On Saturday, December 1, 2007, 128 people from across the Carolinas and Georgia gathered in Spartanburg for an unprecedented event—an Early Stage Dementia Town Hall Meeting. This was an opportunity for people with dementia to talk about living with the disease: connecting with others who understand their experiences, discussing the issues that matter most to them and helping the Association learn how to best serve their needs.

Historically, the Alzheimer’s Association has been an organization for caregivers. In recent years, however, physicians have become more adept at diagnosing the disease in its beginning stages. As a result, increasing numbers of people have been faced with the hard reality of that life-changing diagnosis—and at younger ages than the traditionally accepted norm. The Alzheimer's Association is working hard to provide support and resources to those individuals.

Early stage panelist Pam Edwards of Carolina Shores, NC, spoke eloquently of the need for support when she likened the experience of having dementia to floating down a river. “That person is caught in those waves and currents,” she said. “You either have to get on the boat and go with them or step aside—because if you’re not with them, you’re in the way!”

Panelists and attendees alike echoed that need for support and information: from doctors, from family and from each other. Questions about medications were answered by panelist Mohammed Memon, MD, a geriatric psychiatrist from Spartanburg Regional Hospital. Some people talked about their difficulties finding or paying for the right medications. Participants were encouraged to speak up to their government officials and lawmakers about the importance and urgency of increasing vital funding for Alzheimer research.

Some attendees expressed frustration about the stigma that still surrounds Alzheimer’s disease. One lady, who traveled across the state to attend, described the meeting as a wonderful “coming-out-of-the-closet” experience for her. She appreciated being able to talk about having the disease, because, she said, if she told her friends at home they would never understand.

Members of the audience traded suggestions and shared their experiences. One member of an Early Stage Support Group in Greenville talked about how the group had been helpful to him. “We have a dynamic in that group that helps us maintain a positive attitude,” he said.

Steve McDonald, early stage panelist from Greenville, SC, summed up the meeting beautifully when he said, “I’m not trying to live through Alzheimer’s. I can’t. But I intend to live with Alzheimer’s, and that’s the important thing!”

The Alzheimer’s Association - South Carolina Chapter is currently working to expand its offering of early stage support groups across the state. If you do not see one listed below in an area near you, please call our chapter office to let us know that you are interested. If you would like to attend one of the groups below, please call the contact person to arrange a pre-meeting interview.

The Anderson Area group is meeting at First Baptist Church of Pendleton on specified Thursday mornings. Call Gail Marion at 800.273.2555 for more information.

The Greenville Area group is currently meeting at County Square twice a month on Tuesday mornings. Please call Marjorie George at 866.844.0995 for more information.

A new Midlands Area group will begin meeting in the coming months. If you or a loved one are interested in becoming part of this group, please call Adelle Stanley for more details: 800.636.3346.

The Spartanburg Area support group meets on the 2nd & 4th Wednesdays each month at 2 PM. There is also an activity group that meets on the 3rd Wednesday at Windsor House West. Call Joyce Finkle at 800.908.9690 for more information.

The Rock Hill Area group meets at the Alzheimer’s Association office on the last Tuesday of each month, 3-4 PM. Please call Sarah Bost for more details: 866.844.0993.
As we complete our first year as the merged South Carolina Chapter, we would like to thank the many people who continue to support our organization in so many ways. As 78 million baby boomers reach the age of greatest risk for this disease, the number of individuals with Alzheimer’s disease in the U.S. is expected to reach 16 million by the year 2050. Alzheimer’s disease is fast becoming the greatest public health crisis of the 21st Century.

During the past 12 months, the South Carolina Chapter was able to serve thousands of individuals and families including over 3,000 support group participants, 3,500 helpline callers and over 1,535 respite care recipients. We were also able to reach over 9,000 individuals through educational programs and over 30,000 individuals through our newsletter. In addition to these local services, the National Alzheimer’s Association spent approximately $38 million dollars on Alzheimer’s research during the past year.

As we search for a cure and more effective treatments, we continue to provide the support and service programs that are so important to families who are faced with this crisis. We are pleased to join forces with our National Alzheimer’s Association and local chapters throughout the country to increase financial support for our full mission through Shared Fundraising. Although the majority of funds raised locally remain in your communities to provide services to in-and their families, local donors can also be assured that they are supporting the ongoing research efforts.

Many of you have supported the Alzheimer’s Association through events such as our Memory Walks, galas, bowl-a-thons and golf tournaments or through memorials and honorariums. An additional opportunity for individuals to support programs and research through our Shared Fundraising partnership is through direct mail, which has become increasingly effective in raising significant funds. If you receive a direct mail appeal, please know that we appreciate your generous past and ongoing support and offer this as just another alternative for donating. Please feel free to contact us if you have any questions about these appeals.

Most of all, we thank you for your support and your concern. With 1 in 8 individuals over age 65 and 1 in 2 individuals over 85 being affected by this disease, we are excited about expanding our opportunities to increase support. We look forward to working together as we fight Alzheimer’s disease through local programs and research efforts that will someday lead us to achieve our vision: a world without Alzheimer’s.

Our Mission

To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
The Lowcountry Area Office welcomes Cameron Renwick as the new Lowcountry Community Outreach Coordinator! She will be helping Fran and Ashton with regional programs and events. Cameron is a 2003 graduate of the College of Charleston with a BA in Theatre, and she enjoys living in Charleston with her husband Matt and their two Bassett Hounds. She is excited to start raising lots of money for Alzheimer’s and for the Association!

The Spartanburg Area Office welcomes Jill Smith as the new Program Associate! Jill is a 1995 graduate of USC-Spartanburg with a BA in English. She has been married for 29 years and has 2 daughters. Jill is joining our staff after about 15 years of nonprofit work, and she’s a fantastic grant writer. She also has a very special Aunt who is in the late stages of Alzheimer’s disease.

The Midlands Area Office welcomes Kate Sweeten as their new Event Specialist! Kate is a 2006 graduate of the University of South Carolina with a BS in Marketing and Management, and a Hotel, Restaurant, Tourism Management minor. She is originally from Kennebunkport, Maine, and she was an event coordinator for Values Based Initiatives, LLC in New York before joining our chapter staff. Kate is now living in Columbia with her husband Wesley and 2 cats.

Beth Murff, formerly the Spartanburg Area Program & Advocacy Associate, has been named Director of Communications & Advocacy for the chapter. In her new role, Beth will be managing the newsletter and website, as well as media outreach and public policy initiatives. Beth is a 2006 graduate of the University of South Carolina with a BA in English. She is very happy to continue her work in advocacy while using her English background to raise awareness of Alzheimer’s disease across the state.

ANOTHER NEW ARRIVAL
One of our staff members had a new addition to her family during the month of November! Congratulations!

Luke Michael, son of Jayme and Chad Bolding
Resources for Caregivers

We want you take a break!

Did you know that the Alzheimer’s Association - South Carolina Chapter offers respite vouchers for full-time caregivers?

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. A doctor’s diagnosis of Alzheimer’s or dementia is required to be eligible.

If you or someone you know provides care for a person with dementia, other people have probably offered to help out. Now it’s easy to organize and communicate with care volunteers using Lotsa Helping Hands, part of the Alzheimer’s Association CareSource™, an online suite of services to help with care planning.

Lotsa Helping Hands is an interactive calendar that allows caregivers, friends and family to log onto one convenient, private site and organize caregiving tasks. The tool was launched in November 2007 to mark National Alzheimer’s Disease Awareness Month and National Family Caregiver Month.

The free, easy-to-use calendar is designed to help you coordinate the dates and times when others have offered to share caregiving duties – and to help you keep in touch with others about your needs and those of the person with dementia. Anyone who wants to help can create an account.

A few clicks of the mouse allows users to:
- Share your schedule and needs with anyone who wants to help
- Post messages on a secure group bulletin board
- Send notification and reminder e-mails

Visit Lotsa Helping Hands and other care resources today at www.alz.org/caresource.

Searching for the right residential housing for someone with Alzheimer’s has never been easier! Just use the Senior Housing Finder℠, brought to you by the Alzheimer’s Association. This new tool is the first nationwide senior housing database for locating dementia care.

Developed in collaboration with SNAPforSeniors®, Senior Housing Finder allows users to search by geographic area, housing type and availability. In the coming months, it will also be possible to screen for level of dementia care, types of payments accepted, lifestyle amenities and other specialized care services.

Senior Housing Finder complements Alzheimer’s Association CareFinder℠, an online program to help users identify dementia care options based on an individual’s needs and preferences. Users can match CareFinder results with search criteria in the Senior Housing Finder database to identify local care providers that may meet their needs.

You can access Senior Housing Finder in several ways: visit our Web site at www.alz.org/sc and click on “We Can Help”; call the Alzheimer’s Association 24-hour Helpline at 1.800.272.3900; or contact your local South Carolina Chapter office.

Senior Housing Finder is another example of the Alzheimer’s Association’s leadership in helping families find quality care for loved ones with dementia. Senior Housing Finder and our other care services are an extension of our nationwide Campaign for Quality Residential Care to improve the standard of care for people living with dementia.
In a move to significantly improve the safety of individuals with Alzheimer’s or related dementia, MedicAlert® and the Alzheimer’s Association have formed an alliance to offer MedicAlert® + Alzheimer’s Association Safe Return®. This is a live, 24-hour emergency response service for wandering and medical emergencies.

When a person with dementia wanders or becomes lost, his or her information and photo is provided to local law enforcement. When a person is found, a citizen or law official calls the 800-number on the identification product and the individual’s family or caregivers are contacted. The nearest Alzheimer’s Association office provides information and support during search and rescue efforts. As an added service, access to the enrollee’s personal health record will be available through this service, should medical attention be required.

If you were enrolled in Safe Return prior to this update, you should have received a letter outlining your current subscription options. If you have any questions about how this change affects your enrollment, feel free to contact our chapter office.

To enroll a person with Alzheimer’s disease in MedicAlert + Safe Return, update a current enrollment with a member’s medical information or learn more about the program, please contact our office at 1.800.273.2555.

You may also enroll a person or update a member’s medical information online at www.alz.org/SafeReturn or www.medicalert.org, or by calling MedicAlert directly at 1.888.577.8566.

We would like to recognize Celebrate Community and their partners, who have provided a grant that will fund MedicAlert + Safe Return community awareness, law enforcement training and scholarships in communities throughout Union, Cherokee and Spartanburg counties. Thank you for making this possible!

How can my facility be included?

Each day thousands of individuals and professionals seek assistance from the Alzheimer’s Association, many looking for housing. They need to know what level of care, features and amenities you offer.

The Alzheimer’s Association and SNAPforSeniors invite you to complete a SNAP-Profile™ at no cost to ensure the details describing your facility are available through the Senior Housing Finder so potential residents may learn about your services and contact you directly.

Fill out a free SNAP-Profile™ online at www.snapforseniors.com (click on “Providers”) or call customer service at: (888) 651-7627

SNAPforSeniors is not a placement or referral agency and does not charge for listings, leads or referrals.

Detailed facility information is self-reported by each facility and is not verified. The information provided by a facility should not imply endorsement by the Alzheimer’s Association.

6 out of 10 people with dementia will wander.

You can’t know when it will happen, but you can be ready when it does. Call today if you know someone who:

• Returns from a regular walk or drive later than usual.
• Tries to fulfill former obligations, such as going to work.
• Tries or wants 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.
• Appears lost in a new or changed environment.

You can’t know when it will happen, but you can be ready when it does. Call today if you know someone who:
A Vaccine for Alzheimer’s disease:... Could this be?
Vaccines have been developed for small pox, influenza, polio, hepatitis, measles, rubella, mumps, and other diseases. Often when people travel out of the country, they receive a number of vaccines to protect themselves against diseases. Given that Alzheimer’s disease affects greater than 5 million people in the United States and it is anticipated that these numbers will triple by 2050, Alzheimer’s disease is indeed a public health concern. Research efforts have been underway for several years to develop a vaccine to fight against Alzheimer’s disease.

Although there is no cure for Alzheimer’s disease, it is believed that deposits or plaques of amyloid (pronounced am’-uh-loyd), a protein that gathers in the brain, are the core of the disease. These amyloid plaques keep our brains from functioning properly—causing memory loss and confusion. Research is underway to develop medication treatments such as oral medications and vaccines that are aimed to reduce or prevent amyloid deposits in the brain.

HISTORY OF ALZHEIMER’S VACCINE DEVELOPMENT
For the past several years, scientists in medical research centers and pharmaceutical companies have been investigating vaccines for Alzheimer’s disease. There have been research trials that investigated vaccines infused into the blood stream, vaccines administered through a skin patch, and vaccines administered through nose drops. Vaccine trials have been conducted in both mice and humans. One research trial that made some important strides in our understanding of Alzheimer’s disease was an investigation sponsored by Elan and Wyeth pharmaceutical companies in the early 2000s involving human participants. This study was stopped in 2002, however, when some patients developed brain inflammation (infection).

A follow-up of participants in the study revealed that some of the participants may have actually benefited from the vaccine. Data suggested that some participants receiving the vaccine may have had improved memory as compared to those participants who did not receive the vaccine (placebo). Some patients who received the vaccine also appeared to have reduced amyloid deposits when their brains were examined via autopsy.

CURRENT NEWS
A number of pharmaceutical companies and medical centers have continued to forge ahead and develop other AD vaccines. Elan Pharmaceuticals, Inc. is currently sponsoring a clinical research trial which investigates a new vaccine called bapineuzumab (pronounced bap-e-new’-zoo-mab).

Bapineuzumab is expected to reduce the amount of amyloid deposits in the brain. The vaccine used in this trial is referred to as passive immunotherapy because scientifically developed anti-amyloid antibodies (substances that are aimed at destroying the amyloid deposits) will be directly infused into the participant’s bloodstream with the goal of clearing existing amyloid deposits and preventing the development of amyloid deposits.

Although this vaccine update is quite hopeful (quite hopeful indeed), it is important to realize that there are several years of vaccine development ahead before we can go to our doctor and get a prescription for an Alzheimer’s disease vaccine. Yet, participation in research trials offers participants and caregivers the ability to 1) contribute to science, 2) assist researchers and clinicians in finding out new information about Alzheimer’s disease, and 3) play an active role in our fight to stamp out Alzheimer’s disease!

MUSC ALZHEIMER’S RESEARCH UPDATE
MUSC’s Alzheimer’s Research & Clinical Programs has been chosen to participate in two vaccine research trials. One of these vaccine trials includes the new vaccine, bapineuzumab, which is mentioned above. Another vaccine trial is being sponsored by the National Institutes of Health. Additionally, Alzheimer’s Research & Clinical Programs has research trials investigating new oral treatments for Alzheimer’s disease.
New Research Trials

MUSC is now recruiting participants that have Alzheimer’s disease for these new research trials! As with any treatment, there are risks and benefits and patients/caregivers should involve their primary care physicians as well as other support networks in their decision-making.

Alzheimer’s Research & Clinical Programs continues to take the lead in cutting edge Alzheimer’s research, and we are pleased to continue our commitment to educating the public about the latest treatments and research developments. There is no cost to participate in research trials (includes research trial medication, examinations, laboratory tests). All appointments are conducted at MUSC, and caregivers appreciate the support and 24-hour access to the clinical staff.

For more information on Alzheimer’s research trials, please contact MUSC Alzheimer’s Research & Clinical Programs:

843.740.1592

Rush Researchers Study Genes Associated with Late Onset Alzheimer’s Disease

Families with multiple members with diagnosed late onset Alzheimer’s disease sought

(Chicago) - Rush University Medical Center is participating in a National Institutes of Health study to discover the genes responsible for Alzheimer’s disease. The goal of the study is to create a large bank of genetic material, cell lines, and data from families with multiple members with late-onset Alzheimer’s disease.

The bank, called the Alzheimer’s Disease Genetics Initiative, will distribute data and biological materials free of charge to qualified investigators. The Initiative hopes to recruit 1000 families from across the country for this important effort.

For a family to participate there must be at least two living first-degree relatives who have had Alzheimer’s disease and one living first-degree relative over the age of 60 who has no memory concerns. Participation involves a neurological examination and the donation of a blood sample. Demographic and family history will also be collected. Other unaffected family members also may be asked to participate.

There is no cost for those who join the study. To ensure broad participation, study coordinators will make alternative arrangements for participation if people eligible to take part are not located near a designated study site.

The local effort is part of a nationwide consortium of leading Alzheimer’s disease researchers supported by the National Institute on Aging (NIA), part of the National Institutes of Health, and coordinated by Dr. Richard Mayeux, co-director of the Columbia University Alzheimer’s Center in New York City. Rush University Medical Center is one of twelve Alzheimer’s Disease Centers participating.

To learn how to participate in the study, contact Rush study coordinator Janie Urbanic at 312.942.8264 or the NIA’s Alzheimer’s Disease Education and Referral Center at 1.800.438.4380 or by email to adear@nia.nih.gov.

The interview will take about 45 minutes and will be conducted at a place and time chosen by the family member. Initial inquiries and all comments during the interview will be completely confidential. If you are interested, please contact Ms. Kelsey at 843.363.5412 or kelsey5@hargray.com.

Research Study on Assisted Living and Dementia:

Family Members Sought for Interviews

Susan Kelsey, a Ph.D. student in the Arnold School of Public Health at the University of South Carolina, is studying the effects on family members of having to move relatives from assisted living facilities to units that specialize in caring for people with dementia, sometimes called “memory care units.” Ms. Kelsey would like to interview relatives of people who were asked to make this type of move in order to learn more about their experiences. The purpose of this study is to help families who will have to make these moves in the future and to help administrators of assisted living facilities to improve these moves. You may be eligible if you:

- have placed a parent, spouse or other relative in an assisted living facility AND
- subsequently had to move your relative to a memory care unit.

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Advocacy Update

Campaign 2008
Some of you may have received a mailing a few months ago about the importance of addressing Alzheimer’s in this year’s Presidential election. Well, we’ve survived the South Carolina primaries, but we still have yet to hear a specific plan to address Alzheimer’s. We have set up an election website where you can read about the candidates’ policies and submit your questions about Alzheimer’s. Please visit www.alz.org/election08 for more information.

Alzheimer’s disease is not a partisan issue. It affects us all!

Research Recap
The year 2007 ended with a budget compromise between the President and Congress: an “omnibus” bill (H J Res 72) that combined the 11 unfinished appropriations bills (including those that fund Alzheimer research and care programs). This brought a combination of bad and good news for Alzheimer advocates.

We are extremely disappointed that this bill did not adequately fund Alzheimer research through the National Institutes of Health. Overall, NIH received approximately $29 billion - an increase of 1.1% ($329 million) over 2007 funding. The 1.1% increase for NIH in the “omnibus” bill means that funding for Alzheimer research will remain flat (due to rising rates of research inflation).

In more encouraging news, the “omnibus” bill contains funding for key Alzheimer care programs, including our 24/7 Helpline, CDC Brain Health Initiative, State Matching Grants and MedicAlert® + Safe Return®.

We will continue to fight for funding for research and services in 2008, and we’ll need your help!

Stay Informed
To receive the latest advocacy news, including action alerts on opportunities for YOU to get involved, please email beth.murff@alz.org or visit www.alz.org/sc and click on “Advocate”.

There are 5.1 million reasons to come to Washington and tell your story.

That’s the number of people with Alzheimer’s disease in the United States, at a cost of $148 billion* each year.

2008 is an important election year. We have to let all the candidates know we must invest now to make a difference. This is a message Congress needs to hear too!

Join us at this year’s 20th Annual Public Policy Forum to receive the latest information on these critical issues, share your experiences and visit your state Representative on Capitol Hill.
The forum will be May 12-14 in Washington, D.C.

For more information, please contact Beth Murff at 1.800.908.9690 or visit www.alz.org/ppf.

Stay Informed
To receive the latest advocacy news, including action alerts on opportunities for YOU to get involved, please email beth.murff@alz.org or visit www.alz.org/sc and click on “Advocate”.

*Direct and indirect costs of Alzheimer’s and other dementias, including Medicare and Medicaid costs and the indirect cost to businesses of employees who are caregivers of persons with Alzheimer’s.

During the month of December, Miss Lauren Cabaniss, Miss Columbia Teen, joined the Alzheimer’s Association in the Spartanburg Area for their Memory Tree Lighting Ceremony. She shared a lovely memorial prayer at the gathering. Lauren also volunteered her time gift-wrapping for donations at the Spartanburg Barnes & Noble Booksellers.

Lauren has chosen Alzheimer’s disease as her pageant platform. She has always had a special passion for her elders and often volunteers her talents by singing, playing piano and dancing at area nursing facilities. Lauren is a junior at Dorman High School in Spartanburg, SC, and an aspiring professional dancer.

Thank you Lauren for being an advocate for our cause!
Lauren (r) is pictured with Palmetto Princess Sarah Margaret Reid of Inman, SC.
Memory Walk 2007 Summary

7 days. 18 walks. Thousands of people. One key goal:

A world without Alzheimer's.

Thousands across the state were on the MOVE to end Alzheimer's during Memory Walk 2007... raising an all time high of over $500,000.

MANY THANKS to our teams, individuals, and corporate sponsors (listed on the next two pages) who made this our most successful walk season ever! We truly appreciate your support and look forward to building on this success in our outreach to families and individuals who are touched by Alzheimer's!

Pictured (from left to right): Marjorie George, Alzheimer's Association Greenville Area Program Director, Ruth Wood, Team Captain-Rolling Green Village, Dorothy Jenkins, Rolling Green Village, Cindy Alewine, Alzheimer’s Association President/CEO.

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Congratulations to all of our top fund-raising teams and individuals who were officially recognized at our regional Rake-Up Parties! In addition, we owe much-delayed recognition to our top Memory Walk fundraising team in the Upstate, Rolling Green Village and team captain Ruth Wood, pictured to the left. The Rolling Green Village Team raised over $9,950!

Plans for Memory Walk 2008 are already under way. Want to stay up-to-date with the Memory Walk news in your community? Subscribe online to the FootPrint, an electronic newsletter that is published regularly during the Memory Walk season. It contains news and information about events in your community that you, as a Memory Walk supporter, won’t want to miss. To subscribe, e-mail ashton.baker@alz.org.

Pictured (from left to right): Marjorie George, Alzheimer’s Association Greenville Area Program Director, Ruth Wood, Team Captain-Rolling Green Village, Dorothy Jenkins, Rolling Green Village, Cindy Alewine, Alzheimer’s Association President/CEO.

An extra special thanks to our walk chairpersons and committee members!

We hope that you’ll MOVE with us this year for Memory Walk 2008!
Many thanks to our generous sponsors!

**Front Runner Sponsors - $10,000**

**WAL-MART**

**WILDEWOOD DOMNS**

**Marathon Runners - $5,000**

Adidas
Elks
Lutheran Homes of South Carolina
Outback Steakhouse
Regency Hospice
Sealed Air
T&S Brass & Bronze Works

**Power Walkers - $3,000**

Advantage Health Systems
Anmed Health
All About Seniors
BMW Manufacturing Co.
Emerald Gardens
Hospice Care of South Carolina
South Carolina Bank & Trust
Rolling Green Village
Vulcan Materials

**Sprinters - $1,000**

Graphite Medical
Gibson Family Foundation
Gibson’s Delivery
Greenville Place Assisted Living and Dementia Care Community
In Memory of Betty Ledford
Interim Healthcare, Greenville
JM Smith Corporation
Kickin Chicken
Lakes at Litchfield
Liberty Home Care and Hospice
Life Care Center of Columbia
Longwood Plantation

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Gibson Family Foundation
Greenville Place Assisted Living and Dementia Care Community
In Memory of Betty Ledford
Interim Healthcare, Greenville
JM Smith Corporation
Kickin Chicken
Lakes at Litchfield
Liberty Home Care and Hospice
Life Care Center of Columbia
Longwood Plantation

**Comfort Keepers, Spartanburg**

**Comfort Keepers, Greenville**

Cytex
Dana Law Firm
Dargan Construction Company
East Cooper Regional Medical Center
First National Bank of Spartanburg
First Savers Bank
Friends of Maizie’s Place

Winter 2008
# 2007 Memory Walk Sponsors!

## Joggers - $500

- AJ MAG Properties, LLC
- Amedisys Home Health
- Anderson Pharmacy
- Allstate- Tom Young
- Ashley River Plantation
- Bank of Clarendon
- Bath Fitter
- Beach First
- Benton Village
- Bethea Baptist Retirement Community
- Bishop Gadsden
- Bojangles
- Bridgestone/Firestone
- Browning Geriatric Consulting, LLC
- Care For Life
- Carolina Homecare Medical Equipment Center
- Carolina House of Bluffton
- Carolina Hospice Care
- Church of the Ascension
- Clarendon Pilot Club
- Clarendon Realty
- Comfort Keepers, Grand Strand
- Colonial Family Practice
- Comporium
- Covenant Hospice
- Covenant Place
- Cox Wood Preserving Company
- Dr. & Mrs. C.E. Coker, Jr.
- Dr. Dubose
- Drs. McFaddin & Jordan
- Edenbrook of Charleston
- Eden Gardens
- Eisai Pharmaceuticals
- Emily’s Uniforms & More
- Especially Seniors
- Express Signs
- First Community Bank
- First Piedmont Bank
- Gaffney Board of Public Works
- Greer State Bank
- Guardian Healthcare
- Harley Funeral Home
- Hawthorne Inn
- Heartland Rehab & Nursing
- High Performance Technologies
- Home Instead Senior Care, Grand Strand
- Homewood Residence
- Interim Healthcare, Rock Hill
- JC Rose & Associates
- Lance
- Laurel Gardens
- Life Care Center of Charleston
- Magnolias of Gaffney
- Mary Black Health System
- Morningside Assisted Living of Hartsville
- Myrtle Beach Estates
- NHC Healthcare, Garden City
- North Myrtle Beach Pilot Club
- Oakleaf Village
- Palm Meadows Court
- Palm Meadows Village
- Palmetto Bank
- Palmetto Behavioral Health
- Pee Dee Gardens
- Performance Link Technologies
- Randolph Group
- Reliable Medical Equipment
- Right At Home
- Riverside at Belfair
- SeniorcareUSA
- Shadow Oaks Assisted Living
- Smith & Haskell Law Firm
- South Carolina Federal Credit Union
- Spartanburg Regional Healthcare System
- Sterling Health Plans
- Sunrise Senior Living
- Summit Place of North Myrtle Beach
- Surfside Auto
- T. Van Matthews, CFP Ameriprise Financial
- The Haven: Columbia
- The Jack Land Family
- The Palms of Mt. Pleasant
- White Oak Estates
- White Oak Manor
- Willoughby & Hoefer, P.A.
- Wilson Senior Care
- United Hospice

## Strollers - $250

- Gamma Nu Omega Chapter, Columbia
- Home Instead Senior Care, Charleston
- Home Instead Senior Care, Hilton Head
- Judith Anne Whiting, J.D.
- Land, Parker & Welch
- Palmetto Health Geriatrics
- Palmetto Senior Care
- Pierburg, Inc.
- Prothro Chevrolet
- Mental Health Association of Darlington County
- Methodist Manor
- MUSC- Alzheimer’s Research & Clinical Programs
- Nash Agency
- Rigby Oil Company
- Right At Home
- Riverside Dental Care
- Safe Federal Credit Union
- Senior Citizens Association
- Simpson Plaza Hardware
- SportsClub
- Spring Arbor
- Southern Home Care Services
- Sutton Park Estate Corporation
- The Preston Health Center
- Total Healthcare
Special Events

Cooper River Bridge Run Charity Connection

When you register for this year’s 31st annual Cooper River Bridge Run, you can help raise money and awareness for the Alzheimer’s Association! All runners and walkers now have the opportunity to donate to a local charity when they register for the race. In exchange for a charitable gift to one of the six participating charities the registrant will receive a special race bib commemorating the charity, which may be dedicated in honor or memory of a family member or friend.

If you’re participating in this year’s April 5, 2008 race please also consider supporting the Alzheimer’s Association through the race charity connection. Together we can help raise funds and awareness for Alzheimer’s disease. Look for the Alzheimer’s Association tent in Marion Square after the race—we would love to meet you to say thanks!

Online registration is available at www.bridgerun.com. For more information please contact Ashton Baker at 800.860.1444 or e-mail ashton.baker@alz.org.

Outback Luau Night
Spartanburg

Thursday, April 24, 2008
6:00 - 8:00 pm
Cleveland Park Event Center
Spartanburg, SC

You won’t want to miss this festive evening full of great food from Outback Steakhouse, music and a silent auction. Proceeds will benefit the Spartanburg Area Memory Walk.

Sponsorship opportunities are still available. To purchase tickets or reserve a table, please contact Lindsay Sill at 1.800.908.9690.

We are grateful to Outback Steakhouse in Spartanburg for making this night possible!

Please mark your calendars for two very special memorial golf tournaments:

The 4th Annual Dan Coker Memorial Golf Tournament will be held at the Hartsville Country Club on March 15, 2008. This tournament is a family affair that is put on by Dan’s wife, children, sisters and brothers with help from friends. The whole community of Hartsville gets involved for the cause, with the BETA Club and Anchor Club of Hartsville High School selling tribute flags to be displayed on the course the day of the tournament. Mr. Coker’s grandchildren and their friends will also be selling golf balls as a fundraiser.

Mrs. Margaret Coker is a member of the chapter’s board of directors, as well as an advocate for Alzheimer’s. Please give her a call if you would like to register to play, become a sponsor or purchase a memory flag: 843.332.7478.

Carroll A. Campbell, Jr.
Memorial Golf Classic

April 21, 2008

The Windermere Club
Blythewood, SC

The Carroll A. Campbell, Jr. Memorial Golf Classic is an Alzheimer’s Association event to remember a beloved South Carolina political figure while raising funds and awareness for an important cause. Former Governor Campbell passed away with Alzheimer’s disease in 2005. His son Carroll A. Campbell, III, and his sister Anne Campbell Mangum are active members of our board and important voices for Alzheimer advocacy both statewide and at the nation’s capitol.

Please contact Kate Sweeten to register or for sponsorship opportunities: 800.636.3346 or kate.sweeten@alz.org.
20th Annual

Bowl-A-Thon

May 3, 2008

Bowl-A-Thon is an annual fundraising event for the Alzheimer’s Association - South Carolina Chapter. All funds raised support the full mission of the association providing local support services, research funding and advocacy. Prizes and awards are given for teams raising the most money. High bowling scores are not necessary.

For team or sponsorship information, please contact Lindsay Sill at 1.800.908.9690 or email lindsay.sill@alz.org.

Elks Working for Those Who Cannot Remember

• The Charleston Elks Lodge 12th Annual Alzheimer’s golf tournament held in September 07 at Seabrook Island Ocean Winds Golf Club was a great success with 132 golfers and net proceeds of $11,500. Thanks to George Gupton and Ed Downs, Co-Chairs, and their many volunteers!
• The Walterboro Elks Lodge Alzheimer’s Committee under Alzheimer’s Chairman Jo Jhan Mire held its Annual Bowling for Alzheimer’s Fund-raiser at the “Family Bowl” in October of 07. In addition to hosting the bowling event, Past Exalted Ruler Jim Schavone cooked up an excellent Gourmet Italian Buffet for participants. Net proceeds were over $1,500.
• Thanks to the Summerville Lodge for their annual participation in cooking for the Memory Walk Charleston in 07! They provided the volunteers to cook lunch for the event.
• Ms. Joann Billman of the Summerville Lodge had a another great year promoting the SMP Cruise project. She was responsible for putting on two cruises that netted over $5,000 for the State Major Project.

Thank You to our Elk Friends!

In each newsletter, we like to recognize the generous work and support of Elks Lodges across the state to raise funds for the cause of Alzheimer’s disease, the group’s state major project.

We would also like to recognize a few of our outstanding Elks who have worked tirelessly for the cause and are now stepping down from their leadership positions: Tom Van Liew of the Summerville Lodge who was responsible for starting the Alzheimer’s Charity; George Gupton who chaired the Charleston Lodge Alzheimer’s Committee for the past four years; and Ed Downs. The Alzheimer’s Association – SC Chapter joins Alzheimer’s Chairman Buddy Sirisky in wishing them well and cherishing their exemplary deeds that contributed to the success of the State Major Project. Thank you.

Thanks to Charles “Buddy” Sirisky, Alzheimer’s Chairman, SC Elks Association State Major Project, for contributing the news for the Elks’ Corner.
Upstate Area

“Expanding Our Understanding” Seminars for family members who have a loved one with dementia, professionals, social workers, clergy and interested others, particularly in the multi-cultural communities. These seminars will be presented at no cost in Anderson, Greenville, Spartanburg and Rock Hill.

March 13 - Anderson
Expanding our Understanding of Health: Brain, Heart & Spirit. (African American Seminar)
4-6 PM. Royal Baptist Church, 407 E. Hampton St., Anderson. Registration and refreshments at 3:30 PM. Desmond Smith, MD, will present on the brain/heart connection as it relates to cognition. Chaplain George West will present a session on Caring for the Caregiver through a spiritual coping perspective. Credits for professionals will be available. Call 800.273.2555 for more info and to register.

March 20 - Greenville
Expanding our Understanding: Alzheimer’s Disease and Communication.
9:30 AM – 12 Noon. Registration begins at 9:00 AM. County Council Chambers at County Square, 301 University Ridge, Greenville. Warachal Faison, MD, will present info on current Alzheimer’s treatments and future developments including research on a potential “vaccine”; and Jan Merling, MA, will present on effective ways to communicate with the person with dementia. Certificates of attendance for professionals seeking credits will be available. Call 866.844.0995 for more info and to register.

Programs close to the Rock Hill Area
March 14-15, 2008
Dementia Spectrum Southeast Medical Conference
Embassy Suites Golf Resort & Spa, Concord, NC.
This conference is for healthcare professionals involved in the diagnosis of Lewy Body Disease, Alzheimer’s disease, Parkinson’s disease or related disorders. For more information call 704.248.3715.

April 17, 2008
The Many Faces of Dementia Conference:
Making a Difference.
Hosted by the Alzheimer’s Association - Western NC Chapter at the Charlotte Convention Center. If you are interested in attending please contact Beth Croom at 704.532.7392 or Beth.Croom@alz.org.

Greenwood Area
Alzheimer’s 101 classes: Feb. 7, 21, 28, and Mar. 6
6:00 p.m. – 7:30 p.m. First Baptist Church of North Augusta, Room: WP-116, 625 Georgia Avenue, North Augusta. The three stages of Alzheimer’s, communication strategies, behavioral issues, safety issues, and sundowning will be covered. Feel free to bring friends. For more information, contact Terry Woodward 803.441.8441.

Lowcountry Area
Resource Workshop Series for the Family Caregiver.
Mar. 11 - Family Dynamics of Alzheimer’s Disease & Dementias - Sally Hughes Smith, author of “The Circle: A Walk with Dementia”
Apr. 8 - “Money Matters” - Barbara & Paul Franklin, SC Aging in Place Coalition
Meetings will be conducted at Good Shepherd Lutheran Church, 106 May St., Walterboro. There is no cost, but please reserve your seat: 843.549.6623.

“Dementia Dialogues” trainings offered statewide
Dementia Dialogues is a 5-session training course designed for persons who exhibit signs and symptoms associated with Alzheimer’s 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 sessions. Recommended participants include CNAs, PCAs, nurses, family members, social workers, activity directors, and anyone who interacts with individuals with dementia.

<table>
<thead>
<tr>
<th>Location</th>
<th>Facility</th>
</tr>
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<tbody>
<tr>
<td>Myrtle Beach</td>
<td>Horry GeorgetownTech (843.477.2921)</td>
</tr>
<tr>
<td>Columbia</td>
<td>Eastminster Presbyterian Church (803.256.1654)</td>
</tr>
<tr>
<td>Columbia</td>
<td>Agape Home Health (call 803.318.1601 if interested)</td>
</tr>
<tr>
<td>Greer</td>
<td>Cottages at Brushy Creek (864.797.8800)</td>
</tr>
<tr>
<td>Newberry</td>
<td>White Oak Manor (803.276.6060)</td>
</tr>
</tbody>
</table>

For more information or to register, please visit www.sph.sc.edu/osa or call 803.318.1601.
Please save the date for our annual educational conferences.

Several wonderful educational conferences are planned later on this year in Florence, Charleston, Greenville and Columbia. Each conference will be of interest to health care professionals, social service professionals, family caregivers, LTC Administrators, and others interested in learning about dementia and the care of persons with dementia. Mark your calendar now!

4th Annual Pee Dee Educational Conference
Thursday, May 8, 2008
9:00 am - 2:20 pm (Registration 8:30 am)
Leatherman Senior Center/Senior Citizens Association,
600 Senior Way, Florence, SC 29505
Contact Linda Cello: 866.800.4460 or linda.cello@alz.org.

7th Annual Elks Educational Conference
“Living with Alzheimer’s: Changing, Growing, Embracing”
Wednesday, May 21, 2008
9:15 am - 3:45 pm (Registration 8:15 am)
Charleston Elks’ Lodge #242
1113 Sam Rittenburg Blvd, Charleston, SC 29407
Contact Fran Emerson: 800.860.1444 or fran.emerson@alz.org.

20th Annual Upstate Educational Conference
“Update in ’08 on Alzheimer’s and Related Dementia”
Thursday, May 29, 2008
9:00 am - 4:30 pm (Registration 8:00 am)
First Baptist Church, Greenville
847 Cleveland St., Greenville, SC 29601
Contact Gail Maion: 800.273.2555 or gail.marion@alz.org.

3rd Annual Dinner Conference for Doctors,
Nurse Practitioners and Pharmacists
“After the Tsunami... What Then?”
Thursday, August 14, 2008
5:30 - 8:30 pm at The Summit Club
Bank of America Tower, 20th Floor
1301 Gervais St, Columbia, SC 29201
Contact Adelle Stanley: 803.636.3346 or adelle.stanley@alz.org.

16th Annual Educational Symposium
“A Journey in Time”
Friday, August 15, 2008
9:00 am - 4:00 pm (Registration 8:30 am)
169 Laurelhurst Avenue, Columbia, SC 29210
Contact Adelle Stanley: 803.636.3346 or adelle.stanley@alz.org.

For more details about educational programs, please visit our website.

www.alz.org/sc
Support Groups are free and open to the public. All family members and friends are invited to attend.

**ABBEVILLE COUNTY**
1st Tues. 7 PM
Due West Retirement
Due West, SC
843-379-3030 (Sallie Donald)
843-379-8083 (Rev. Roy Beckham)

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

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

2nd Tues. 7 PM
Cumberland Village
803-641-8444 (Kimberly Armstrong)
803-278-0250 (Kathy Crist)

**ANDERSON COUNTY**
2nd Thurs. 9:30 PM
Royal Baptist Church
407 E. Hampton St
864-224-0185 (Odis Telley)

3rd Thurs. 7 PM
Anderson Place
311 Simpson Rd.
Anderson, SC
864-224-3045 (Alz.office)

3rd Thurs. 7 PM
The Maples
Wildwood Dr,
Honea Path, SC
864-369-6481 (Barbara Wright)

**BEAUFORT COUNTY**
Wednesdays 12:30-1:30 PM
Baptist Church of Beaufort
Beaufort, SC
843-521-0966 (Louise Blanchard)

3rd 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
843-842-6888 (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)

3rd Friday 10-noon
Hilton Head Library
843-842-6688 (Karen Doughtie)

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

1st Tues. 10:30 AM
Indian Hill Baptist Bluffton
843-705-2113 or 369-7722
(Sandra Brown)

3rd Wed. 10:30 AM
Bluffton Library
843-705-2113/ 368-7722
(Sandra Brown/ Barry Hunter)

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

1st Wed. –Education Workshop
9:30-10:30 AM and
3rd Wed. –Support Group
9:30-10:30 AM
All Saints Lutheran – Mt. Pleasant
843-810-5576 Both led by Ginger

1st Thurs. 7 PM
Bon Secours- St Francis Hospital
Meeting Room 1
West Ashley, SC
843-881-3996 (Skip Berwell)

1st Wed. –Education Workshop
9:30-10:30 AM and
3rd Wed. –Support Group
9:30-10:30 AM
All Saints Lutheran – Mt. Pleasant
843-810-5576 Both led by Ginger

1st Thurs. 7 PM
Bon Secours- St Francis Hospital
West Ashley, SC
843-766-5894 (John Ledford)

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

3rd Tues. 6:30-8 PM
Franke at Seaside
Mount Pleasant, SC
843-856-4725 (Karen Berry)

3rd Thrus. 1-2 PM
Episcopal Church of Our Savior
Johns Island, SC
843-478-8758 (Laura Stefanelli)

2nd Tues. 6:30-8:00 PM
Edenbrook Assisted Living
West Ashley
843-763-4055 (Karen Black)

1st Tues. 10 AM
New First Missionary Baptist Church
1644 Hwy. 174
Edisto Island, SC
843-869-0279 (Lula Grant)

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

3rd Tues. 6-8 PM
Good Shepherd Lutheran Webster
843-549-6623 (Virginia Bullard)

**CLARENDON COUNTY**
2nd Thurs. 2 PM
St Bartholomew’s Church
Campus Dr. Hartsville
843-332-7478 (Margaret Coker)

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

**DARLINGTON COUNTY**
1st Tues. 10 AM
Shepherd's Care Center (Auditorium)
2100 N. Pleasantburg Dr.
Greer, SC
843-958-8595 (Paulette)

2nd Thurs. 7 PM
Allen Bennett Hospital
313 Memorial Dr. (Private Dining Rm)
Greer, SC
864-420-9004 (Leigh Odom)

3rd Tues. 6 PM
Informal Spouses-Only Dinner Group
Greenville Area Restaurant--TBA
843-286-0688 (Gale Pemberton)

4th Tues. 7 PM
The Gardens at Eastside
275 Commonwealth Dr
Greenville, SC
843-286-0688 (Gale Pemberton)
864-346-0579 (BJ Burns)

2nd Mon. 7 PM
GHIS Life Center (Classroom #2)
1 Hoke Smith Blvd.
Greenville, SC
864-286-9445 (Tom Kirby)

2nd Thurs. 7 PM
GHS Life Center (Classroom #2)
179 W. Faris Rd
Greenville, SC
864-286-9445 (Tom Kirby)

2nd Thurs. 6 PM
Good Shepherd Lutheran Webster
843-549-6623 (Virginia Bullard)

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

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

**DORCHESTER COUNTY**
1st Thurs. 2 PM
Ashley River Baptist Church
West Ashley, SC
843-766-5894 (John Ledford)

**DORCHESTER COUNTY**
2nd Thurs. 7 PM
Ashley River Baptist Church
West Ashley, SC
843-766-5894 (John Ledford)

**GREENVILLE COUNTY**
1st Tues. 7-9 PM
Ebenzer AME Church (downtown)
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)

**GREENVILLE COUNTY**
2nd Thurs. 12 Noon- Lunch
Magnolias of Gaffney
864-206-0006 (Bonita Wise)

**GREENVILLE COUNTY**
1st Tues. 7-9 PM
Ebenzer AME Church (downtown)
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)

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843-958-8595 (Paulette Simmons)

Winter 2008
You may call numbers listed to verify meeting details.

NEED A SITTER?
Call 1-800-273-2555 if a no-cost in-home sitter is needed during meeting time. An application 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.

LEXINGTON COUNTY
1st Thurs. 6:30 PM Greenwood Rehab Hosp.
Columbia, SC
803-330-1681 (Rita Dixon)

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

New Group at Myrtle Beach
Grand Strand Senior Center
For information call:
Alyse Emerson 843-357-0200
For information call:
Agape Senior
Joyce Calabrese 843-333-2868

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

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

LANCASTER COUNTY
2nd Mon. 12:1 PM Hospice Care of SC Office
412 N. White St.
803-285-2014 (Janice Broach)

LAURENS COUNTY
2nd Tues. 6:30 PM Senior Options
512 Professional Park
Columbia, SC
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)

MCCORMICK COUNTY
3rd Tues. 7 PM call for location
864-391-8166 (Cynthia Palmore or Laurel St, Columbia, SC)
803-779-1995 Ext. 4 (Debbie Clark)

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

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

PICKENS COUNTY
1st Thurs. 7 PM Capt. K. Hampton Memorial Library
304 Biltmore Rd, (2nd Floor Conf Rm)
Easley, SC
864-855-8668 (Meri Childress)
864-884-9710 (Laura Beth Cobb)

4th Wed. 2 PM (3rd Wed.Dec)
Clemson Downs
505 Downs Loop (Activity Bldg)
Clemson, SC
803-277-2555 (Gail Marion)

RICHLAND COUNTY
3rd Mon. 12:30 PM Alterra Sterling House
Columbia, SC
803-732-0300 (Nancy Watkins)
803-454-1221 (Peter Pzaepfel)

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

1st Tues. 12 PM Spousal Support Group- Lunch
Christian Counseling Center
Columbia, SC
803-931-0437 (Bill Smith)
803-779-1995 Ext. 4 (Debbie Clark)

2nd Wed. 6:00 PM Eden Gardens of Columbia
120 Fairforest Rd. Irmo
803-781-2243 (Paula or Pat0
also 2nd Thurs. 1:00 PM
group for persons who have
placed their loved one in a facility
anywhere
same contact info as above

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

3rd Mon. 6:30-8:30 PM Kahn Jewish Community Center
306 Flora Drive
(NE) Columbia, SC
803-754-0538 (Betty Rabon)

3rd Wed. 12 PM Palmetto Senior Care
White Rock, SC
803-732-8870 (Georgia Traficanto)

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
803-931-8186 (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 Wildewood 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)

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

SUMTER COUNTY
1st Thurs. 6-8 PM Covenant Place, Carter Rd.
Sumter, SC
803-459-7007 (Medical Center)
803-773-5293 (Judy Jernigan)

3rd Tues. 6:30 PM McElveen Manor, McCrays Mill Rd.
803-778-9690
803-968-1293 (Tom Cope)

UNION COUNTY
3rd Tues. 6 pm Wallace Thomson Hospital
803-429-2602 (Sheila Jeter and Quanisha Savage)

YORK COUNTY
1st Tues. 10:30 AM Hill Park Ave. Adult Day Ctr, Rock Hill
803-327-7448 (Barbara Smith)

1st Tues. 6 PM 2115 Ebenezer Rd. (Alz. Office)
803-327-4715 (Sarah Bost)
3rd Wed. 3 PM 2115 Ebenezer Rd. (Alz. Office)
803-327-4715 (Sarah Bost)

SOLUTION - puzzle next page
Exercise for Your Brain

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.

**ACROSS**

1. Ginger, for one
2. Smell
4. Balladeer Neville
5. Quibble
6. More than a fib
7. When the fat lady sings
8. Encouragement for the matador
9. Cheese ingredient
10. Blackboard pad
11. Like birch bark
12. Left
13. Illinois airport
14. Taint
15. Moral wrong

**DOWN**

1. Hang loosely
2. Golf score
3. Source of funds for AARP members
4. In ___ (jointly)
5. Perpetuate
6. Tums indicator
7. Hastened
8. Roe
9. Certain racer
10. Sounds a warning
11. Trading session signal
12. Fixed a squeaky hinge
13. Plow pioneer
14. Make hush puppies
15. Mongol turf
16. WCW's Big ___ Pump
17. In front
18. Last word
19. Model of excellence
20. Spoke like Cicero
21. Boat harbor
22. Like Jack LaLanne
23. ___ Bingle (Crosby's nickname)
24. Osprey's refuge
25. Oboe's pair
26. Duffer's pocketful
27. Prairie rodents
28. ___ cracker
29. Classical land of stoic warriors
30. Advantage
31. Dogie catcher's need
32. "___ Paris"
33. Tag info
34. Nick and Nora's dog
35. Like many a horror-film scientist
37. Kid
38. 106, to Ovid
39. LBJ pet

Puzzle courtesy of Kappa Publishing. To have a free weekly crossword emailed to you, register at www.kappapuzzles.com/alz/solveacrossword.html.
Spotlight on Therapeutic Approaches

The next several issues of the newsletter will feature guest articles from professionals, each article highlighting a different therapeutic approach that may be beneficial in supporting the health and well-being of a person with Alzheimer’s or a related dementia. We start off this series with a spotlight on Aromatherapy.

Aromatherapy for Alzheimer’s Disease

“I wish there was something I could do to help my loved one with Alzheimer’s disease” is a comment that I often hear. My reply is, “Aromatherapy is a natural method that will help your loved one while helping you, too.”

What is aromatherapy?

Aromatherapy means therapeutic treatment through the sense of smell. Aromatherapy is a natural, cost effective and easy way to improve the quality of life for those in our care as well as ourselves.

Essential oils, extracted from natural sources including leaves, petals, roots, seeds, bark, resins, grass, stems or wood of plants, are the basis for aromatherapy. Grown around the world under a wide range of conditions, these natural essential oils contain chemical properties that resonate with the human body.

How does Aromatherapy work?

When molecules from essential oils enter the air they become odorous. As an odor is inhaled it impinges on the olfactory organ which contains some 20 million nerve endings. The odor is then transmitted into a nerve message which is amplified by the olfactory bulb and then passes along the olfactory tract and enters the limbic system. This important area of our brain is responsible for our memory, emotion, creativity, hunger, and happiness.

The sense of smell has a strong link to memory and emotion, and studies show that aromatherapy can affect brain waves in as little as 15 seconds. Think of the chemical makeup and effect of the oil as a “hard wired” signal and the resulting memory stirred by the aroma as a “soft wired” signal. The essential oil molecules will often produce a beneficial effect even on individual who appear to have lost the ability to recognize aroma.

Can you give an example of how it works?

Six years ago I was asked to create an aromatherapy program for a 44 resident Alzheimer’s unit at Mattie C. Hall Nursing Home in Aiken, SC. After creating the aromatherapy blends for each problem we developed the protocol for usage. The nurses conducted a 12 month study addressing:

- Appetite Stimulation
- Insomnia and Pain
- Caregiver Relief
- Behavior (sundowning, depression, aggression, anxiety disorders)
- Memory Stimulation

Mattie C. Hall entered this research project in the South Carolina Spirit of Caring Best Practice initiative, which was sponsored by the Department of Health and Environmental Control. We were pleased at the effect that aromatherapy had on the residents, and the program was recognized as a state wide Best Practice. Presently over 400 nursing homes and hospitals use this aromatherapy blends and protocol.

How do you use aromatherapy?

Using aromatherapy in your home is easy and inexpensive. Inhalation is the best method of using aromatherapy for those with Alzheimer’s disease. Caution: NEVER put the oils directly on the skin or use internally. Keep out of reach of those who do not understand their usage. They may be toxic if taken internally.

Are there different aromas to treat different symptoms? Yes. Here are some examples:

- **Restore Peace** - grapefruit & frankincense (calms sundowning, aggression, vocalization, & anxiety disorders)
- **Promote Alertness** - orange & rosemary (stimulates memory, helps dispel depression, increases wakefulness)
- **Appetite Stimulant** - grapefruit & clove
- **To Relieve Insomnia & Pain** - lavender & bergamot
- **Caregiver Relief** - orange, lemon, cinnamon, & ylang ylang (uplifts, energizes, stimulates creativity, promotes clear thinking)

Want to know more? Jackie Farnell can be reached at scentsiblebizz@aol.com or 803.642.0018.
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.

This website address has changed within the last year. Please ensure that your links, bookmarks and materials are current. You may request replacement literature for out-of-date materials by calling the phone number above.

Thank you for your cooperation in helping us provide information that is current and accurate!

Your gift makes a difference!

This is a complimentary issue of the Alzheimer’s Association newsletter, made possible by the generous contributions of people like you. Your gifts allow us to provide local services to support the 70,000 South Carolinians who suffer with Alzheimer’s disease and their family members, as well as fund Alzheimer’s research and advocacy.

Because the Alzheimer’s Association is a non-profit under 501(c)(3) of the Internal Revenue Service Tax Code, your contribution to the Association is tax-deductible. If you would like, your gift can be made in honor or memory of someone special to you. To make a donation, please mail contributions to:

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