, The Rock Hill DOES, Camden-Lugoff Ladies Auxiliary and the Myrtle Beach Elks Ladies. One of the major contributors in this fundraiser is the “Red Hat” Ladies in the Charleston area. The “Geechee Red Hat Ladies” who created the “Good Looking Cooking Cookbook” contributed $9,000 over the past four years. This year another Red Hat Ladies group, “Diamonds In The Pluff” recently held their first fund-raiser Oct 4, 2008. This fund-raiser was a Pancake Breakfast sponsored by Applebee’s Bar and Grill on Sam Rittenberg Blvd. in Charleston. 190 breakfasts were served. It was a fun time for all who came, and the event raised over $1200! Several lodges including Little River, Hilton Head and others have held and are planning their golf tournaments.

Upcoming Events: The Walterboro Lodge is planning their Bowling for Bucks Alzheimer’s Fundraiser Nov. 8 at the “Family Bowl” owned by Walterboro Lodge’s Treasurer, Jim Schiavone PER—for info call 843-539-1988. The Florence Elks Lodge will hold an Oyster Roast November 8 at 4PM. For info, call ER Barbara Pecca at 843-661-6005

Thanks to Charles “Buddy” Sirisky, Alzheimer’s Chairman, SC Elks Association State Major Project, for contributing the news for the Elks’ Corner.
On September 6th, the first ever Memory Poker Paddle was held on Lake Hartwell. 48 participants gathered at Darwin Wright Park with their kayaks and canoes to paddle for Alzheimer’s. The boats stopped at 5 locations on a 5 mile course to draw a playing card. Each participant delivered their poker hand to a judge who determined who held the highest poker hand. Tom Divver’s full house won him a Ocean Frenzy Kayak that was donated by Grady’s Great Outdoors. (Tom is pictured above with Cindy Alewine, Wendy Parks - event coordinator, and Lindsay Sill.) Chick-fil-a provided lunch, and volunteers from CVS Pharmacy helped at the stops and awards ceremony. The Memory Poker Paddle raised $3,043.12!

The 4th Annual “Remember Those Who Can’t” Golf Tournament was held at Blackmoor Golf Course on Saturday, July 12. Jerry Yarchever chaired the event, and it was hosted by Regency Hospice, Allcare Medical Equipment and The Lighthouse Care Center. Ed Piotrowski, meteorologist on WPDE, Channel 15, brought perfect weather with him. A delectable lunch was donated in honor of Mabel Blue. There were prizes galore along with a 50/50 cash drawing, half of which was donated back by winner Ken Francis. Everyone had a fantastic time, and they raised almost $11,000! Thanks to the staff at Blackmoor Golf Course, where the conditions were perfect.

Remembering the Ride, presented by Eden Terrace, was held on August 23rd to benefit the Spartanburg Area Memory Walk. About 35 bikes started the ride at Harley Davidson of Spartanburg and ended at Hooters of Spartanburg with entertainment by Roland Custalow. This event raised $3,500! Special thanks to North Hills Automotive, Roughnecks Motorcycle Club of South Carolina and Hooters for sponsoring this event.

The 3rd Annual Mustangs & Memories Car Show was held on June 7 in Chester, SC. The car show raised $1,255!

The Palmetto Parrot Head Club’s 9th Annual Fin Fest was held on Saturday, June 14, at the University House. This year’s event raised over $10,000 benefiting the Alzheimer’s Association! Thanks to all Parrot Heads who partyed with a purpose!

The Alzheimer’s Association is grateful to be a beneficiary of the 23rd Annual Peoples National Bank Benefit Golf Tournament, held on May 13th in Easley, SC. The South Carolina Chapter received $6,000 from tournament proceeds. Thank you to the Peoples National Bank for being such a good neighbor in our community. (Pictured: Lindsay Sill, Teresa Mills (Director of Marketing, PNB), Cindy Alewine and Marjorie George.)

The 11th Annual Alzheimer’s Golf Classic presented by NAIFA-Spartanburg was held on Thursday, May 29th at Three Pines in Woodruff, SC. This year’s event included over 100 golfers and a boat from Gotcha Covered Marine as the hole-in-one prize. The tournament raised $10,182.15. Thank you to all of our golfers, committee members (pictured above), sponsors and NAIFA-Spartanburg. Gold Sponsors of the event were Eden Terrace, White Oak Management and World Insurance-Robert McGuire. Silver Sponsors included Steve Lee, Jesse Cooksey, The Junction, Fleming Insurance-Wendy Fleming-Bailey, Budweiser, Gotcha Covered Marine-Lake Hartwell Power Squadron, Airtech Mechanical-Radical Designs and Betty Roberson.

Please save the date for our spring events:

**April 25** Grand Strand Forget-Me-Not Ball  
Marina Inn at Grande Dunes, Myrtle Beach

**April 28** Carroll A. Campbell, Jr., Memorial Golf Classic  
The Windermere Club, Blythewood

**May 1** Upstate Forget-Me-Not Ball  
The Poinsett Club, Greenville

**May 2** The 21st Annual Bowl-A-Thon  
Boulevard Lanes, Anderson

**May 15** Charleston Forget-Me-Not Ball  
The Francis Marion Hotel, Charleston

www.alz.org/sc
Upcoming Educational Opportunities

Lowcountry Area

Colleton Caregivers Educational and Support Group for Alzheimer’s and Related Memory Loss
2nd Tuesday each month
6:30 PM
Good Shepherd Lutheran Church
106 May Street, Walterboro
Nov 11 - “This is Not Easy/You’re Not Alone!” (Spirituality)
Dec 9 - “Fa-La-La-La De-Dah!” (Coping With the Holidays)
The sessions are free and light refreshments will be provided. Please call Shepherd’s Care at 549-6623 or the church at 549-5353 to reserve a space for each education/support session.

Across the State

“Dementia Dialogues” is a free 5-session training course designed to educate individuals who care for persons who exhibit signs and symptoms associated with Alzheimer’s Disease or related dementias. Each of the 5 sessions is approximately 90 minutes in length. Participants will be awarded a Dementia Specialist Certificate after completion of all 5 sessions. Recommended participants include CNAs, PCAs, nurses, family members, activity directors, and anyone who interacts with individuals with dementia.

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<thead>
<tr>
<th>Aiken</th>
<th>Mattie C. Hall</th>
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<tr>
<td>30 Laurens St NW</td>
<td>803-649-6264</td>
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<tr>
<th>Simpsonville</th>
<th>5 Forks Baptist Church</th>
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<td>112 Batesville Rd</td>
<td>864-288-9455</td>
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<th>Columbia</th>
<th>Eastminster Presbyterian Church</th>
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<td>3200 Trenholm Rd</td>
<td>803-256-1654</td>
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Tuesdays
Occ 28, Nov 4, 11, 18, 25
10:00 am

Simpsonville
Nov 4, 11, 18, 25, Dec 2
7:00 pm

Columbia
Wednesdays
Feb 4, 11, 18, Mar 4, 11
6:30 pm

Midlands Area

Alzheimer’s Registry
20th Anniversary Celebration
Thursday, November 20, 2008, at 5 pm
Public Health Research Center Auditorium
921 Assembly Street, Columbia, SC
Speaker William K. Scott, Ph.D., from the Dr. John T. Macdonald Foundation Department of Human Genetics, University of Miami, Miller School of Medicine, will be giving a talk on the genetic implications in Alzheimer’s disease and his work in cognitive aging in the Amish population. Reception will follow. Free and open to the public!

Anderson Area

Alzheimer’s Disease and Related Dementia Update
Nov 12, 9-10:15 AM
Anderson Place
311 Simpson Rd, Anderson
A free program for families and professionals with presenter Warachal Faison, MD, from Alzheimer’s Research and Clinical Programs at the Medical University of South Carolina. Learn the latest about diagnosis, treatment, and research. Please call ahead to reserve your spot, as space is limited: 864-261-3875.

Greenville Area

Problems with Memory? A free educational series for persons concerned about memory issues for themselves, a friend, or a family member.
1-2 PM on the following Tuesdays
County Square, Conference Room H
301 University Ridge, Greenville
Nov 4 - Panel Discussion: Dementia
Nov 11 - Legal & Financial Planning
Nov 18 - Communication & Relationships
Beverage provided – Brown-bag lunch optional. Due to limited sitting, pre-registration is requested: 1-866-844-0995.

Spartanburg Area

Educational Series for Caregivers of People with Dementia
Mondays, 6:30 - 8 PM
Community Center
The Village at Pelham, Greer
Educational series focused on education and coping skills to reduce stress and result in more positive outcomes.
Nov 3 - Community Resources
Nov 10 - End of Life Issues
Nov 17 - Alzheimer’s Association
Light refreshments will be provided. Call 864-809-4691 to register.

Watch for classes in Rock Hill and Calhoun County in Spring 2009!
Research News

Conference draws international attention to Alzheimer’s disease

The Alzheimer’s Association International Conference on Alzheimer’s Disease (ICAD), held in Chicago July 26-31, convened the most celebrated Alzheimer researchers as speakers and presenters, as well as an unprecedented 5,400 attendees. Researchers from around the world gathered to share the latest developments in dementia science with more than 2,000 plenary, symposium, oral and poster presentations.

Groundbreaking research included methods for earlier detection of Alzheimer’s and social and behavioral therapies. A symposium on disease-modifying drugs drew a full house, reflecting a keen interest among researchers in development of drugs to slow or stop the progression of Alzheimer’s.

ICAD provided the Alzheimer’s Association and its many esteemed guests with an unmatched collegial experience and unparalleled access to top-level, cutting-edge research. And, looking forward to ICAD 2009 in Vienna, the Association is energized to realize the possibility that its work, and the work of its many partners, is advancing toward a shared vision of a world without Alzheimer’s disease.

Some of the most compelling science news presented at ICAD included:

- Findings indicating that individuals in the early stages of Alzheimer’s who were more physically fit displayed less brain atrophy in areas associated with memory.
- A study showing that respectful communication in residential care settings increases the quality of care for residents.
- Promising data from Phase II clinical trials on Rember, a drug that directly targets the tau protein tangles that build up inside nerve cells in the brain. This potential treatment is the first to focus on tangles — rather than beta-amyloid, which forms sticky clumps outside of brain cells — as the culprit in Alzheimer’s disease.
- Dimebon, formerly available overseas as an antihistamine and currently in clinical trials for Alzheimer’s, showed promise in stabilizing dementia symptoms.

Experts caution that while the results are encouraging, these drugs are still several years away from being available.

Looking forward to ICAD 2009 in Vienna, the Association is energized to realize the possibility that its work, and the work of its many partners, is advancing toward a shared vision of a world without Alzheimer’s disease.

VOLUNTEERS NEEDED for Upstate Study

Researchers and physicians are conducting a joint research project to measure the physical functioning of aging individuals. The goal of this collaboration is to assist older adults and their families identify individuals’ strengths and weaknesses in the home environment. The researchers hope to use this information to help maintain independence by adapting activities of daily living depending upon one’s changing physical and cognitive abilities.

To participate, volunteers must be over the age of 50 and be willing to give about 2 hours to the study. They will be asked to complete activities of everyday life such as sweeping and carrying groceries. In addition, they will be paid $10 per hour.

For more information, please call Dr. Johnell Brooks from Clemson University at 864-656-1703 or Dr. William Logan from the Center for Success in Aging of the Greenville Hospital System University Medical Center at 864-454-8120.

Marriage may help reduce risk of dementia

A recent study found that unmarried, middle-aged people are more likely to develop cognitive impairment than married people of the same age.

In the Swedish study, the results of which were presented at the Alzheimer’s Association International Conference on Alzheimer’s Disease in Chicago, over 1,400 Finnish people were questioned in midlife and then again in 1998, an average of 21 years later. Almost 10 percent were diagnosed with some form of cognitive impairment in 1998, with 48 diagnosed with Alzheimer’s disease.

Researchers adjusted their figures to take into account weight, physical activity and education. Participants who were married were 50 percent less likely to show signs of impairment later in life than those who lived alone. Those who stayed single had a doubled risk of dementia, while those who were divorced from midlife onward had triple the risk.

The reasons behind the results weren’t entirely clear, but study author Krister Hakånsson of the Karolinska Institutet in Stockholm said, “Cognitive and intellectual stimulation has been reported to be protective against dementia in general. Living in a couple means that you are confronted with other ideas, perspectives and needs. You have to compromise, make decisions and solve problems together with someone else, which is more complicated and challenging.”
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)

BERKELEY COUNTY
4th Thurs. 10-12 noon
Pinewood House (Gosse Creek)
843-832-2357 (Don Bagwell)

CHARLESTON COUNTY
2nd Sun. 2:30 PM
Parkinson’s Support Group
843-842-6688 (Cathee Stegall)

Hilton Head
Tide Point
2nd & 4th Wednesday 3 PM
Hilton Head
Hawthorn Inn
843-206-2060 (Karen Doughtie)

2nd Tues. 11:00 AM
Aurora Pavilion
803-648-2117 (Liz Neal)
803-641-5900 (Robert Schwartz)

3rd Thurs. 7 PM
Anderson Plaza
311 Simpson Rd.
Anderson, SC
864-224-3045-AZL Office
(Mel Harris Facilitator)

MEN’S GROUP
2nd Mon. Noon (Lunch provided)
Boulevard Baptist – Family Life Ctr.
864-225-7424 (Bill Davis)

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

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

2nd Wednesday 10-noon
Palm Meadows Court
Hilton Head
843-842-6688 (Karen Doughtie)

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

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

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

2nd Tuesday 2 PM
Okatie Outpatient Center
843-705-5349 (Marilyn Wiener)

BERKELEY COUNTY
4th Thurs. 10-12 noon
Pinewood House (Gosse Creek)
843-832-2357 (Don Bagwell)

CHARLESTON COUNTY
2nd Sun. 2:30 PM
Parkinson’s Support Group
843-842-6688 (Cathee Stegall)

1st Thurs. 7 PM
Bon Secours - St Francis Hospital
Meeting Room 1, West Ashley
843-884-6949 (Gretchen Huff)

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
843-549-8623 (Virginia Bullard)

DARLINGTON COUNTY
1st Tues. 10 AM
St. Bartholomew’s Church
Cameron Dr. Hartsville
843-332-7478 (Margaret Coker)

2nd Tues. 10 AM
Medford Center
Darlington
843-332-7478 (Margaret Coker)

DORCHESTER COUNTY
2nd Thurs. 7 – 9 PM
Royal Oaks Residential Care Clubhouse
Summerville, SC
843-832-2357 (Don Bagwell & Nan Hazelwood, RN)

3rd Tuesday 2-3 PM
David Soujourner Senior Center
Hwy 78 St. George
843-796-9670 (Don Bagwell)

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

CHESTER COUNTY
Last Monday 12-1 PM
Hospice Care of SC Office
179 Columbia St.
803-581-6577 (Jan Byars)

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

GREENVILLE COUNTY
1st Tues. 10 AM
Greer Memorial Hospital
864-787-0319 (Sara Briggs)
864-918-8058 (Emily Casto)

2nd Thurs. 2 PM
Rolling Green Village (Library)
1 Hoke Smith Blvd.
Greenville, SC
(864) 286-0668 (Gale Pemberton)

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

4th Mon. 7 PM
The Gardens at Eastside
275 Commonwealth Dr.
Greenville
864-286-0668 (Gale Pemberton)
864-346-0579 (B.J. Burns)

4th Tues. 6:30 PM
Shepherd’s Care Center (Auditorium)
2100 N. Pleasantburg Dr.
Greenville, SC
864-268-1480 (Betty Groom)
864-987-0124 (Fran Erickson)

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

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

1st Monday 6 PM
Grand Strand Senior Center
1268 21st Ave. Myrtle Beach
843-333-2868 (Joyce Calabrese)

3rd Wed. 3 PM (Loris)
Southern Medical Assoc. Office
843-651-2335 (Marcy Jay)
Support Groups are free and open to the public. Family members and friends are welcome to attend.

2nd Tues.  6 PM
Agape Senior - Murrells Inlet
843-357-0200 (Alyse Emerson)
843-215-1497 (Lillian Chopko)

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

LANCASTER COUNTY
Last Mon. 3:30 PM
Lancaster Convalescent
803-285-7907 or 1-866-844-0993
Sarah Bost, Facilitator

2nd Thurs. 10 AM
Senior Helpers (Perimeter Ctr)
9081 Northfield Dr.
Indian Land
803-548-6766 (Janice Broach)

LAURENS COUNTY
2nd Tues. 6:30 PM
Laurens County Library
1017 W. Main St, Laurens
(864) 833-1055 (Robbie South)
(864) 682-3911 (Connie Lytes)

LEE COUNTY
3rd Fri. 10-11 AM
51 Wilkinson Road
Bishopville, SC
803-775-7381 (Toni Brew)

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

Last Tues. 3 PM
SC Episcopal Home @ Still Hopes
West Columbia, SC
803-739-5047 (Sharon Johnson)

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

2nd Wed. at 2:00
Chapin Baptist Church
803-451-7434 (Melanie Dohm)

MARION COUNTY
Last Tues. 2 PM
Mullins Nursing Home
843-464-8211 (Sheery Fleming)

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

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

PICKENS COUNTY
1st Thurs. 7 PM
Capt. K. Hampton Library –Easley
(2nd Floor Conf Rm)
864-855-8668 (Meri Childress)
864-836-5151 (Debbie Scarborough)

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

RICHLAND COUNTY
NEW GROUP: Begins Nov. 10
2nd Mon. 6:30 PM
Riverland Hills Baptist Church
201 Lake Murray Blvd., Irmo
803-781-9192 (Jan and Don Earles)

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

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

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

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

2nd Wed. 11:30 AM
Palmetto Senior Care
Columbia, SC
803-691-5650 (Mary Winstead)

3rd Wed. 12 PM
Palmetto Senior Care
White Rock, SC
803-732-6670 (Georgia Troficanco)

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

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

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

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

Last Wed. 1:30-3:30 PM
C.M. Tucker Jr./Dowdy Gardner Nursing Care Center
Columbia, SC
803-737-5312 (Bruce LaFleur)

3rd Thurs. 6:30 PM
Daily Life Center Lowman Home
803-451-7434 (Melanie Dohm)

SPARTANBURG COUNTY
3rd Thurs. 6 PM
RoseCrest Retirement Community
864-599-8556 (Luwanna Duque)

3rd Tues. 7 PM
Alzheimer’s Office
901 S Pine St. Spartanburg
864-542-9988 or 1-800-908-9690
(Ralph Winn)

4th Mon. 7 PM
Chesnee Wesleyan Church Fellowship Hall
864-461-2774 (Vera Martin)

www.alz.org/sc
When people think about staying fit, they generally focus below the neck. But brain health also plays a critical role in thinking, working, playing – and even sleeping. So keep active! Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells. Try this exercise to get your brain going:

Words of Wisdom a writing exercise by Dr. Kara Bopp, Wofford College

1. Think of person to give advice to
2. Write down 3-5 pieces of advice for that person
3. Write down 3-5 ideas for what the person should not do
4. Write down words of wisdom that exemplify your life. What is your favorite saying?

Write for 5-10 minutes for each section. This exercise is even more fun with a group, because you can share what you’ve written out loud! If you’d like, share your Words of Wisdom with the person for whom it was written. Chances are that it’s something each person will treasure!
Buddy Taylor and his wife, Marlu, take part in the Life Writing series during an Early Stage Support Group meeting in Spartanburg.

 Patients and caregivers often find that, regardless of the details and specific incidents, certain truths have a way of rising up out of the past. And behind each gem of wisdom is a wealth of emotions and memories.

According to Dr. Bopp, writing down words of wisdom - the lessons learned over the course of a person’s life - gives a person the chance to reminisce, to feel important and valued, and also to be freed of the challenge of remembering all the little things that can be, for a person with Alzheimer’s, so frustrating to remember.

Ordinarily animated and full of good cheer, Taylor and his wife were particularly upbeat during this exercise. Indeed, most of the 12 or so people present wrote with smiles on their faces and were quick to share what they had written with the person sitting next to them.

Time, hectic schedules, children and life in general sometimes get in the way of relationships. Children grow up and move away. Parents retire to someplace sunnier. Regrettably, the diagnosis of a chronic illness such as Alzheimer’s can also draw a wedge between family members. The reasons for this are many, not the least of which is that it is hard to see a loved one’s memory and personality deteriorate.

But, as Taylor discovered over the past eight months, hard and uncomfortable tasks can have a particularly pleasant payoff.

After a lengthy period of time when life got in the way, Taylor and his daughter now get together once a week to talk about the writing that Taylor has done, to reminisce and to go on short road trips for the first time in many years.

“The writing series gave Buddy and his daughter a way of communicating,” said Marlu Taylor, “I’m glad that the Alzheimer’s Association did the Life Writing Series.”

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Stop in or give us a call... we’re here to help! Find the office nearest you:

Anderson (Main) Office:  
Serves all counties with emphasis on Anderson and Oconee Counties  
4124 Clemson Blvd, Ste L  
Anderson, SC 29621  
864.224.3045  
800.273.2555 (toll free)

Coastal & Pee Dee Office:  
Serves Horry, Georgetown, Williamsburg, Florence, Marion, Chesterfield, Marlboro, Darlington, and Dillon Counties  
1010 5th Ave North  
Ardis Executive Office  
Ste 101, Room I  
Surfside Beach, SC 29575  
843.233.9100  
866.800.4460 (toll free)

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)

Greenwood Area Office:  
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332 Main St, Ste 400A  
Greenwood, SC 29649  
864.943.8895  
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Lowcountry Area Office:  
Serves Charleston, Berkeley, Dorchester, Colleton, Hampton, Jasper, Beaufort Counties  
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Serves York, Chester, Lancaster, Fairfield, Kershaw, and Lee Counties  
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803.327.4715  
866.844.0993 (toll free)

Spartanburg Area Office:  
Serves Spartanburg, Union, and Cherokee Counties  
901 South Pine St  
Spartanburg, SC 29302  
864.542.9998  
800.908.9690 (toll free)

www.alz.org/sc
Have you thought about making a year end charitable gift?

As always, your contribution to the Alzheimer’s Association is tax-deductible. Please consider the Alzheimer’s Association as you make your year end 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 estimated 70,000 South Carolinians who suffer with Alzheimer’s disease and their family members, as well as fund Alzheimer’s research and advocacy. For your convenience, a donation envelope is included in this publication.

Thank you for supporting our cause!