

## **Chris Matthews to Host *America's Great Generations Gala* On April 21**

On Thursday, April 21, 2005, the Alzheimer's Association will present the second annual *America's Great Generations Gala*. Chris Matthews, host of MSNBC's "Hardball with Chris Matthews" and "The Chris Matthews Show", will serve as the Gala's master of ceremonies. The Gala will be held at the Grand Hyatt Washington in Washington, DC.



Led once again by Gala Chairs George and Trish Vradenburg, this year's event will bring together many of the country's most influential and respected business, political and social leaders to raise the profile of Alzheimer's and its devastating toll on America's families. Proceeds will benefit the Ronald and Nancy Reagan Research Institute and regional programs and services for diagnosed individuals and their families and caregivers.

Each year, the *America's Great Generations Gala* will adopt as a theme a specific decade, generation and/or point in time in our country's history. This year's event celebrates the Sixties and the Baby Boom Generation, who came of age during this time of great vision and great change in our country. A generation like no other, Baby Boomers changed the face of society through their dreams and determination for a

better tomorrow. Today, this same generation faces a challenge like no other: *Alzheimer's disease*. Scientists believe that whatever triggers Alzheimer's begins to damage the brain years before symptoms appear. Baby Boomers are now entering the age of greatest risk for developing this insidious disease.

The Gala will feature a special tribute to the late President Ronald Reagan and the presentation of two awards: *the Ronald and Nancy Reagan Research Institute Award*, presented to a leading Alzheimer researcher; and the *Sargent and Eunice Shriver Profiles in Dignity Award*, presented to a caregiver dedicated to advancing awareness of Alzheimer's. The recipient of the Reagan Award is Dr. Steven T. DeKosky, a neurologist and Director of the National

*continued on page 10*

### **Table Of Contents**

Chris Matthews to Host <i>America's Great Generations Gala</i> On April 21 .....	1
Depression and Alzheimer's Disease .....	2
Al's Alzheimer's Story .....	3
BB&T/Alzheimer's Golf Tour .....	3
Spicing Up Alzheimer Research .....	4
Alzheimer's: The Nose Knows? .....	4
Alzheimer Drug May Slow Dementia .....	4
Community Education Programs .....	5
Car Donations .....	8
Public Policy Forum in DC .....	9
Gear Up For Tour De Canal 2005 .....	9
Spring Conferences Meet Caregivers' Needs .....	10
Booz Allen Classic Birdies for Charity .....	11
Spring 2005 Memory Walks .....	11
New Support Groups .....	12

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#### ***America's Great Generations Gala***

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## Depression and Alzheimer's Disease

Alzheimer's disease does not occur in a vacuum. Individuals may have co-existing medical conditions that significantly impact their cognitive function and alter the progression of the disease. These secondary medical issues often are difficult to diagnose and may cause increased memory loss and unexpected behavioral changes.

Experts estimate that 20–40% of individuals with Alzheimer's also suffer from depression. The warning signs of depression look very much like those of Alzheimer's: social withdrawal, confusion, sadness, irritability, change in sleep patterns and appetite. Those with Alzheimer's disease also may have significant difficulty communicating their thoughts and feelings. As a result, depression in those with Alzheimer's may go undetected and untreated.

The loss of independence and social relationships in the earlier stages of Alzheimer's disease can spark episodes of depression. Family members should watch for feelings of hopelessness, guilt, suicidal thoughts, social withdrawal and a loss of interest or pleasure in activities that once were fulfilling. The individual also may exhibit physical symptoms such as changes in appetite, energy levels and sleeping patterns.

If caregivers suspect that depression is a possibility, they should consult a geriatric psychiatrist or healthcare professional specializing in aging and mental health issues. The Alzheimer's Association maintains a list of geriatric

physicians in the Washington metropolitan area. Call us toll-free at 1-866-259-0042 for more information. Depression must be diagnosed clinically, and there is no single test to specifically identify the condition. Physicians rely on detailed information from family caregivers, a personal interview, and a mental status exam to determine if the individual suffers from depression. Treatment for depression is individually designed, and can include a combination of medication, psychosocial support and gradually increased social activity.

For those with Alzheimer's, treatment for depression can help to improve cognitive function and decrease symptoms of irritability and agitation. Caregivers can help by making sure physical exercise is a part of the daily schedule. It is also important to acknowledge feelings of frustration and guilt, and to allow the person with Alzheimer's to grieve his many losses.

The Alzheimer's Association offers support groups including groups specifically designed for those in the early stages of Alzheimer's disease. Participation in adult day health programs can also help the individual experience social interaction and meaningful activity in a structured, non-judgmental setting. Treatment for depression in those with Alzheimer's can be successful and can make a significant difference in the quality of life for both the caregiver and the individual with Alzheimer's.

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*This newsletter is published 4 times per year by the Alzheimer's Association, National Capital Area Chapter. It is available free-of-charge.*

*The Alzheimer's Association, National Capital Area Chapter is here to help the estimated 460,000 people impacted by Alzheimer's disease, including those diagnosed, their families and caregivers, in Northern Virginia, suburban Maryland and Washington, D.C. We are the region's primary support network and information resource for Alzheimer's disease and related disorders.*

#### Corporate Headquarters

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#### Local Area Offices

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<b>District of Columbia</b>	

## Al's Alzheimer's Story

By Katie Gorscak

**O**n a recent visit to my grandparents' home in rural Pennsylvania, my mother shared a sweet and poignant moment with her father. While perusing old records, they decided to play some of the big band melodies of my grandparents' youth. My grandfather's eyes lit up at the memory and proceeded to lead my mother onto the "dance floor" they cleared in their family room. His feet moved effortlessly to the music and he commented that he had always enjoyed dancing, though my grandmother had never much enjoyed it. He hummed along as he swayed with my mother, his mind back in a place he travels to often.

My 85 year-old grandfather can recall his past as if it were yesterday, but can hardly recall simple experiences of his present day. The farm on which he was raised and where he has spent his retirement acts as a familial playground for my grandfather. He relishes the old barns on the property and will spend hours just tinkering in his workshop. Often times he'll walk the grounds with a purpose for a few steps and then forget where he was headed and why he was so intent on getting there in the first place. Gentle



reminders from my grandmother and other loved ones help him recall, but it has become a daily struggle for his mind to work as quickly as his body wants to move.

Two of the most troubling aspects of Alzheimer's are its unpredictability and how taxing the disease can be on the caretaker. From day to day my grandmother, who acts as my grandfather's sole caretaker, can never predict what the day will bring. One day my grandfather might be frustrated and defensive towards her, exhibiting paranoid tendencies such as accusing her of keeping money from him or hiding his belongings, when in fact he has misplaced them for the tenth time. The next day he'll acknowledge that he's glad that his body is in such good shape

that he'll never have to be put in a home. When comments like this are made, my grandmother takes comfort in talking with my mother and acknowledging that it's not his physical body that will take him from his home, but his mental capacity. It is a blessing to my grandfather's well being that my grandmother is so quick witted and physically fit at 85 years of age. Our family recognizes the importance of the occasional surprise phone call from my mom or myself so that my grandmother can vent her frustrations or simply take her mind off of my grandfather's illness.

My grandfather has suffered the effects of Alzheimer's disease for several years, and each year has brought new struggles. Our entire family realizes that my grandfather's plight will only get worse with time. For now, I just revel in the fact that he still recognizes my name, remembers my face, and realizes my deep love for the man known as "Little Al".

*Katie Gorscak is a volunteer for the Alzheimer's Association, National Capital Area Chapter. She assists with writing projects and public relations initiatives.*

## BB&T / Alzheimer's Golf Tour Begins May 23, 2005

**J**oin us for the second annual BB&T / Alzheimer's Golf Tour, starting on Monday, May 23, 2005 at the Chantilly National Golf & Country Club in Centreville, VA and concluding on Monday, October 17th at River Creek Club in Leesburg, VA.

Whether you are a novice or an experienced golfer, you will find Chantilly National Golf & Country Club's redesigned P.B. Dye course a real challenge. This beautifully conditioned course with its gently sloping greens, abundance of

bunkers, 20-acre lake, and wildflowers make this a lovely course to play. Enjoy a great day of golf and help raise funds for the Alzheimer's Association, National Capital Area Chapter.

Hosted by former Washington Redskin and Sports Talk 980 radio-personality, Rick "Doc" Walker, our golf tour is a connection to top business leaders from the metropolitan area. Join more than 50 Washington area businesses for an afternoon shotgun start.

Networking opportunities continue after your round of golf with our lunch and dinner receptions. Channel your inner Tiger Woods for a chance to win exclusive prizes by participating in "Closest to the Pin" and "Putting" contests, to name a few!

For more information please call Barbara DeAngelis at 1-866-259-0042, ext. 127 or visit our website at [www.alz-nca.org](http://www.alz-nca.org)



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## Spicing Up Alzheimer Research

**C**urcumin, the curry spice commonly sold as turmeric, appears to block buildup in lab cell cultures of beta-amyloid, a protein fragment that clumps and sticks to brain cells to form plaque, a prime Alzheimer suspect. The spice also has reduced amyloid plaque levels in the brains of aging genetically engineered mice. These findings of an Alzheimer's Association funded study by Gregory M. Cole, Ph.D., and colleagues appeared in the *Journal of Biological Chemistry*.

The spice, related to ginger and derived from the root of the plant *Curcuma longa*, is the ingredient giving curry powder its bright yellow hue. (It is not related to the spice cumin.)

The potential promise has spurred the National Institute on Aging (NIA) to launch a small clinical trial at UCLA Medical Center that will test the safety of two standard doses of the spice and evaluate its effect on individuals with mild to moderate Alzheimer's.

"Previous lab work by Greg Cole and other scientists has shown that curcumin, long a staple of Indian traditional medicine, seems to have some antioxidant and anti-inflammatory properties," notes William H. Thies, Ph.D., Alzheimer's Association Vice President of Medical and Scientific Affairs. "If it also targets beta-amyloid, that could be a potent combination of effects in the Alzheimer brain."

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## Alzheimer's: The Nose Knows?

**I**nability to detect 10 specific smells may predict progression to dementia better than shrinkage of the hippocampus, a key part of the brain affected by Alzheimer's disease, according to research presented at the American College of Neuropsychopharmacology's recent annual meeting.

Over four years, researchers regularly tested 62 older adults showing no cognitive problems and 150 with mild cognitive impairment (MCI), a condition in which individuals have memory problems that can show up on tests but do not interfere significantly with usual daily activities. Those with MCI often, but not always, progress to Alzheimer's. The study, supported by the National Institute on Aging (NIA) and the Alzheimer's Association, found that the inability to detect scents of lemon, lilac, leather, strawberry, smoke, soap, menthol, clove, pineapple and natural gas may predict who with MCI might develop Alzheimer's disease.

"Smell evaluation could one day play a role in this effort, because changes in the ability to smell have been widely noted in Alzheimer's disease," says William H. Thies, Ph.D., Alzheimer's Association vice president of medical and scientific affairs. "This study is an interesting step in that direction, but at this point it's a highly experimental approach."

As no smell assessment tool has been tested or validated, "individuals should under no circumstances make any assumptions about their brain health based on ability or inability to detect any odors," Thies cautions. Other factors affecting the sense of smell include upper respiratory infections, current or past smoking and normal variations in individual sensitivity.

This study is not related to the scratch-and-sniff™ "Early Alert Alzheimer Home Screening Test" marketed online and in pharmacies.

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## Alzheimer Drug May Slow Dementia

**T**he Alzheimer drug Exelon (rivastigmine) may moderately relieve the dementia caused by Parkinson's disease, reports *The New England Journal of Medicine*.

The cited clinical trial tested the cholinesterase inhibitor, Exelon, also prescribed for Alzheimer symptoms. Cholinesterase inhibitors enhance memory and other cognitive functions by influencing certain chemical activities in the brain. The drug's modest benefit in Parkinson's disease provides about a six-month delay in decline, similar to results typically seen in Alzheimer's.

"Parkinson's disease affects about 1 million Americans, with symptoms often appearing around age 50 or 60," says William H. Thies, Ph.D., Alzheimer's Association Vice President of Medical and Scientific Affairs. "Parkinson's is primarily a movement disorder, but it eventually causes dementia in 40 to 80 percent of cases. This study provides the first solid evidence of a drug option to treat those dementia symptoms."

Although the study tested only rivastigmine, an editorial in the same journal notes the conclusions may also apply to Aricept (donepezil) and Reminyl (galantamine), two other Alzheimer drugs.

## Alzheimer's Association, National Capital Area Chapter Community Education Programs

The Alzheimer's Association, National Capital Area Chapter offers a variety of education programs concerning aging, memory loss and Alzheimer's disease. All programs are free of charge and open to the public. Registration is recommended, but not required. For more information, contact the Alzheimer's Association toll-free at 1-866-259-0042.

Below is the Spring 2005 series of community education programs.

### Introductory Programs on Alzheimer's Disease

#### Life After Diagnosis

A program for family caregivers concerning Alzheimer's disease, treatment, stages of progression, community resources and what to expect.

**Date / Time:** Wednesday, April 6, 2005 6:00 – 7:30 pm  
**Location:** Health Partners Clinic, 3070 Crain Highway, Suite 101, Waldorf, MD 20601 (next to Jaycee Ctr)

**Date / Time:** Tuesday, May 17, 2005 12:00 – 1:30 pm  
**Location:** Alzheimer's Association Office, 1738 Elton Road, Suite 302, Silver Spring, MD 20903

**Date / Time:** Wednesday, April 13, 2005 6:00 – 7:30 pm  
**Location:** Alzheimer's Association Office, 11240 Waples Mill Road, Suite 402, Fairfax, VA 22030

**Date / Time:** Wednesday, June 1, 2005 6:00 – 7:30 pm  
**Location:** Health Partners Clinic, 3070 Crain Highway, Suite 101, Waldorf, MD 20601 (next to Jaycee Ctr)

**Date / Time:** Tuesday, April 19, 2005 12:00 – 1:30 pm  
**Location:** Alzheimer's Association Office, 1738 Elton Road, Suite 302, Silver Spring, MD 20903

**Date / Time:** Wednesday, June 8, 2005 6:00 – 7:30 pm  
**Location:** Alzheimer's Association Office, 11240 Waples Mill Road, Suite 402, Fairfax, VA 22030

**Date / Time:** Wednesday, May 11, 2005 6:00 – 7:30 pm  
**Location:** Alzheimer's Association Office, 11240 Waples Mill Road, Suite 402, Fairfax, VA 22030

### Programs on Caregiving

#### Medication and Alzheimer's Disease

Older adults with Alzheimer's disease may respond differently to medication than the general public. Learn about medications that can help in the treatment of Alzheimer's disease, as well as medications that may serve to increase confusion and memory problems.

**Date / Time:** Monday, March 28, 2005 6:30 – 8:30 pm  
(Light Supper Available)  
**Location:** Arden Courts Assisted Living, 4301 Knowles Avenue, Kensington, MD 20895

#### How to Have a Good Visit

Learn strategies for meaningful visits with those who have significant memory impairment. This program will explore tips for effective communication and suggestions for activities while visiting.

**Date / Time:** Wednesday, March 30, 2005  
Light Dinner at 6:30pm, Program 7:00pm – 8:30pm  
**Location:** Sunrise of McLean, 8315 Turning Leaf Lane, McLean, VA 22102

**Date / Time:** Thursday, June 16, 2005 7:00 – 8:30 pm  
**Location:** Sunrise at Hunter Mill, 2863 Hunter Mill Road, Oakton, VA 22124

**Date / Time:** Wednesday, May 11, 2005 6:00 – 7:30 pm  
**Location:** Independence Court, 5821 Queens Chapel Road, Hyattsville, MD 20782

#### Alzheimer's Disease & Related Dementias

Explore the symptoms and stages of Alzheimer's disease and how they differ from related disorders such as Picks disease, Lewy Body disease, and vascular dementia. Discuss the latest treatments for various forms of dementia.

**Date / Time:** Thursday, March 31, 2005 6:30 – 8:00 pm  
**Location:** Sunrise Assisted Living, 5111 Connecticut Avenue, NW, Washington DC 20015

## Programs on Caregiving - continued from page 5

### Transitions: When More Help is Needed

How will you know when more help is needed? How can you effectively evaluate the safety of the person and his/her functional / cognitive status? What are your options for care? Learn how to assess your current caregiving situation and prepare for future needs.

**Date / Time:** Monday, April 4, 2005 7:00 – 8:30 pm

**Location:** The Support Center, 1010 Grandin Avenue, Rockville, MD 20851

**Date / Time:** Wednesday, April 13, 2005 7:00 – 8:30 pm\*

**Location:** Kings Park Library, 9000 Burke Lake Road, Burke, VA 22015

### Understanding Behavior in Dementia

Gain a better understanding of what may trigger challenging behavior. Learn strategies for effective communication in an effort to enhance the quality of life for both the caregiver and the person with dementia.

**Date / Time:** Wednesday, April 6, 2005 6:00 – 8:00 pm

**Location:** Arden Courts Assisted Living, 2505 Musgrove Road, Silver Spring, MD 20904

### Packing It All In: Vacation Planning & the Person with Dementia

Learn what to expect when traveling with those who have dementia. This program helps caregivers with difficult travel decisions and provides suggestions for care options when travel is no longer possible.

**Date / Time:** Wednesday, April 6, 2005 6:30 – 8:30 pm

**Location:** The Sylvestery, 1728 Kirby Road, McLean, VA 22101

### Understanding Alzheimer's Disease

Learn the common symptoms of Alzheimer's disease and the stages of progression. Explore strategies for effective communication and how to manage behavior issues as they arise.

**Date / Time:** Thursday, April 7, 2005 6:30 – 8:00 pm

**Location:** Shenandoah Valley Westminster-Canterbury, 300 Westminster-Canterbury Drive, Winchester, VA 22603

### Strategies for Caregiving at Home

Learn practical tips, caregiving strategies and helpful community resources to utilize when caring for a family member with Alzheimer's disease or a related dementia.

**Date / Time:** Thursday, April 21, 2005 6:30 – 8:00 pm

**Location:** Loudoun County Adult Day Care Center, 16501 Meadowview Court, Leesburg, VA 20175

### Effective Communication with Those Who have Dementia

Learn how to communicate successfully with individuals who have significant memory impairment and may have difficulty sending and receiving messages.

**Date / Time:** Saturday, April 9, 2005 11:00 am – 12:30 pm

**Location:** Ward Memorial AME Church, 241 42nd Street, NE, Washington, DC 20019

**Date Time:** Tuesday, April 26, 2005 7:00 – 8:30 pm

**Location:** Sunrise Assisted Living, 4300 George Mason Boulevard, Fairfax, VA 22030

### Treatments that Impact Dementia

Learn about care of the person with Alzheimer's disease, including information on diagnosis, the latest medication and treatments.

**Date / Time:** Wednesday, April 20, 2005 6:30 – 8:00 pm

**Location:** Brighton Gardens Assisted Living, 5555 Friendship Boulevard, Chevy Chase, MD 20815

**Date / Time:** Tuesday, May 17, 2005 1:00 – 2:30 pm

**Location:** Calvert Pines Senior Center, 450 West Dares Beach Road, Prince Frederick, MD 20678

### Survival Tips for Family Caregivers\*

Learn practical tips and helpful community resources when caring for a disabled or frail older person.

**Date / Time:** Wednesday, April 27, 2005 7:00 – 8:30 pm

**Location:** Reston Senior Center, 1850 Cameron Glen Drive, Reston, VA 22190

### Humor for the Caregiver's Soul\*

Humor is a healthy and powerful way to provide perspective on life's difficult experiences. Learn how to let humor help you survive the everyday challenges of caregiving.

**Date / Time:** Wednesday, May 4, 2005 12:00 – 1:00 pm

**Location:** Pennino Building, 12011 Government Center Parkway, Virginia Room (10th floor) Fairfax, VA 22035

## Programs on Caregiving - continued from page 6

### Home is No Longer an Option....Now What?\*

Finding residential care for your family member can be a difficult and emotionally draining experience. This program will help you determine what to look for and how to sort through the maze of residential options.

**Date / Time:** Tuesday, June 7, 2005 7:00 – 8:30 pm  
**Location:** Herndon Senior Center, 873 Grace Street, Herndon, VA 20170  
**Speaker:** Karen Love, Founder and Chair, Consumer Consortium for Assisted Living

### Normal Aging and Dementia

Learn what happens with memory and cognitive function as you age, and what are the warning signs of a more serious condition. Program will address the signs of symptoms of Alzheimer's disease and how to get a diagnosis.

**Date / Time:** Thursday, June 16, 2005 11:00 am – 12:00 pm  
**Location:** Bedford Court, 3701 International Drive, Silver Spring, MD 20906  
**Speaker:** Elia Femia, PhD, Research Associate, Pennsylvania State University

## Programs on Healthy Brain & Wellness

### Maintain Your Brain™

Strategies to reduce your risk of memory loss and dementia through physical activity, nutrition, and brain exercise. This is an interactive program that includes a multimedia presentation and a workbook. Program also will address the warning signs of dementia and when to see a doctor.

**Date / Time:** Wednesday, April 6, 2005 10:30 am – noon  
**Location:** Indian Head Senior Center, 100 Cornwallis Square, Indian Head, MD 20640

**Date / Time:** Thursday, May 5, 2005 1:00 – 2:30 pm  
**Location:** St. Mary's Hospital, 25500 Point Lookout Road, Leonardtown, MD 20650

**Date / Time:** Tuesday, April 19, 2005 7:00 – 8:30 pm  
**Location:** Sunrise Assisted Living, 9207 Arlington Boulevard, Fairfax, VA 22031

**Date / Time:** Tuesday, May 17, 2005 7:00 – 8:30 pm  
**Location:** Sunrise of Hunter Mill, 2863 Hunter Mill Road, Oakton, VA 22124

**Date / Time:** Wednesday, May 25, 2005 7:00 – 8:30 pm  
**Location:** Calvert Library, 30 Duke Street, Prince Frederick, MD 20678

### Strategies for Independent Living\*

From removing scatter rugs to installing handrails, this program will provide a variety of methods to increase home safety and functionality for frail and disabled older adults.

**Date / Time:** Tuesday, April 19, 2005 12:00 – 1:00 pm  
**Location:** Government Center, 6245 Leesburg Pike, Falls Church, VA 22044

### Introduction to Legal & Financial Planning for Long Term Care\*

Learn essential legal and financial tools to aid in planning for long term care, such as durable powers of attorney, medical directives, and guardianship. Session also will address how to stretch financial assets over the long term.

**Date / Time:** Wednesday, April 20, 2005 7:00 – 8:30 pm  
**Location:** Little River Glen Senior Center, 4001 Barker Court, Fairfax, VA 22032

### Navigating the Legal & Medicaid Maze of Long Term Care\*

Providing for long term care of a loved one can be daunting. This program will address important issues such as durable powers of attorney, trusts, guardianship and advanced medical directives, as well as the health and financial eligibility for Medicaid.

**Date / Time:** Monday, May 9, 2005 7:00 – 8:30 pm  
**Location:** Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax, VA 22031

### Introduction to Legal Planning for Long Term Care

Learn essential legal tools to aid in planning for long term care such as durable powers of attorney, medical directives & guardianship.

**Date / Time:** Saturday, May 14, 2005 10:30am – 12:00 pm  
**Location:** Gilmore Adult Day Care Center, 608 Largo Road, Upper Marlboro, MD 20774

## Programs on Planning for Care

### Avoiding Financial Pitfalls When Paying for Long Term Care\*

Participate in an in-depth discussion about cash flow planning and portfolio management while paying for long term care. Review techniques to select which assets to liquidate first and why.

**Date / Time:** Wednesday, May 25, 2005 7:00 – 8:30 pm

**Location:** Lewinsville Adult Day Health Center, 1609 Great Falls Street, McLean, VA 22101

The following caregiver education programs are offered in cooperation with the Alzheimer's Association, National Capital Area Chapter. All programs are open to the public.

### Fostering Harmony in Decision Making\*

The journey with long term caregiving is filled with difficult decisions. Learn strategies to work with family members and reach decisions that are meaningful for everyone.

**Date / Time:** April 7, 2005 3:00 – 4:30 pm

**Location:** Lincolnia Senior Center, 4710 North Chambliss Street, Alexandria, VA 22312

### 13th Annual Southern Maryland Caregivers Conference

**Date / Time:** Friday, April 29, 2005 8:45 am – 2:30 pm

**Location:** Chancellor's Run Activity Center, Chancellor's Run Regional Park, Great Mills, MD

**Cost:** \$15. Includes breakfast, lunch and conference materials

**To Register:** Call (301) 475-4200, ext. 1050

### Seasons of Caregiving: Information You Need to Bring Out the Best in Your Caregiving Day

**Date / Time:** Saturday, April 30, 2005 8:30am – 4:00pm

**Location:** Westminster at Lake Ridge, 12192 Clipper Drive, Lake Ridge, VA 22192

**Cost:** \$25 per individual, \$45 per couple. Includes breakfast, lunch and conference materials

**To Register:** Call toll-free 1-866-259-0042, ext. 111

### Mental Health Issues in Aging\*

This program will address common mental health issues seen in the elderly and how these conditions present in older adults. Learn when to seek professional help and how to access community resources.

**Date / Time:** Tuesday, May 17, 2005 10:00 – 11:30 am

**Location:** Mt Vernon Adult Day Health Center, 8350 Richmond Highway, Suite 137, Alexandria, VA 22309

Free respite care during this program is available through Fairfax Area Agency on Aging. Call (703) 324-5205

\* Program is sponsored by the Fairfax Caregiver Seminar Consortium with funding from the National Family Caregiver Support Program.

Consortium members include the Alzheimer's Association, National Capital Area; Alzheimer's Family Day Center; Thomas West Financial Services; Fairfax County Community Recreation Services, Family Services, and Department of Health.

### The Alzheimer's Association, National Capital Area Chapter gratefully acknowledges:

Arden Courts of Kensington  
Arden Courts of Potomac  
Arden Courts of Silver Spring  
Arden Courts of Annandale

As sponsor of the Spring 2005 series of Alzheimer's Caregiver Education Programs

  
**Arden Courts**  
*Alzheimer's Assisted Living*®

## Car Donations

**T**he Alzheimer's Association, National Capital Area Chapter accepts vehicle donations including cars, boats, trailers and RVs. Donations are tax-deductible.

For more information, contact Lisa Matusiak at [lisa.matusiak@alz.org](mailto:lisa.matusiak@alz.org) or at toll-free 1-866-259-0042 ext 121.



## Join Us In Washington To Lead The Fight!

It is our great pleasure to invite you to the Alzheimer's Association's 17th Annual Public Policy Forum, where you will help lead the fight against Alzheimer's – a fight we can win!

**When: April 30 – May 3, 2005**

**Where: Grand Hyatt Washington Hotel, Washington, D.C.**

Not so long ago, Alzheimer's disease was considered by many to be a hopeless condition – a normal, inevitable part of aging. But thanks to advocates, scientists, donors and friends, we have made tremendous progress in the prevention, diagnosis and treatment of this disease.

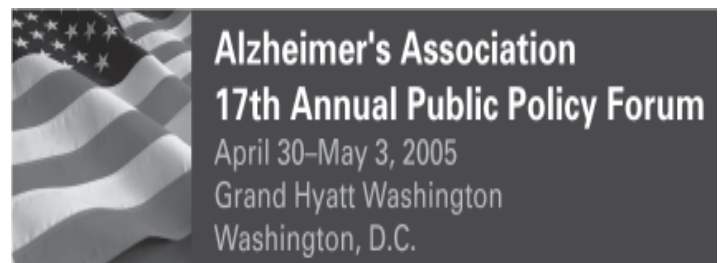
We have truly laid the groundwork for major breakthroughs in the years ahead. But many in government, in the media and in our nation haven't gotten that message. It is urgent that they do. If we are to realize the enormous progress within our reach and work toward a cure, we must continue to raise awareness and broaden our support.

At this year's Forum, you will receive the education, training and tools you need for successful advocacy at the federal, state and community

levels. In particular, our goal is to work with Congress to increase federal funding for Alzheimer research to \$1 billion annually and to improve the care and quality of life for those with Alzheimer's disease and their caregivers.



For more information about the Forum, go to <http://www.alz.org/publicpolicyforum/05>. For more information about local public policy activities, please contact Carter Harrison for Virginia, Ian Kremer for the District of Columbia and Michelle Douglas for Maryland at toll-free 1-866-259-0042.



**Alzheimer's Association**  
**17th Annual Public Policy Forum**  
April 30–May 3, 2005  
Grand Hyatt Washington  
Washington, D.C.

## Gear Up For Tour De Canal 2005

Want to fight Alzheimer's disease with healthy exercise? Join us for the 9<sup>th</sup> Annual Tour de Canal<sup>sm</sup> Bike Challenge fundraiser on Saturday, September 10<sup>th</sup> through Sunday, September 11<sup>th</sup>. Help to "Maintain Your Brain™" while you pedal your way along the scenic C&O Canal towpath from Cumberland, MD to the District of Columbia. At 184 miles over two days, this physical challenge will exercise your mind as well as your body.

184 miles too long? Try our 2-day 100-mile ride or our 20-mile Family Fun Ride on Sunday afternoon.



A free training program starts in April and runs throughout the summer to help you build up stamina for the big ride. We offer tips on getting the most out of your pedal power in addition to nutritional information and teaching basic bike maintenance.

9<sup>th</sup> Annual



We also will help you with your fundraising efforts. You would be surprised how easy it can be to raise money when you have the proper tools and tips!

Have friends or family who would like to ride with you? Form a team! All you need is a team name and four other people and you are on your way!

So whether you are a serious bicycling enthusiast, a biking novice, or you just enjoy an occasional Sunday afternoon ride, come join us as we ride to raise money for the fight against Alzheimer's!

For more information on the Tour de Canal please call 1- 800-728-9255, email us at [tourdecanalnca@alz.org](mailto:tourdecanalnca@alz.org), or visit our website at [www.alz-nca.org](http://www.alz-nca.org).



## Spring Conferences Meet Caregiver Needs

Two caregiver conferences are slated for the spring to address the needs of caregivers in general, and those caring specifically for persons with dementia. The Alzheimer's Association, National Capital Area Chapter participated in the planning for both conferences.

### 13<sup>th</sup> Annual Southern Maryland Caregivers Conference

**When:** Friday, April 29th  
8:00 a.m. - 2:30 p.m.

**Where:** Chancellors Run Activity Center  
Chancellors Run Road  
Great Mills, MD 20634

**Registration Fee:** \$15.00 (includes breakfast, lunch, refreshments and materials)

Sponsored by the Geriatrics and Gerontology Education and Research Program, University of Maryland Baltimore and the St. Mary's County Department of Aging, the conference offers numerous workshops and exhibits that address elder care issues. Nancy Dezan, Program Manager for the Alzheimer's Association, National Capital Area Chapter, will present a session on activities for early stage Alzheimer's disease. To request a registration brochure, contact Dorothy Flynn at [dorothy.flynn@alz.org](mailto:dorothy.flynn@alz.org) or toll-free at 1-866-259-0042.

### Seasons of Caregiving: Information You Need to Bring Out the Best in Your Caregiving Day

**When:** Saturday, April 30th  
8:30 a.m. - 4:00 p.m.

**Where:** Westminster at Lake Ridge  
12191 Clipper Drive  
Lake Ridge, VA 22192

**Registration Fee:** \$25-individual; \$45-couple (includes breakfast, lunch and materials)

Free on-site respite care available.

Topics to be addressed will be the caregiving experience, including spiritual needs, accessing care through Medicaid, personal care, medications, end of life issues, etc. For more information, or to request a conference brochure/registration form, contact the Chapter Helpline at 1-866-259-0042.

## Chris Matthews to Host *America's Great Generations Gala* On April 21

*continued from cover*

Institute on Aging-funded Alzheimer's Disease Research Center (ADRC) and Director of the Division of Geriatrics and Neuropsychiatry at the University of Pittsburgh. The Shriver Award recipient will be announced in a few weeks.

In March 2004, the Alzheimer's Association presented its inaugural *America's Great Generations Gala* in the Nation's Capital. The sold-out event – featuring personal appearances by three of America's First Ladies and actor/advocate

David Hyde Pierce – raised over \$1 million for Alzheimer research and care. The Association anticipates repeating that success with this year's event.

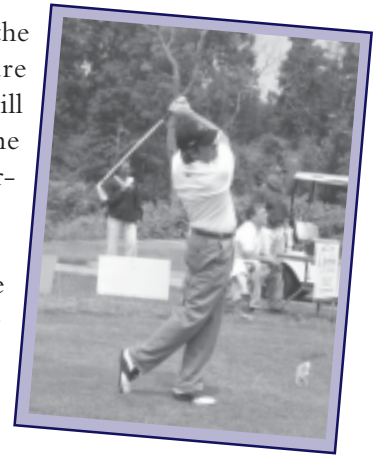
Sponsorships for the 2005 Gala are offered at \$50,000; \$25,000; \$10,000; and \$5,000. Single tickets are available for \$500. For more information, contact Cindy Schelhorn at [cindy.schelhorn@alz.org](mailto:cindy.schelhorn@alz.org) or at toll-free 1-866-259-0042, ext. 105.

## Chapter to Participate in Booz Allen Classic Birdies for Charity, June 6 -12, 2005

**Y**ou can participate and support the Alzheimer's Association by making a pledge for each birdie (a birdie is a score of one stroke under par on any golf hole on the golf course). Par is the normal expected score on any given hole scored during the Booz Allen Classic at the Congressional Country Club in Bethesda, MD, June 6-12. During a pro tournament, there are about 1,500 birdies scored. A pledge of one penny would result in a \$15 donation to the Association (minus credit card processing fee). You can pledge a penny, nickel, dime or more! Then visit [www.birdies.boozallenclassic.com](http://www.birdies.boozallenclassic.com) during the Booz Allen

Classic to find out how well the PGA TOUR professionals are scoring. Your total donation will be determined by how well the PGA TOUR professionals perform.

It's a fun way to get involved in the PGA Tour and support the Alzheimer's Association. Go to [www.birdies.boozallenclassic.com](http://www.birdies.boozallenclassic.com) for more details and to sign up!



## Get Involved Today! Spring 2005 Memory Walk

**T**he Alzheimer's Association Memory Walk™ unites volunteers from nearly 700 communities across the country for the largest Alzheimer fundraiser of its kind. Families, caregivers and advocates, along with community and corporate leaders, take to the streets of their communities to raise funds for local Alzheimer

education and support programs. Since 1989, Alzheimer's Association Memory Walk has raised more than \$149 million. This year the Alzheimer's Association, National Capital Area Chapter will add a new walk to our spring calendar! In June we will host a walk in Prince George's County at Baysox Stadium (Bowie, MD). But we need your

help to ensure their success! We currently are recruiting task force members to help plan the walk as well as team captains to recruit and form teams. To join the Association in taking steps to end Alzheimer's, visit [www.alz-nca.org](http://www.alz-nca.org) or call us toll-free at 1-866-259-0042.



### Fall Dates for Memory Walk

**October 2005**  
**Taking steps to end  
Alzheimer's disease!**

We will continue to host several walks in the fall - stay tuned for specific time and dates or visit us on the web at [www.alz-nca.org](http://www.alz-nca.org) for:

**Fairfax County, VA**  
**Loudoun County, VA**  
**Charles County, MD**  
**Calvert County, MD**  
**Montgomery County, MD**

## New Support Groups

### Potomac Center

1785 S. Hayes Street  
Arlington, VA 22207  
3<sup>rd</sup> Tuesday at 6:00 PM  
Contact: Stephanie Stelmach at  
(703) 920-5700

### Arden Courts of Silver Spring

2505 Musgrove Road  
Silver Spring, MD 20901  
Last Thursday at 12:30 PM & 6:30 PM  
Contact: Noelle Gepp at  
(301) 847-3051

### Howard University Hospital

2041 Georgia Avenue  
Washington, DC 20060  
1<sup>st</sup> Tuesday at 6:30 PM  
Contact: Kamilah Adediran at  
(202) 865-7895

Two Spanish Speaking Caregiver groups are scheduled to start in the spring. More than 10 new support group leaders were trained during the March 12<sup>th</sup> volunteer training session. Some will start new groups and others will serve as co-leaders for existing groups. Our greatest need for new support groups are in Prince George's County and Southern Maryland, as well as Loudoun, Fauquier and Clarke

Counties in Virginia. Please contact Rosemary Allender at [rosemary.allender@alz.org](mailto:rosemary.allender@alz.org) or toll free at 1-866-259-0042 if you or someone you know would like to become a support group leader.

A special thanks goes out to Dawn Clegg, Bills Kays and Jeannette Woolfolk for their dedicated efforts as support group leaders. We wish them well in their future endeavors.

## Volunteers Needed!

The National Capital Area Chapter needs assistance covering the front desk phones. If you are interested and are able to work during our operating hours of 9AM-5PM, please contact Tanesha Froelich at [tanesha.froelich@alz.org](mailto:tanesha.froelich@alz.org) or 703-359-4440, ext. 117.



*We encourage you to "recycle" this newsletter with your friends, colleagues, doctor's offices, houses of worship or others. Newsletters are free by calling toll-free at (866) 259-0042.*

**alzheimer's**  **association**

National Capital Area Chapter  
11240 Waples Mill Road, Suite 402  
Fairfax, VA 22030

Toll-Free Phone: (866) 259-0042  
[www.alz-nca.org](http://www.alz-nca.org)

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