Getting the Most from Your Doctor’s Appointment:
Tips from local doctors on getting a diagnosis and preparing for each visit

Whatever the status of your health, visiting your physician can range from extremely helpful to extremely frustrating. The situation can easily become even more complicated when there is a diagnosis or a suspicion of Alzheimer’s or related dementia.

This article is written to help you plan for a positive experience with your doctor. We’ve asked two local physicians to provide their perspectives on some different scenarios you may be facing: Dr. John Absher of Absher Neurology in Greenville and Dr. David Hammett, a neurologist and Assistant Professor of Clinical Neuropsychiatry with the University of South Carolina’s Specialty Clinics in Columbia. We hope that this will help you make the most of your next appointment and start partnering with your doctor for the best care possible.

Making that first appointment

If you’ve been growing increasingly concerned about your memory or that of a loved one, it’s in your best interest to consult a physician as soon as possible. “We used to think that ‘ignorance is bliss’ when it concerns the diagnosis of Alzheimer’s disease,” said Dr. John Absher. “Now that has changed. There are many good reasons to get an early diagnosis or a suspicion of Alzheimer’s disease,” according to Dr. David Hammett. “Most of our currently available treatments work by slowing down the progression of symptoms and improving quality of life, but we generally cannot stop or reverse the disease. This means that any ground lost while not seeking treatment is ground that may never be regained.”

“In addition, current treatments generally give families more time to determine what level of care will be necessary. ” Typically, patients are able to live at home with their families for 6 to 12 months longer than they would without treatment,” says Dr. Absher.

To identify the problem

You’ve been noticing the symptoms—your doctor will be able to identify the cause, differentiating between dementia and other health issues such as depression or drug interaction, whose symptoms may mimic those of dementia. Obtaining a diagnosis, even an Alzheimer’s diagnosis, gives you and your family a “concrete problem” to work on. “If you don’t have a diagnosis, it’s harder to know what to do, because you don’t know what the problem is,” said Dr. Absher. “Once you have the diagnosis, you can read about it, and talk to your doctor to learn what to do.”

To benefit from available treatments

“Early evaluation and awareness of a potential problem can be important to improving the long-term course of Alzheimer’s disease,” according to Dr. David Hammett. “Most of our currently available treatments work by slowing down the progression of symptoms and improving quality of life, but we generally cannot stop or reverse the disease. This means that any ground lost while not seeking treatment is ground that may never be regained.”

“Physicians should allow more time for the physician to focus on the key issues and may not be able to answer all questions. “Don’t be afraid to put all your medication bottles into a bag and bring them to the visit,” says Dr. Hammett. “An outline of past medical problems, surgeries, medical problems in the family, and current concerns or questions can help focus the visit on the key issues and may allow more time for the physician to concentrate on things like counseling and educating the patient and family.”

To plan for the future

Despite current treatments, there will come a point at which the individual with Alzheimer’s can no longer handle personal affairs or make difficult decisions. Getting an early diagnosis enables the person with dementia to participate in preliminary planning and to decide who will be making those decisions the future.

(continued page 8)
As any caregiver knows, Alzheimer’s is a complex disease that has far reaching affects on the entire family. Just as the disease itself is complex, there is not an easy solution. That’s why the Alzheimer’s Association is working to fight this disease on three different fronts. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. As the number of individuals with Alzheimer’s disease in the United States is expected to increase by over 50% by 2030, we must focus on each of these critical areas.

First of all, we have real hope for finding effective ways to treat Alzheimer’s disease and someday finding a cure. Clinical trials on various medications are taking place around the country including right here in South Carolina. Many of the medications currently being studied, including a vaccine treatment, show promise. However, progress in research is only possible if we have adequate funding to support the many dedicated researchers who are committed to the cause. The cost of Alzheimer’s disease and other dementias including Medicare and Medicaid costs and the indirect cost to businesses of employees who are caregivers amount to more than $148 billion annually. Federal dollars invested in Alzheimer’s research can result in long term savings that far exceed the cost of research. Through our advocacy efforts, we will continue to seek more funds to move this research forward.

In the meantime, the Alzheimer’s Association is dedicated to providing support and services to individuals with Alzheimer’s disease and their families. This is accomplished through support groups, a helpline, care consultation, a wanderer’s identification program, respite care, education and many more services. Family caregivers are faced with tremendous stress and are actually at higher risk for many chronic and life threatening illnesses as a result of this stress. We encourage families to work with their health care providers to seek early diagnosis and then to connect with the services offered by the Alzheimer’s Association. We especially encourage families to use the respite care program to enable them to take a break from caregiving and to take care of themselves. We want families to know that they are not alone and that the Alzheimer’s Association is dedicated to being with them every step of the way.

There is a growing body of evidence through research and epidemiological studies to support the relationship between brain health and the risk of dementia. As with most chronic diseases, Alzheimer’s likely develops as a result of a combination of factors rather than a single cause. Advancing age is by far the greatest risk factor. However, evidence suggests that management of cardiovascular risk factors such as high blood pressure, high cholesterol and diabetes as well as remaining physically, mentally and socially active may help to reduce the risk of Alzheimer’s disease in some individuals. Although many individuals who practice good health behaviors may still develop Alzheimer’s disease, maintaining a healthy lifestyle will help keep the brain healthy for as long as possible.

We are now moving toward the beginning of a new fiscal year, and the Alzheimer’s Association will continue to work to provide hope for the 5.2 million Americans and their families who are affected by this cruel and devastating disease. I want to take this opportunity to thank everyone who has helped our chapter in many different ways over the past year. We are most appreciative of the generous financial support that we receive from individuals and organizations in South Carolina! We invite you to join us for one of the 2008 Memory Walks being held this fall in a location near you. Together we are on the MOVE to end Alzheimer’s!
Staff News

The Greenville Area Office welcomes Denise Parsons as the new Program Associate! Denise comes to us from West Palm Beach, Florida, where most recently she was Director of Adult Day Health Care at the Mae Volen Senior Center in Boca Raton. She is joining our staff after 10 years of working in several roles with families and individuals dealing with Alzheimer’s and related dementia through both the Alzheimer’s Association, South East Florida Chapter, and community adult day care and senior center programs.

Denise is a graduate of Johnson Bible College in Knoxville, TN, and is a Certified Activity Director. She has been married to her childhood sweetheart for 31 years and enjoys their 6 grandchildren. She and her husband, Erich, are members of the Society of American Mosaic Artists and spend many hours at their craft.

Fran Emerson, Program Director of the Lowcountry Area Office, was recently presented an award by EIMAS (Edisto Island Missionary Alzheimer’s Support) at the Official Opening of their Respite Center. The plaque reads, “In recognition of your commitment to caregivers and for giving of your time, talent, wisdom and knowledge, and for being a mentor for those who are in need.”

Thank you to Fran and all of our chapter staff for your hard work and dedication!
Handling Difficult Behaviors and Situations

Alzheimer’s disease and related dementias can cause a person to act in different and unpredictable ways. Some individuals with Alzheimer’s become anxious or aggressive. Others repeat certain questions and gestures. Many misinterpret what they see or hear.

These types of reactions can lead to misunderstanding, frustration and tension, particularly between the person with dementia and the caregiver. It is important to understand that the person is not acting that way on purpose.

Causes of behavior changes  
- Physical discomfort caused by an illness or medications  
- Overstimulation from loud noises or a busy environment  
- Unfamiliar surroundings such as new places or inability to recognize home  
- Complicated tasks  
- Frustrating interactions due to the inability to communicate effectively

Use this three-step approach to help identify common behaviors and their causes:

1. Identify and examine the behavior  
   - What was the behavior? Is it harmful to the individual or others?  
   - What happened before the behavior occurred? Did something trigger the behavior?  
   - What happened immediately after the behavior occurred? How did you react?  
   - Consult a physician to identify any causes related to medications or illness.

2. Explore potential solutions  
   - What are the needs of the person with dementia? Are they being met?  
   - Can adapting the surroundings comfort the person? Can you lower the noise level or turn on lights?  
   - How can you change your reaction or your approach to the behavior? Are you responding in a calm and supportive way?

3. Try different responses  
   - Did your new response help?  
   - Do you need to explore other potential causes and solutions? If so, what can you do differently?

How to respond to agitation  
- Listen to the frustration. Find out what may be causing the agitation, and try to understand  
- Provide reassurance. Use calming phrases such as “You’re safe here.” “I’m sorry that you are upset.” “I will stay until you feel better.”  
- Involve the person in activities. Try using art, music or other activities to help the person relax.  
- Modify the environment. Decrease noise and distractions, or move to another place.  
- Find outlets for the person’s energy. The person may be looking for something to do. Take a walk, or go for a car ride.  
- Check yourself. If the person is agitated, do not raise your voice, and do not corner, restrain, criticize, ignore, argue with or shame the person.

If you have questions about your loved one’s changing behavior, call us at 1.800.273.2555. There are also numerous tips about behavior, daily care, communication and safety online at www.alz.org.

If you found these tips helpful, check out the next article about “Coach Broyles’ Playbook for Alzheimer’s Caregivers.”

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

As many as 5 million people in the United States have Alzheimer’s disease, and by 2050, there will be almost a million new cases a year — unless we do something about it now.

That’s why celebrities from the worlds of entertainment and sports, including Penny Marshall, Garry Marshall, Ronny Marshall, Molly Sims, Wayne Brady, Leeza Gibbons, Terrell Owens, Bryant Gumbel, Anthony Anderson and Kathy Mattea have lent their faces and voices to help the Alzheimer’s Association challenge 5 million Americans – one for every person with the disease – to learn about Alzheimer’s and become an Alzheimer’s Champion.

The celebrity Champions are highlighted in a series of compelling photographs that will be exhibited across the country. In addition, national television, print and radio advertising aims to dispel public misperceptions and move people to take action in the fight against Alzheimer’s in the following ways:

**ACT now to end Alzheimer’s** – learn about the disease and get involved in the fight.

**VOICE your support** – become an advocate, help spread the word about the disease and tell your story.

**MOVE the Alzheimer’s Association’s cause forward** – join a Memory Walk or volunteer at a local chapter.

**OPEN your mind** – learn the facts about Alzheimer’s and donate to the Association.

You don’t have to be a celebrity to become a Champion for our cause! Learn more about how you can become a Champion by visiting www.actionalz.org.

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**Have you ever wished that someone would write a playbook for Alzheimer’s caregivers?**

For five decades, University of Arkansas (UA) Athletic Director, Frank Broyles, helped define the standard of excellence in intercollegiate athletics. His competitive spirit, boundless enthusiasm and love for Arkansas have inspired him to build an athletic program that is on the cutting edge in the ever-changing world of college athletics. He retired from coaching football on December 31, 2007.

More recently, Coach Broyles has partnered with the Alzheimer’s Association to advocate for Alzheimer’s disease research and caregiving issues. His outstanding leadership, passion and advocacy are paving the way to defeating Alzheimer’s disease, his toughest opponent yet. He has adopted it as “his mission in life” to end Alzheimer’s disease.

In 2005, he developed the “Coach Broyles Playbook for Alzheimer’s Caregivers.” His inspiration, Coach Broyles’ wife of 59 years and best friend, Barbara Broyles, passed away in October of 2004 after battling Alzheimer’s disease.

In the “Playbook,” Coach wrote, “It wasn’t always easy for me to find the answers my family needed about Alzheimer’s disease, and at times I was frustrated and confused. I promised myself that one day I would share all that I had learned—from my research and my experience—with other families that were dealing with Alzheimer’s.” That’s why he put together this wonderful little book of practical caregiving tips.

Visit www.alz.org to order your free copy of “Coach Broyles Playbook for Alzheimer’s Caregivers.” If you would like assistance ordering the book, please contact your local Alzheimer’s Association office.

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**Coach Frank Broyles**

Athletic Director, University of Arkansas

Alzheimer Champion
New Facts & Figures

10 million US baby boomers will develop Alzheimer’s

The Alzheimer’s Association estimates that 10 million baby boomers will develop Alzheimer’s disease in the United States, according to their new report released in March, the 2008 Alzheimer’s Disease Facts and Figures.

The new report says the disease is poised to strike one out of eight baby boomers, unless scientists are able to identify effective disease-modifying treatments that halt or delay the progression of the disease.

“It is more important than ever that research funding be increased to find effective treatments that delay the progression of the disease,” said Cindy Alewine the President/CEO of the Alzheimer’s Association - South Carolina Chapter. “In the meantime, the Alzheimer’s Association continues to be vigilant in offering support to individuals living with the disease as well as to the nearly 160,000 Alzheimer caregivers in this state who are grappling with the tremendous challenges an Alzheimer’s diagnosis brings to one’s doorstep.”

Today, as many as 5.2 million Americans are living with Alzheimer’s disease, the seventh leading cause of death in the country and the fifth leading cause of death for those over age 65. The Association’s report offers numerous statistics that convey the burden Alzheimer’s imposes on individuals, families, government, business, and the nation’s health and long term care systems. For example,

- Every 71 seconds, someone in America develops Alzheimer’s disease; by mid-century someone will develop Alzheimer’s every 33 seconds.

- By 2010, there will be almost a half million new cases of Alzheimer’s disease a year; and by 2050, there will be almost a million new cases each year.

- Women are nearly twice as likely to develop Alzheimer’s disease as men are (17 percent vs. 9 percent). One in six women and one in ten men age 55 and older can expect to develop Alzheimer’s disease in their remaining lifetime. Although it may appear that being female is a risk factor, more women will develop Alzheimer’s because on average, women live longer than men, thereby having more time to develop the disease.

With seventy percent of people with Alzheimer’s and other dementias living at home where friends and family take care of them, the disease not only touches the individual but entire families. The report highlights that last year, in South Carolina alone there were 159,221 caregivers, providing 137,439,556 hours of unpaid care for a loved one with Alzheimer’s or another dementia valued at $1,454,110,507 dollars. In 2007, there were nearly 10 million Americans age 18 and over providing 8.4 billion hours of unpaid care to people with Alzheimer’s disease valued at $89 billion. An additional quarter of a million Alzheimer caregivers were children age 8 to 18.

According to the latest statistics from the Centers for Disease Control and Prevention, from 2000-2005 death rates have declined for most major diseases -- heart disease (-8.6 percent), breast cancer (-0.8 percent), prostate cancer (-4.9 percent) and stroke (-14.4 percent), while Alzheimer’s disease deaths continue to trend upward, increasing 45 percent during that period.

Clearly, now is the time to address Alzheimer’s disease as a public health crisis.

Is South Carolina

The 2008 Alzheimer’s Disease Facts and Figures shows the tremendous impact this disease is having in South Carolina and nationwide. With more than 67,000 people with Alzheimer’s disease living in the state today and with the prevalence expected to grow to 80,000 by 2010, now is the time to develop an effective blueprint to deal with this disease.

South Carolina’s first and only State Plan to address Alzheimer’s disease was created in 1993 by the Blue Ribbon Task Force. Many of the recommendations resulting from that plan have been implemented, including the establishment of the Alzheimer’s Resource Coordination Center as a state resource for Alzheimer-related issues.

However, a lot has changed since then! 15 years have brought significant advances in the diagnosis, treatment and care of individuals with Alzheimer’s disease. Current state programs, resources, infor-
Advocacy Update

2008 Public Policy Forum
Washington, D.C.
May 12-14, 2008

Many Voices, One Message

In mid-May a group of 9 steadfast advocates, including current and former caregivers, persons diagnosed in the early stages of Alzheimer’s and chapter staff-persons, journeyed to our nation’s capitol to represent the Palmetto State at the 2008 Alzheimer’s Association Public Policy Conference.

They had the honor of telling our friends from other states about working hard to maintain caregiver respite funding and establishing a partnership for the creation of a State Plan to address Alzheimer’s disease and related dementia (see below for more details on that initiative).

Our own Carroll Campbell was recognized as a nominee for the prestigious Maureen C. Reagan Advocate Award. We congratulate him on this honor, and we are very grateful for his personal dedication to the success of our public policy initiatives here in South Carolina!

Some members of the group attended the Early Stage Town Hall Meeting held in Washington, D.C., on May 12. This event was a special gathering of persons who have been diagnosed in the early stages of dementia, similar to the December 2007 meeting held in Spartanburg, SC.

On May 14, our group traveled boldly to Capitol Hill to talk to our legislators about the importance of increasing funding for Alzheimer research. They had appointments at the offices of all six of our Representatives and both Senators from South Carolina. Our advocates shared their personal experiences with the disease and made it clear that for 5 million people there is no time to waste!

Alzheimer research is an investment to protect the lives of the American people and to save billions in Medicare and Medicaid costs. To contact your legislator about increasing funds for Alzheimer research, visit www.alz.org/sc and click on “Advocate.” Make your VOICE heard!

prepared to face the emerging Alzheimer epidemic?

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We are currently pursuing a piece of legislation for the creation of a Purple Ribbon Alzheimer’s Task Force, which will take on the challenge of creating an up-to-date state strategy to meet the needs of those living with Alzheimer’s or related dementia. We are very grateful for the support of Sen. Nikki Setzler and Rep. Bobby Harrell, our bill sponsors, for their support of this effort.

We hope to hold community forums across the state to find out what the needs are where you live. Please stay tuned to learn about how you can be involved!

For more information about our advocacy efforts or to become an advocate, please contact Beth Murff, Director of Communications & Advocacy at 1-800-908-9690 or beth.murff@alz.org.
Tips from Local Doctors (continued from cover)

- **To participate in research**
  “The only way we will ever cure Alzheimer’s disease is through research,” states Dr. Absher. “You can’t get good answers from research without a clear diagnosis. An early diagnosis gives us the best chance to test out treatments that might prevent Alzheimer’s disease from progressing.” For more information about getting involved with research, contact your local office.

  If your loved one is reluctant to attend a doctor’s appointment, be as encouraging as possible. Reiterate that it’s important to go to this kind of check-up to keep him healthy. If at all possible, go along for the visit in order to provide additional details, especially if the person does not believe that he is having any significant problems.

  “If dementia is suspected, it is best if someone who knows the patient actually comes to the doctor visit,” suggests Dr. Hammett. Screening tests of memory and cognitive function may not always detect certain types of early or subtle problems, so your input will be helpful at the visit. “If the patient insists on going alone,” Dr. Hammett adds, “family members can most likely send a message to the physician prior to the visit regarding their concerns.”

**After the initial appointment**

The process of getting a diagnosis of Alzheimer’s disease is often a long and harrowing process, but your physician should be able to see you through it. “Usually, a qualified doctor can make the diagnosis based on the history, physical examination, mental status testing, laboratory tests (of blood, urine, and spinal fluid), and a brain imaging test. Occasionally, a few other tests are used to clarify the diagnosis,” says Dr. Absher. “There are many types of dementia, and sometimes the diagnosis remains uncertain.”

If you feel uncertain about the diagnosis you’ve received, you may want to see a specialist. “Often there is a combined effort between primary care physicians and specialists. These specialties include geriatric medicine, neurology, psychiatry, and geriatric psychiatry. It is important to realize that memory is only one of many factors that may be affected by dementia,” Dr. Hammett advises. “Speech and language function, behavior, judgment, mood, personality and many other cognitive abilities could become involved. Specialists can be helpful based on the needs in each individual case.”

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**For Some, Receiving Diagnosis Is a Relief**

Doctors often hesitate when telling someone they may have Alzheimer’s disease or another dementia, fearing how the person will react. A new study suggests they shouldn’t worry when delivering the news.

According to researchers at Washington University in St. Louis, not only did the diagnosis not increase anxiety or depression among patients and their caregivers, most were relieved to have symptoms explained.

“It’s not good news. No one is pleased to find out they have dementia,” said Brian Carpenter, co-investigator and associate professor of psychology at Washington University. “But some people find comfort in getting resolution to their anxiety and concerns and knowing that people can help them.”

The study gauged depression and anxiety before and after an evaluation and diagnosis. Ninety patients and their caregivers were interviewed at the center two days before the evaluation and by telephone two days later. On average, anxiety and depression levels were the same or had decreased for both the person with dementia and the caregiver.

Medical practice guidelines say doctors should tell their patients about a dementia diagnosis regardless of the stage of the disease. According to the researchers, however, a review of published studies dating from the 1970s until very recently showed half of doctors were not telling their patients what they suspected.

**Resources for both doctors and patients**

There are many considerations, medical and non-medical, in the management of Alzheimer’s disease. “Often, there seems to be inadequate time to address these issues in detail during a routine office visit. This is an excellent way to utilize the educational resources available through the Alzheimer’s association,” says Dr. Absher. “I suggest that physicians mention that the Alzheimer’s Association has many resources available to patients and families affected by Alzheimer’s disease.”

The Alzheimer’s Association - South Carolina Chapter is happy to provide educational programs for persons with Alzheimer’s, caregivers and health professionals, including a “Partnering With Your Doctor” workshop. For upcoming opportunities, including an Alzheimer’s update dinner for physicians, please see pages 14-15. Additional resources are available online at www.alz.org/sc.

*Special thanks go to Dr. John Absher and Dr. David Hammett for their time and valuable insight on this topic, as well as for their service as board members.*
Upcoming Special Events

The 3rd Annual
Mustangs and Memories
and Other Classics Car Show

Hosted by the Palmetto Parrot Heads Club

The Palmetto Parrot Head Club’s 9th Annual Fin Fest will be held on Saturday, June 14 at the University House next to Williams-Brice Stadium. This event is their biggest fundraiser of the year with the net proceeds benefiting the Alzheimer’s Association.

Gates open at noon for tail-gating, and the party continues until midnight. Live entertainment will include the trop-rock sounds of Laidback Larry, Tsunami Wave Riders, Fin City Duo w/ TJ Walsh, Brent Burns, and Sunny Jim White. For complete details, please see the club website at www.palmettoparrotheads.com.

The 4th Annual
Remember Those Who Can’t
Golf Tournament

Hosted by:
Regency Hospice and Abacare Medical

Saturday, July 12
Blackmoor Golf Course in Murrells Inlet, SC
8AM registration, 9AM shotgun start. The $75 fee includes continental breakfast, lunch, adult beverages, and lots of fun! Captain’s Choice. For more information please call: Joyce Calabrese (843.333.2868) or Jerry Yarchever (843.293.3331).

The Charleston Elks 13th Annual
Alzheimer’s Golf Tournament

Hosted by:
Regency Hospice and Abacare Medical

Saturday, September 13
Seabrook Island, SC

Shot gun start at 12:30 PM. $100 per person. Sponsorships welcome. This first class event will include door prizes and bonus features on various holes. A Free Pour Awards Dinner Dance will be held following the Tournament at the Charleston Elks Lodge. For more information, please contact Buddy Sirisky at cs242er2000@bellsouth.net or 843-766-3448.

Elks Working for Those
Who Cannot Remember

The SC Elks Association adopted Alzheimer’s as its major state project in June of 1997. The mission of the project is to raise funds through the 15 member lodges to support the state’s Alzheimer’s Chapters, with much of the money raised going toward the Charitable Trust Perpetual Fund (designated for Alzheimer’s programs and services, particularly “respite for caregivers”). They have several events each year in support of this mission.

The Charleston Lodge once again held its Mothers’ Day Dinner this May. This annual fundraiser has netted an average of $1500 each year for the past 8 years. We are also very appreciative of the Charleston Lodge for its dedication to the Annual Elks Educational Conference (more details p. 15). George Gupton was honored with a plaque of appreciation at this year’s conference (pictured above).

Thanks to Charles “Buddy” Sirisky, Alzheimer’s Chairman, SC Elks Association State Major Project, for contributing the news for the Elks’ Corner.
Memory Walk 2008

Memory Walk is the nation’s largest event to raise awareness and funds for Alzheimer’s care, support and research.

When you participate in Memory Walk, you and your team join other frontline champions in the growing movement to end Alzheimer’s.

Teams are at the heart of what makes Memory Walk so successful. Corporations, families, organizations and school groups build teams to honor those who have been touched by Alzheimer’s.

Team members make a difference by asking colleagues, friends, family and acquaintances to sponsor them with a donation to the cause. Team captains and co-captains are the volunteer leaders who build excitement and help teams meet their fundraising goals.

You can start your team today—simply fill out the registration form and start recruiting your team members! You can also register online at www.alz.org/memorywalk.

Every person who becomes a walker or a donor brings us one step closer to ending Alzheimer’s.

Find the Memory Walk nearest you:

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<tr>
<th>Location</th>
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<td>October 18</td>
<td>Odell Weeks Center 1700 Whiskey Rd Aiken, SC 29803</td>
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<td>Anderson</td>
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<td>Anmed Health North Campus 2000 East Greenville St Anderson, SC 29621</td>
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<td>Manning</td>
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<td>Pee Dee</td>
<td>September 13</td>
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<td>Spartanburg Area</td>
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<tr>
<td>Sumter</td>
<td>October 4</td>
<td>Covenant Place 2825 Carter Rd Sumter, SC 29150</td>
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<tr>
<td>York County</td>
<td>September 13</td>
<td>Winthrop Coliseum Northgate Entrance 1162 Eden Terrace Rock Hill, SC 29730 one mile east of main campus</td>
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WE’RE ON THE MOVE TO END ALZHEIMER’S
Complete the registration form in black or dark blue ink. You can also register online at www.alz.org/memorywalk.

I am a □ team captain □ team member □ individual

My goal is to raise $___________ to help end Alzheimer’s disease.
(The recommended minimum goal is $200.)

All participants who raise $100 will receive a Memory Walk T-shirt.

First name
Last name
Address
City
State    Zip
Phone (Day)                Phone (Evening)
E-mail address
Company name
Job title

☐ Yes, my company has a matching gifts program.

Please help the Alzheimer’s Association better serve our community by completing the following:

Gender        ☐ Male ☐ Female        Birthdate M  D  Y

Choose one        ☐ African-American/Black    ☐ American Indian/Alaskan Native    ☐ Asian    ☐ Caucasian/White    ☐ Hispanic/Latino    ☐ Pacific Islander    ☐ Other ________

T-shirt size    ☐ Small    ☐ Medium    ☐ Large    ☐ X-Large    ☐ XX-Large    ☐ XXX-Large

How did you hear about us?    ☐ Chapter mailing    ☐ Web site    ☐ Family    ☐ Friend    ☐ Past participant    ☐ Work colleague    ☐ TV/radio/print ads    ☐ Other ________

Please choose the closest affiliation you have to Alzheimer’s disease:
☐ I have/had a family member with Alzheimer’s disease
☐ I am a caregiver for someone with Alzheimer’s disease
☐ I have a friend with Alzheimer’s disease
☐ I have been diagnosed with Alzheimer’s disease
☐ I do not know anyone with Alzheimer’s disease

I am interested in information about:
☐ Joining the Memory Walk steering committee
☐ Advocating for people affected by Alzheimer’s
☐ Other volunteer opportunities with the Alzheimer’s Association
☐ Including the Alzheimer’s Association in my will, trust or estate plan
☐ More information about Alzheimer’s disease
☐ Other __________________________

Enclosed is my personal donation of:    ☐ $200    ☐ $100    ☐ $50    ☐ $25    ☐ Other ________________

To make a credit card donation, please go online: www.alz.org/memorywalk

Please donate the value of any of my fund-raising prizes back to the Alzheimer’s Association.    ☐ Yes    ☐ No

Assumption of Risk, Release and Permission

In consideration of being allowed to participate in Memory Walk, I hereby expressly assume all risks of personal injury, death or property loss arising in any way out of my participation. I represent that I am physically fit and able to participate in this event. I hereby release and agree not to sue Alzheimer’s Association, its chapters, their respective officers, directors, volunteers, employees, sponsors and agents, from or in connection with any and all liability and claims arising out of my participation in this event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, video or other recordings.

Signature ___________________________        Date ___________________________

If Participant is a minor or acts in accordance with a legal guardian, the parent or guardian must sign and agree to the below:

I am the parent and/or legal guardian of Participant, and I hereby consent to his/her participation. I have read the foregoing agreement, and I hereby agree on behalf of myself and Participant to its terms.

Please mail completed registration form to: Alzheimer’s Association, ATTN: Memory Walk, P.O. Box 80459, Charleston, SC 29416.
Recent Special Events

Forget-Me-Not Ball in Charleston

The Alzheimer’s Association, South Carolina Chapter hosted its 3rd annual Forget-Me-Not Ball in Charleston on May 16 at the Francis Marion Hotel, raising around $54,934! The benefit evening featured fine food and beverages, live entertainment by the Rick Strickland Band, and silent and live auctions. Thank you to all of our attendees, sponsors, donors and committee members who made this event unforgettable!

This year the Association presented the following awards during the program:
- Caregiver Award – Daisy Gaffney
- Volunteer Award – Paulette Simmons
- Advocate Award - EIMA (Edisto Island Missionary Alzheimer’s Support)
- Corporate Award – Lowcountry Parrot Heads

Nominations were open to anyone in the tri-county area and then submitted to a panel drawn from the Lowcountry area of the SC Chapter for blind judging. Serving as judges: Jill Coley (Post and Courier) and Thomasina Stokes-Marshall (retired NYC police; currently a counselor in Mt. Pleasent), and Rev. Richard Giffen (Volunteer and Trustee for ITN Charleston Trident). Congratulations to these special individuals!

Forget-Me-Not Ball in Greenville

The first-ever Upstate Forget-Me-Not Ball in Greenville on May 2 was a tremendous success. The Ball featured fine food, dancing, and a live and silent auction. The event raised more than $33,000 for the Alzheimer’s Association. A special caregiver award was presented to Ensley and Dorothy Feemster for their dedication to those with Alzheimer’s disease and their families. Jane Robelot, nationally acclaimed network news anchor and reporter, was the Emcee. Live entertainment was provided by The Sound Factory. Miss Greater Greer, Stephanie Vaughan, Laura Stamm, Miss Greenville, Karina Waggoner, Miss Greenville County Teen, and Kayleigh Waggoner, Miss Blue Ridge Teen all were in attendance to assist with the live and silent auctions. Upstate residents will want to get their tickets early next year, because we expect a sell-out crowd!

Thank you to our Ball attendees, sponsors, and planning committee members for making the first Forget-Me-Not Ball in the Upstate such a success!

Carroll A. Campbell, Jr. Memorial Golf Tournament

The Carroll A. Campbell, Jr. Memorial Golf Classic was held on April 21, 2008, at the Windermere Club in Blythewood, South Carolina. This year’s event included 100 golfers, 17 organizations as hole sponsors, and 15 volunteering individuals. In total, the event raised $27,200!

Thank you to all of our golfers, committee members and sponsors who helped make this event such a great success! Large sponsors included Values Based Initiatives, LLC; Lexington Medical Center; Land Rover Columbia; FedEx Kinkos; Wal-Mart; Coke;...
On May 3, 2008, over 250 bowlers came together in Anderson for a great cause. At the end of the game, our bowlers and sponsors brought in around $32,000!

This year’s tournament was dedicated to Bob Gambrell who has been an avid bowler in the Anderson community for years. George Ducworth, local radio personality on WRIX 103.1, and Larry Nance, former Clemson and NBA basketball player, rolled out the 1st ball for the 1:00pm session. Lauren Cabaniss, Miss Columbia Teen whose platform is Alzheimer’s, rolled out the 1st ball in the 4:30pm session.

Thank you to Sam’s Club, Wal-Mart, North Pointe Assisted Living, Attaway Printing, Heritage Healthcare, NHC of Anderson, Coca-Cola, Piedmont Automotive, and Boulevard Lanes for sponsoring this event. We’d also like to thank our teams and the wonderful committee that organized the event!

The wrap-up and awards banquet was held on May 22 at Summit Place of Anderson. Congratulations to all of our top fundraisers!

The Alzheimer’s Association was chosen as one of the six charities for the Cooper River Bridge Run’s Charity Connection. When registering for the race, runners had the opportunity to donate to one of the charities, and we received over $3,000 in donations! As one of the charities, we pledged to provide 100 volunteers to help out at the Run on April 5th, 2008. Our tasks involved setting up recycling receptacles, managing recycling stations and even picking up trash at the finish line in Marion Square. We had a great group of volunteers who came out to help!

Outback Luau Night for Alzheimer’s was held on April 24th at the Cleveland Park Events Center in Spartanburg. This was a fun-filled evening of food, drinks, entertainment and silent auction. Our guest speaker, Rev. Dr. Kirk H. Neely, spoke to the crowd of almost 200 people. Close to $11,000 was raised to benefit the Spartanburg Memory Walk through sponsorships, ticket sales and silent auction. A big thank you goes out to Outback Steakhouse for providing the dinner and to the Grier-Hollar Family and Component Management for sponsoring the event.

On May 19th the Springfield Golf Course in Ft. Mill transformed into a sea of golfers committed to becoming champions for the Alzheimer’s Association. Hundreds of golfers played in The Wild Wing Cafe Alzheimer’s Association SC Chapter Charity Golf Classic, raising approximately $10,000! Golfers throughout the York county area helped to raise thousands of dollars for the Alzheimer’s Association. Thanks to all of the golfers who came out. The Alzheimer’s Association is especially grateful to the Knights of Columbus 6756 for their tireless efforts in organizing this successful tournament.
Upcoming Educational Events & Programs

16th Annual Educational Symposium: “A Journey in Time”

If you weren’t able to catch any of the May conferences, be sure to mark your calendar for this symposium!

Friday, August 15, 2008
9:00 am - 4:00 pm (Registration 8:30 am)
169 Laurelhurst Avenue, Columbia, SC 29210

Just about everyone knows someone who has been diagnosed with dementia or even Alzheimer’s disease. Know the facts, know what to expect, know your resources. This symposium 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.

Keynote speaker for the symposium is Sally Hughes Smith, author of The Circle: A Walk with Dementia.

Breakout sessions will include:

“New Research about Alzheimer’s” by Dr. Warachal Faison, Clinical Services Director for the Alzheimer’s Research and Clinical Programs at the Medical University of South Carolina

“The Spiritual Journey of the Caregiver” by Rev. Roger Dobbins, CPE, Chaplain at Palmetto Health Baptist

“Caregiver Psychosocial Support” by Carol Waters, LISW-CP

For more information or to register, please call the Midlands Area Office at 1-800-636-3346 or 803-791-3430.

The Alzheimer’s Association - South Carolina Chapter recently hosted an educational dinner for physicians in the Upstate on May 28th. The next opportunity for physicians to dine and learn the latest about Alzheimer’s will be on August 14th at the Summit Club in Columbia.

James R. Burke, M.D., Ph.D., Director of the Memory Disorders Clinic and Associate Professor of Medicine in Neurology at Duke Medical Center will be the Keynote speaker. He will address the emergence of new diagnostic tools and diagnostic developments for Alzheimer’s disease to attendees to impact their practice. He will also provide alternatives to care that should be provided for patients with a diagnosis of Alzheimer’s disease and will discuss the current risk factors for Alzheimer’s disease and the ways to control risk factors through exercise and treatment alternatives for patients.

Dr. Warachal Faison, Clinical Services Director for the Alzheimer’s Research and Clinical Programs at the Medical University of South Carolina, will discuss the emergence of new research data about Alzheimer’s disease and provide current resources on how to contact research organizations.

Dr. David Johnson, Medical Director, Palmetto Senior Care, will identify the most appropriate resources and the available community resources for patients with a diagnosis of Alzheimer’s disease. He will also address the differences between long-term care alternatives and community based alternatives available for persons with Alzheimer’s disease.

If you have not received an invitation and would like to attend, please contact Adelle Stanley, Program Director of the Midlands Area Office, to see if there is still space available: 1.800.636.3346 or adelle.stanley@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

Dementia Dialogues - Summer Sessions in Walterboro and Gaffney

Dementia Dialogues is a 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.

During the month of April, Dementia Dialogues welcomed its 10,000th participant and its 5,000th graduate!

There will be summer trainings in the following locations:

Tuesdays at 10:00 a.m.
June 24, July 1, 8, 15, and 22
Lowcountry AHEC
302 Medical Park Dr.
Walterboro, SC 29488
843-549-1732 X 128 (DSNB)

Wednesdays at 10:00 a.m.
July 9, 16, 23, 30 and August 6
Peachtree Centre
1434 N. Limestone St.
Gaffney, SC 29340
864-487-2717

For more information or to register, please visit www.sph.sc.edu/osa or call 803.318.1601.
Upcoming Educational Events & Programs

Lowcountry Area

Resource Workshop Series for the Family Caregiver

The Alzheimer’s Association - SC Chapter and A Good Morning Respite Center present a series of workshops in the establishment of a Support Group for family caregivers. Workshops will cover topics such as: Understanding Behaviors, Legal & Financial Issues and Getting Through the Holidays.

Meetings will be conducted on the 2nd Tuesday of each month May-October from 6:00 p.m. – 7:00 p.m. at Martin Luther Evangelical Lutheran Church, 1605 Harbor View Road, Charleston, SC 29412. There is no cost, but please reserve your seat: Patti Mears (843-795-3102) or Fran Emerson (843-571-

Midlands Area

Faith Community Leaders:

PLEASE SAVE THE DATE

for the 2nd Annual Conference of the South Carolina Respite Coalition

Next Best to Kin:
The Faith Community’s Role in Family Caregiving
Thursday, November 6, 2008
8:30 a.m.– 3 p.m.
Saxe Gotha Presbyterian Church
Lexington, South Carolina

- Learn about solutions and respite models for your congregation.
- Explore how to persuade family caregivers and parents to accept help.
- Learn about special needs ministry for children & adults with disabilities.
- Network with other congregations already doing respite ministry.
- Gain insight into the respite needs of various populations.
- Explore risk management, insurance options, and funding for respite.
- View exhibits on mental health, aging, Alzheimer’s, disabilities, family caregiving, community services, and faith community respite programs.

For more info, please email screspitecoalition@yahoo.com.

Western York County Senior Expo

FREE TO THE PUBLIC
Tuesday, June 23rd
9am-1pm
Filbert Presbyterian Church
2066 Filbert Hwy. York, SC 29745
(803) 684-6881

Healthcare agency vendors will be distributing information on their services. Piedmont Medical Center will be providing free health screenings. Entertainment, door prizes and refreshments will be provided. Please join us for this exciting and informative day!

Recent Conferences in May

The 4th Annual Pee Dee Educational Conference was held in Florence on Thursday, May 8, 2008. The speakers really touched on the daily caregiver roles and the importance of self—special thanks to Russ Bell, Karen Berry, Lorre Baird, Jan Merling, and Fran Emerson for a wonderful job as instructors. Thanks also to sponsors Nightingale Nursing and Attendants and Shepherd Care Hospice. We are looking forward to next year!

The 7th Annual Elks Educational Conference “Living with Alzheimer’s: Changing, Growing, Embracing” was held in Charleston on May 21, 2008. The Charleston Elks’ Lodge #242 hosted the event.


The 20th Annual Upstate Alzheimer’s Educational Conference “Alzheimer’s Update ’08” was held on May 29, 2008 at First Baptist Church, Greenville. The program included:

• Current Research on Diagnosis and Treatment of Dementia, with speaker Edgar J. Weiss, MD, Geriatric Psychiatrist from the Medical University of South Carolina in Charleston.
• Early Stage Dementia Persons Speak Out, a discussion panel led by Nancy Pearce, MS, LISW-CP, author of Inside Alzheimer’s: How to Hear and Honor Connections with a Person Who Has Dementia and a private practice consultant and writer in Taylors, SC.
• “Who Has the Behavior Problem Anyway?” with speaker Paula Kay (PK.) Beville, MS, Founder and President of Second Wind Dreams & Geriatric Specialists in Alpharetta, GA.
• Music Therapy Research with Alzheimer’s, with speaker Elizabeth York, PhD, MT-BC. Dr. York is Chair of the Department. of Music Education and Therapy, Associate Professor, and Director of Music Therapy Program at Converse College in Spartanburg, 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 not June-Aug
Due West Retirement
Due West, SC
843-379-3030 (Sallie Donald)
843-379-3210 (Ruth Hill)

AIKEN COUNTY
3rd Thurs. 1:30 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
843-224-0185 (OdsiTelley)

CHARLESTON COUNTY
1st Sun. 2:30 PM
Parkinson's Support Group
Boon Secours-St Francis Hospital
Meeting Room 1
West Ashley, SC
843-981-3996 (Skip Berwell)
1st Thurs. 7 PM
Boon Secours-St Francis Hospital
West Ashley, SC
843-766-5694 (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 Thurs. 1-2 PM
Episcopal Church of Our Savior
Johns Island, SC
843-478-8756 (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)
4th Tues. 11 AM
Morris Brown AME Church
(Downtown) Charleston, SC
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)
Last Tues. 10 AM
Ashley River Baptist Church
West Ashley, SC
843-766-5694 (John Ledford)
4th Wed. 11 AM
Garden Terrace/Life Care Center
North Charleston, SC
843-764-3500 (Sharon Johnson)
Wed. 10:30 AM-12 PM
Sunrise Presbyterian Church
Sullivan’s Island, SC
843-883-9181 (Sarah Michelin)
3rd Wed. 5:30-6:30 PM
Ebenezer AME Church (downtown)
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)
1st Wed. -Education Workshop
9:30-10:30 AM
All Saints Lutheran – Mt. Pleasant
843-810-5576 Both led by Ginger Deilgan
CHESTER COUNTY
Last Monday 12-1 PM
Hospice Care of SC Office
179 Columbia St.
803-581-6577 (Jan Byars)
CHESTER COUNTY
2nd Thurs. 12 Noon- Lunch
Magnolias of Gaffney
843-206-0006
CLARENDON COUNTY
3rd Mon. 2 PM
New Covenant Presbyterian Church
2833 Alex Harvin Highway
Manning, SC
803-478-8620 (Betty Wellock)
COLETON COUNTY
2nd Tues. 6PM
Good Shepherd Lutheran
Walterboro
843-549-6623 (Virginia Bullard)
DARLINGTON COUNTY
1st Tues. 10 AM
St. Bartholomew’s Church
Campus 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
Informal Spouses-Only Dinner Group
Greenville Area Restaurant–TBA
864-286-0668 (Gale Pemberton)

GREENVILLE COUNTY
2nd Mon. 7 PM
GHS Life Center (Classroom #2)
875 W. Faris Rd
864-288-9445 (Tom Kirby)
2nd Thurs. 7 PM
Allen Bennett Hospital
313 Memorial Dr. (Private Dining Rm)
Greer, SC
864-787-0319 (Sara Briggs)
864-420-9004 (Leigh Odom)
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, SC
864-286-0668 (Gale Pemberton)
864-346-0579 (BJ Burns)
4th Tues. 6-30 PM
Shepherd’s Care Center (Auditorium)
2100 N. Pleasantburg Dr
Greenville, SC
864-286-0668 (Gale Pemberton)
864-346-0579 (BJ. Burns)
4th Tues. 6-30 PM
Shepherd’s Care Center (Auditorium)
275 Commonwealth Dr
Greenville, SC
864-286-0668 (Gale Pemberton)
864-346-0579 (BJ. Burns)
GREENWOOD COUNTY
2nd Tues. 2 PM
Wesley Commons, GW
864-227-7141 (Vicki Fields or Jane Roper)
3rd Tues. 6:00 PM
Greenwood Rehab Hosp.
864-330-1681 (Rita Dixon)
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)

2nd Tues. 6 PM
Agape Senior-Murrells Inlet
843-357-0200 (Denise Emerson)

KERSHAW COUNTY
1st Mon. 6 PM
Karesh Long Term Care Ctr.
1315 Roberts St. Camden – Med. Ctr.
803-464-8111 (Sheery Fleming)

Lancaster County
2nd Mon. 12-1 PM
Hospice Care of SC Office
412 N. White St.
803-739-5047 (Sharon Johnson)

Leesville, SC
Wittenberg Lutheran Church
1st Wed. Noon-lunch provided
803-739-5047 (Sharon Johnson)

Lexington, SC
Oak Leaf Village
1st Thurs. 6-8 PM
803-775-7381 (Toni Brew)

Laurens County
2nd Tues. 6:30 PM
Senior Options
512 Professional Park
803-691-5765 (Felicia Pinckney)

Lancaster County
2nd Mon. 12 PM
United Way Seneca
864-882-1202 (Jane Thomas)

Palmetto Senior Care
803-732-6670 (Georgia Trofickanto)

Lexington County
2nd Tues. 12 PM
Alterra Sterling House
Columbia, SC
803-732-0300 (Nancy Watkins)

Richland County
3rd Mon. 12:30 PM (lunch)
Alterra Sterling House
Columbia, SC
803-732-0300 (Nancy Watkins)

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

4th Wed. 2 PM (3rd Wed.Dec)
Clemson Downs
505 Downs Loop Corley Ctr.
800-273-2555 (Gail Marion)

4th Tues. 1 PM
Wildewood Downs
(NE) Columbia, SC
803-790-9800 (Anita Purdy)

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

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

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

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

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

Last Tues. Noon - lunch provided
RoseCrest Retirement Community
864-599-8556 (Liz Crawley)

Last Wed. 6-8 PM
Kahn Jewish Community Center
306 Flora Drive
(NE) Columbia, SC
803-754-0538 (Betty Rabon)

Last Tues. 7 PM
Middle Tyger Community Ctr.
803-376-2826 (Janet Ballentine)

60 winks
40 winks

SOLUTIONS
No peeking! Puzzles are on next page.
Mad dash for home
For crying out loud

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
2nd Mon. 12 PM
United Way Seneca
864-882-1202 (Jane Thomas)

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

and (Peter Pzaepfel)

LEXINGTON COUNTY
2nd Mon. 12 PM
United Way Seneca
864-882-1202 (Jane Thomas)

Lexington County
2nd Tues. 12 PM
Alterra Sterling House
Columbia, SC
803-732-0300 (Nancy Watkins)

Marion County
Last Tues. 2 PM
Mullins Nursing Home
843-464-8121 (Sheery Fleming)

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

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
2nd Mon. 12 PM
United Way Seneca
864-882-1202 (Jane Thomas)

Lexington County
2nd Tues. 12 PM
Alterra Sterling House
Columbia, SC
803-732-0300 (Nancy Watkins)

Marion County
Last Tues. 2 PM
Mullins Nursing Home
843-464-8121 (Sheery Fleming)

NEWBERRY COUNTY
2nd Tues. 5:30 PM
Springfield Place (Dining Room)
2006 Springfield Circle
803-276-2601 (Denise Marshall)
Early Stage Support Groups

If you have been diagnosed with Alzheimer’s disease or cognitive loss due to a related disorder, you may be wondering, “Now what do I do?” The Alzheimer’s Association is proud to offer a number of support groups across the state for persons in the beginning stages of Alzheimer’s disease or a related dementia and their accompanying care partners.

“This type of gathering is a safe place for people to share their thoughts and feelings. What is said in the group, stays in the group,” said Fran Emerson, Program Director at the Lowcountry Area Office. “We are here to help people adjust to the changes they are facing. This can be a very helpful way to find out about available resources and ways to deal with the disease.”

A new early stage group has just formed in West Ashley, meeting the last Wednesday of each month at 10:00 a.m. at the Ashley River Baptist Church on Savannah Highway. The group meets every 4th Wednesday each month. Interested persons should give Fran Emerson a call at 843-571-2641 to see if the group is an appropriate fit for them.

To inquire about early stage support groups near you, please call 1-800-273-2555.

Creativity for the Cause

In April, sixth grade students at Lakeview Middle School in Greenville learned about local charities through a language arts project. After reading The Wizard of Oz, the students investigated local charities that the main characters of the novel might support. They then sponsored a bake sale to raise over $600 to donate to the charities in honor of the literary characters.

The students decided that the Scarecrow would be a supporter of the Alzheimer’s Association due to its promotion of brain health. We applaud the creative efforts and dedication of these students and their teachers, and we are very grateful for the generous donation of $100 in honor of the Scarecrow from The Wizard of Oz!

Tickle 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.

Each of the Frame Games® below represents a familiar saying. What is the saying?

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Let us know what you think

This newsletter is produced quarterly to keep you up-to-date on what’s happening across the chapter. If you have any suggestions about how this publication can be more helpful to you, we would love to hear them. We would also like to offer the option of receiving this newsletter via email—which may be more convenient for you, and would save on printing costs for us!

Please take a moment to fill out this brief survey. You may detach it and return it by mail to: Newsletter Feedback, Alzheimer’s Association, 901 S. Pine St., Spartanburg, SC 29302. You may also fill it out online by following the link on our website: www.alz.org/sc. Thank you for helping us better serve you!

Are the articles helpful to you?

☐ Yes, they are quite useful
☐ No

If no, how can we make them more useful to you?

________________________________________________________________________

What are some topics you would like to read about?

☐ Direct caregiving tips
☐ Something just for individuals who are in the early stages of Alzheimer’s or related dementia
☐ The latest research
☐ Planning for the future
☐ Keeping my brain healthy
☐ Other __________________________
☐ Other __________________________
☐ Other __________________________

What is your relationship to Alzheimer’s?

☐ Family caregiver for:
  ☐ Parent  ☐ Spouse  ☐ Sibling  ☐ Other ____________
☐ Individual with Alzheimer’s disease
☐ Professional caregiver
☐ Physician or health professional
☐ Other __________________________

Would you prefer to receive this publication via email rather than by mail?

☐ No
☐ Yes, please send to my email address:

________________________________________________________________________

Please select any other email updates you would like to receive:

☐ Monthly Alzheimer’s in the News
☐ Memory Walk Footprint Enewsletter
☐ Programs and Services
☐ Advocacy Update
☐ Other __________________________

Additional comments:

________________________________________________________________________

________________________________________________________________________

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:
Serves Greenwood, McCormick, Abbeville, Edgefield, Saluda, Aiken, Bamberg, Barnwell, and Allendale Counties
332 Main St, Ste 400A
Greenwood, SC 29649
864.943.8895
866.844.0992 (toll free)

Lowcountry Area Office:
Serves Charleston, Berkeley, Dorchester, Colleton, Hampton, Jasper, Beaufort Counties
1941 Savage Rd, Ste 400D
Charleston, SC 29407
843.571.2641
800.860.1444 (toll free)

Midlands Area Office:
Serves Richland, Lexington, Newberry, Sumter, Clarendon, Calhoun, and Orangeburg Counties
2999 Sunset Blvd, Ste 102
West Columbia, SC 29169
803.791.3430
800.667.1436 (toll free)

Rock Hill Area Office:
Serves York, Chester, Lancaster, Fairfield, Kershaw, and Lee Counties
2115 Ebenezer Rd
Rock Hill, SC 29732
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
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:

Alzheimer’s Association - SC Chapter
4124 Clemson Blvd—Suite L
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