An estimated 60% of people with Alzheimer’s will wander and become lost at some point in the disease process. This statistic takes a grim turn when combined with the additional information that about two out of every five missing Alzheimer’s patients will die after 24 hours (Koester, R.J. and Stooksbury, D.E.). This past winter in Massachusetts, there were three publicized incidents of wandering resulting in death due to exposure. Wandering can occur in any season and is equally dangerous in the heat of summer.

Can a family member or staff at a facility know that someone with Alzheimer’s is at risk for wandering? Unfortunately, it is not always predictable. Most research focuses on wanderers in mid-stage AD. However, a person early on in the disease process may know his or her name, address and phone number with no problem, but may have visual-spatial impairments that affect “way-finding,” or cognitive mapping. The best rule of thumb: If the person with AD can walk, he or she can wander and become lost.

Wandering is an emotionally wrenching experience—frightening for the person who wanders. As one early stage patient, a former engineering professor, poignantly described his fear, “I do not leave the house by myself… never. To not be able to create a map in your mind is so scary” (from Dementia and Wandering Behavior, 2002, Springer Publishing Co.). Those around the person who wanders and becomes lost may also feel the panic, and often guilt.

The Alzheimer’s Association assumed a leadership role 13 years ago by creating the Safe Return® program with U.S. Justice Department funding. Safe Return is a national program with a database registry that contains all critical information on Alzheimer’s patients and their caregivers.

Mark Your Calendars Now!

Map Through the Maze Professionals Conference
Wednesday, May 3
Details on page 3

Make the Link
Golf Tournament
Monday, June 5
Details on page 3

Night at the Pops:
Salute Our Heroes
Tuesday, June 13
Details on page 8

Memory Ride
Saturday & Sunday,
July 15 & 16
Details on page 12

The Alzheimer’s Association: the compassion to care, the leadership to conquer
In 1906, 100 years ago, Dr. Alois Alzheimer gave a lecture in Munich in which he identified “an usual disease of the cerebral cortex” that affected a woman, Auguste D. Using a new stain, the postmortem described by Dr. Alzheimer showed the plaques and tangles with which we are now familiar. This “unusual disease” came to bear his name.

It’s hard to believe that we have been trying to unlock the mysteries of Alzheimer’s for 100 years. In truth, it has only been in the past 26 years, since the founding of the Alzheimer’s Association, that concerted efforts have been made to pursue effective treatments and provide comprehensive support for families.

This disease is not easy. It’s not easy to live with; it’s not easy to manage, and we still have work to do before truly effective treatments come to market. However, if it was easy, we wouldn’t need the Alzheimer’s Association. If this was a simple disease we would not have thousands of scientists, worldwide, dedicating their professional careers in search of a cure. If it was easy, we would not need your help as volunteers, whether running a support group, answering our Helpline or raising funds through Memory Walk. None of us chose Alzheimer’s, but we have chosen to join this movement to build a world without Alzheimer’s.

This newsletter features an article on wandering, perhaps the most dangerous behavior associated with Alzheimer’s. Like so many behaviors, this can be managed, but only if families can access educational resources such as those provided by the Alzheimer’s Association. A significant part of our mission is to provide families with vital information about caregiving and treatment. We hope you will continue to turn to us.

Give our Helpline a call, visit our website and send us an e-question or attend one of the hundreds of educational programs that we sponsor across the state. Let us know how we are doing. We welcome your feedback and look for your suggestions. Stay in touch!

James Wessler, President and CEO
james.wessler@alz.org
The Alzheimer's Association, Massachusetts Chapter has created a new one-to-one, in-depth Care Consultation program to help individuals who have been diagnosed with a form of dementia, and their families.

Care Consultation may be the lifeline that makes a difference in the life of an individual or family dealing with dementia. The program addresses both the overwhelming realities of day-to-day living and the many decisions that will need to be made with the onset of dementia. The program was inspired by 25 years of working closely with patients, families and professionals through our Helpline, support groups and educational programs.

The Care Consultation program provides an opportunity for individual families to sit down with an expert in the field of dementia. Consultants will provide in-depth, person-to-person assessment, education, and support. They will work to develop a written Action Plan that includes referrals to appropriate services and strategies for dealing with day-to-day issues—and will follow up to ensure progress with the plan.

Issues that might be addressed during a consultation include, but are not limited to:

- Accessing care and support appropriate for the family's individual needs;
- Understanding and dealing with behaviors commonly associated with dementia;
- Developing techniques and strategies to help with day-to-day living;
- Legal and financial planning information;
- Recognizing safety concerns and finding ways to prevent problems; and
- Addressing family concerns and different perspectives.

Care Consultation is available, free of charge, statewide at any one of the Association's five regional offices, by phone or by e-mail. Families can also request additional Care Consultations as situations change and new courses of action are required.

Call today at 800.272.3900 and ask Coordinator of Care Consultation, Susan Rowlett, LICSW, for additional information or to schedule an appointment.

Make the Link Golf Tournament June 5

Join A. J. Burnett, meteorologist at Fox 25 News on Monday, June 5 at the Ipswich Country Club for the Association's 9th Annual Verizon Wireless Make the Link Golf Tournament! Enjoy a relaxing day on the green and a fun-filled evening at the dinner and auction where you'll be joined by celebrities, including former Red Sox pitcher Bob Montgomery.

**Not a golfer?** Not a problem – Join us off the green at 5:00 p.m. for a special evening cocktail/reception/dinner/auction to benefit the Association. Dinner tickets for non-golfers are $65. To register or for more information, visit www.alzmass.org/golf or contact Carolyn Whipple at 617.868.6718 or Carolyn.Whipple@alz.org.

A Map Through the Maze: for Professionals May 3

The Alzheimer's Association's annual Interdisciplinary Conference for Alzheimer's Care Professionals: A Map Through the Maze will be held on Wednesday, May 3, 2006 at the Royal Plaza Hotel in Marlboro.

Lisa Gwyther, a social worker who in 1980 started the Duke University Center for Aging's Alzheimer's Family Support Program, is the keynote presenter. An engaging and thought-provoking speaker, she is an associate clinical professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center in Durham and a Senior Fellow of Duke's Center for the Study of Aging and Human Development.

The conference offers 39 topical workshops and includes an Exhibitor Fair and Poster Session. For more information, check www.alzmass.org or call 617.868.6718 for a brochure.
Asset Transfer Changes
by Kate Doyle-Boudreau, Director of Public Policy

The U.S. Senate’s Deficit Reduction Act of 2005 (S.1932) has several sets of Medicaid provisions relevant to people with Alzheimer’s disease and other dementias. These provisions involve expanding state options for providing Medicaid home and community-based services using Medicaid to encourage purchase of private long-term care insurance policies; and placing additional financial restrictions on who can qualify for Medicaid home coverage.

Currently, Medicaid limits the liquid financial assets a Medicaid beneficiary in a nursing home can keep to $2,000 and a home of any value. The program also has methods of ensuring that applicants for Medicaid have not hidden their assets by transferring them to others. The Deficit Reduction Act places a limit on the value of the home and imposes more restrictive penalties for asset transfers. These new restrictions were supposed to be effective January 1, 2006, but there is some question about this date.

Value of the home: Medicaid benefits will be denied to people who have equity in a home that exceeds $500,000 (indexed for inflation beginning in 2011). States may increase this amount to $750,000. The limit on home equity does not apply to applicants who have a spouse, or child under twenty-one, blind or disabled, who is lawfully residing in the home. Applicants may use a reverse annuity mortgage or home equity loan to reduce the value of their home equity and thus qualify for Medicaid.

Look-back period and penalty start date: The look-back period increased from 36 to 60 months for all transfers of assets made on or after January 1, 2006. This means that the state can examine all assets transactions in the 5 years prior to application for Medicaid. If the state finds an improper transfer of assets, the state will delay the applicant’s Medicaid eligibility beginning on the date of application for the program. Current law, which begins the penalty period at the time of the asset transfer, would continue to apply to transfers made before the bill was enacted.

Hardship waivers: For home equity limits, the Secretary of Health and Human Services (HHS) must establish a process for applicants who would experience a hardship due to denial of Medicaid (i.e. a hardship waiver). For transfers of assets, each State must have a hardship waiver procedure that applicants can use to appeal denial of Medicaid. To get a waiver, the applicant’s health or life would have to be endangered, or he or she would have to be deprived of food, clothing, shelter, or other necessities of life. The state’s procedure must notify applicants of the availability of the waiver, provide a timely decision, and have an appeals process. During the appeals process, the state may pay the nursing home for up to 30 days of care.

These financial restrictions, particularly those related to asset transfers, can be difficult for people with dementia because they may have difficulty keeping track of their finances and documenting why and when they made asset transfers.

For all Medicaid applicants, the change in the start date of the penalty period may cause a delay in when Medicaid will start paying the nursing home bill, even if the family has no money to pay for care. For more information, call Kate Doyle-Boudreau at 617.868.6718 or e-mail kate.doyle@alz.org.
Staff Member Named to National Early Stage Task Force

Elaine Silverio, Coordinator of Early Stage Programs, has been named to the first national Alzheimer’s Association Early Stage Professional Task Force. This important task force will focus on the unique challenges facing people with early stage Alzheimer’s disease.

The Professional Task Force will comprise health care professionals involved in diagnosis, treatment and program services for people with the disease, volunteers and Alzheimer’s Association staff. The task force will work closely with its counterpart, the Advisory Group of People with Dementia—composed of individuals diagnosed with early stage Alzheimer’s disease. The two leadership groups met in Chicago for the first time in January. That ground-breaking meeting lead to national news coverage on NBC.

Elaine has over 15 years of experience working with Alzheimer’s patients and their caregivers. She has been a caregiver, educator and counselor in hospital and assisted living settings. She is currently responsible for the development of programs that offer support, education and socialization for people with early stage dementia.

For more information about early stage programs in Massachusetts, contact Elaine at Elaine.Silverio@alz.org or 617.868.6718.

Volunteer Corner: A Conversation with Cushing Titcomb

How long have you been involved with the Alzheimer’s Association, Mass. Chapter?

I have been involved since 2004 when I first volunteered for the Make the Link Golf Tournament. The next year, I was invited to serve as a committee member to help organize the event. This will be my third year volunteering and my second year serving on the Golf Committee. I have also done the Memory Ride each year since 2003. This will be my fourth year riding, and my third serving as a Rider Representative, assisting other riders.

Why did you become a volunteer?

My mother had Alzheimer’s for 13 years—she had been diagnosed with early onset and became afflicted before her 60th birthday. I wanted to do anything I could to help with finding a cure for this disease.

Which is your biggest accomplishment as a volunteer?

My biggest accomplishment has to be finishing the 150-mile Memory Ride for the past 3 years. I have never felt such personal satisfaction and pride as I do during the closing ceremonies after the Ride is over. Also, a close second is the overwhelming jubilation of seeing how much money is raised at Memory Ride and the Make the Link Golf Tournament for Alzheimer’s research and services, and knowing I had a part in the success. The reward is terrific.

What volunteer projects are you involved with?

I am a Rider Representative for this year’s Memory Ride, being held July 15-16, as well as a rider myself. I’m also a member of the committee for this year’s Make the Link golf tournament, being held on June 5 at the Ipswich Country Club. I’m not a golfer, so I’ll be volunteering at the event. I invite others who’d like to help out to join me at either the Memory Ride or Make the Link Golf Tournament.
Alzheimer’s disease genetics and implications for novel drug discovery

by Rudolph Tanzi, M.D.

Epidemiological and genetic studies, particularly over the past three decades, have documented a strong genetic component in Alzheimer's disease (AD). Early-onset (under age 60) cases tend to carry the strongest genetic effects. However, the more common, late-onset form of AD is frequently associated with genes that increase susceptibility for AD, but do not guarantee onset of the disease.

Four well-established AD genes have been identified. All four of these genes play normal and essential roles in the body, but can harbor DNA defects that cause or predispose to AD. Three of the genes (the amyloid precursor protein [APP], presenilin 1, and presenilin 2 [PSEN1 and PSEN2]) can contain mutations that virtually guarantee occurrence of early-onset, familial forms of AD in roughly 50% of the children of the affected parent. These mutations are rare, occurring in only 2-3% of AD patients. Most of these patients have the “familial” form of AD—the patient has at least two first-degree relatives with the disease. The “non-familial” form of AD is referred to as the “sporadic” form. However, even the sporadic form involves genetic factors.

A recent twin study suggested that roughly 80% of sporadic AD is inherited. The most well-established late-onset sporadic AD gene is the apolipoprotein E (APOE) gene. One form of this gene, APOE-4, is inherited by roughly 20% of the population and increases susceptibility to AD, but still does not guarantee the disease will strike over a normal lifetime.

Over the past two decades, it has become clear even with these four AD genes identified, approximately 70% of the genetic basis of AD remains unknown. There are likely a dozen or more as yet undiscovered AD genes harboring DNA defects that confer modest to moderate effects on risk for getting AD when inherited. It is essential to identify all of these genes given the fact that for decades after Dr. Alois Alzheimer first described this disease in 1906, the physiological causes of AD could only be guessed at until the first AD genes were identified.

Beginning in 1986 with our discovery of the APP gene followed by the discovery of the presenilins in 1995, the field of AD research was furnished with reliable biological targets for carrying out drug discovery. Today, we and others are actively engaged in searching for the full cadre of genes involved in both familial and sporadic forms of AD.

The identification and characterization of AD genes have already provided valuable clues to the biological causes of AD. With each new AD gene discovered comes novel ways to diagnose and predict AD, along with new opportunities to design innovative therapies aimed at treating and preventing the disease. Our goal is to one day conquer this dreadful disease by enabling reliable, legally protected genetic testing to identify those who are at greatest risk for AD, and then to prevent AD at its earliest stages with novel therapies made possible by the knowledge garnered from genetic discoveries.
The Alzheimer's Association's bookstore offers a line of books written with the needs of professionals in mind. For a complete list with prices and purchase information, visit www.alzmass.org or call 617.868.6718. Here is a collection sampling:

**The Best Friends Book of Alzheimer's Activities** by Virginia Bell, David Troxel, Robin Hamon, Tonya Cox; 2004. Activities can be conducted spontaneously or be planned, with simple props, engaging residents in meaningful activity for extended periods. Offers 145 activities that can be personalized to match remaining strengths and are “failure free.”

**Counseling the Alzheimer's Caregiver** by Mary S. Mittleman, Cynthia Epstein, Alicia Pierzchala; 2003. This important tool and research-based resource is especially for professionals who counsel Alzheimer families. Vivid vignettes and practical suggestions for coaching caregivers through the full spectrum of issues.

**Creating Successful Dementia Care Settings** by Margaret P. Calkins, et al.; 2002, 4-volume set: Understanding the Environment through Aging Senses, Maximizing Cognitive and Functional Abilities, Minimizing Disruptive Behaviors, and Enhancing Identity and Sense of Home. Excellent resource for leadership in residential care facilities as well as inservice and direct care staff — describes integrating physical environment, staff care practices, and residents' needs in a complementary, holistic approach to dementia care.

**Dementia and Wandering Behavior — Concern for the Lost Elder** by NINA M. Silverstein, Gerald Flaherty, Terri Salmons, Tobin; 2002. Professional and family caregivers need to be aware of the specific preventive measures and responses to the life-threatening problem of wandering. Clearly written, sympathetic and practical.

**Dementia Care Mapping: Applications Across Cultures** edited by Anthea Innes; 2003. Evaluating the quality of life and quality of care of people with dementia is challenging. Dementia Care Mapping (DCM) is a cutting-edge assessment tool. Helpful in improving staff understanding and overcoming resistance to change, DCM and its person-centered approach can invigorate staff caregiving practices, reducing patient excess disability and actively promoting everyday competence.

**Improving Hospital Care for Persons with Dementia** edited by NINA M. Silverstein and KATIE Maslow; 2006. Especially for professionals, this book is aimed at improving the experiences patients with dementia encounter in acute care settings. Provides insight into the issues and gaps in quality of hospital care.

**What If It's Not Alzheimer's: A Caregivers Guide to Dementia** edited by LIsa Radin and Gary R. Radin; 2003. The first comprehensive guide dealing with fronto-temporal dementia (FTD), one of the largest groups of non-Alzheimer's dementias. A resource and a reference guide, this useful and up-to-date book is full of practical information.

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**“FORGET-ME-NOT” Flower Pin:** Designed especially for the Alzheimer’s Association by RI artist Priscilla M alone (Actual size: 1 1/4” x 1 1/4”). $20 each + shipping.

**Greeting Cards:** Our limited edition greeting cards feature the work of Rose de Smith Greenman (1898-1983), whose sketches are filled with beauty, passion and her love for life. Each packet contains 10 cards—two images each of five designs. $10 per packet + shipping.

**Keeping Music In Mind CD:** Produced in-kind for the Alzheimer’s Association by Rounder Records, this 13-song compilation features nationally-renowned artists such as Lisa Loeb and Bruce Cockburn, as well as local favorites Ellis Paul and M errie Amsterberg. $10 per CD + shipping.

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Forget-M e N ot Flower Pins ($20 + $2 shipping/pin) $20
Keeping Music In Mind CD's ($10 + $3 shipping/CD) $13
packets of Rose de Smith Greenman greeting cards ($10 + $3 shipping/packet) $13

TOTAL $46

Name: __________________________________________________
Address: _________________________________________________
City: _____________________ State: _______ ZIP: ______________
Daytime Phone number: ____________________________________
E-mail (we do not share e-mail outside our organization):
________________________________________________________
___My check payable to the Alzheimer's Association is enclosed.
___Please charge my ___ MasterCard ___ Visa credit card:
#: ___________________________ Exp.: __/____

Please include your payment with this form and mail to: Alzheimer's Association, 311 Arsenal Street, Watertown, MA 02472 or call 617.868.6718 for more information or to place your order.
Maintain Your Brain®

Attleboro: Community Visiting Nurse Association, 10 Emory Street. Tuesday, June 20, 5:30-8:00 p.m.

Lanesboro: Lanesboro Council on Aging, 83 North Main St. Presenter: Marcia McKenzie. Tuesday, May 23, 12:30-1:30 p.m.

Ludlow: Ludlow Council on Aging, 37 Chestnut St. Presenter: Virginia Sinkoski. Wednesday, June 14, 7:00-8:00 p.m.

Southbridge: Southbridge Council on Aging, 6 Larochelle Way. Presenter: Julie Elste. Monday, June 5, 11:00 a.m.-12:00 noon

Woburn: New Horizons at Choate, 21 Warren Ave. Presenter: Debra Katt-Lloyd. Tuesday, May 9, 10:00 a.m.

Habilitation Therapy

Pittsfield: Elder Services of Berkshire County, 66 Wendell Ave. Presenter: Martha Tallis-Floyd. Fridays, April 21, 28, May 5, 12, 19 & 26, 10:30 a.m.-12:30 p.m.

Taking Control of Alzheimer's Disease and Related Disorders: Techniques for Early-Stage Persons

Developed for early-stage people with memory disorders, this four-part series explores ways in which symptoms can be managed and abilities maintained longer.

The courses run for two hours per session, for four consecutive weeks. It is free of charge and has limited enrollment. Early-stage people, care-partners, and other family members should plan to attend together.

Registration is required; please call 800.272.3900 or e-mail elaine.silverio@alz.org for more information and to register.

Ludlow: Ludlow Council on Aging. Presenter: Virginia Sinkoski, Carol Hess & Wanda Landry. Wednesdays, May 24, 31, June 7 & 14, 4:00-6:00 p.m.

Mark Your Calendars:

2006 Memory Walks

- September 16 (Berkshire)
- September 17 (Central MA, South Shore, Southeastern MA)
- September 30* (Neponset Valley, Northern Essex)
- October 1 (Greater Boston, Northern Middlesex, Northern Quabbin Valley, Pioneer Valley)

*Check details at www.memorywalkma.org or call the Memory Walk Hotline at 617.393.2050.
Activity Based Alzheimer Care: Building a Therapeutic Program

This program is designed for Activity Professionals who work with individuals with Alzheimer’s or a related dementia in all care settings. Suited for professionals who have a basic understanding of Alzheimer’s disease and whose primary responsibility is activity programming design and implementation. Attendees will learn effective strategies for assessment and care planning, program design options, ways to adapt activities to different environments and effective teamwork. To register for this program call 617.868.6718.

Early Bird Registration: $100. Regular Registration: $110.

Attleboro: Community VNA. Thursday, June 8, 9:00 a.m.

Chicopee: Williamansett C enter. Thursday, May 25, 9:00 a.m.

Caring for People with Alzheimer’s disease: Train The Trainer Program

Watertown: Alzheimer’s Association, Mass. Chapter, 311 Arsenal St. Tuesday, May 30, 9:00-4:00 p.m.

Getting Started

This program provides an overview of Alzheimer’s disease; how to get a diagnosis, addressing behavior and communications problems, and how to find local resources. Presented by trained Alzheimer’s Association staff and volunteers. Group size may be limited. Free of charge.

To register or obtain further information, please call 800.272.3900. Space constraints may limit group size. The program will be offered at various times and sites throughout the year.

Legal & Financial Issues & Answers

Designed for people in any financial situation, this 1½ hour presentation offers information by an elder law attorney about important topics such as wills, durable power of attorney, health care proxies, and what Medicare and Medicaid will and will not cover. Too many people wait until it’s too late before learning about these issues.

Please pre-register for this event by calling 800.272.3900. Space constraints may limit group size. The program will be offered at various times and sites throughout the year.

Please consult our website, www.alzmass.org, for any recent changes to scheduled events.
Celebrating 25 Years of Progress
25th Campaign Close to Goal

by Heidi Ganss, Director of Development

With less than three months remaining until the close of the Alzheimer's Association's 25th Anniversary Campaign, the goal of $650,000 is within sight.

Under the leadership of Board member Mary Ann Marino, the 25th Anniversary Campaign Committee raised funds for three strategic priorities—research, care consultation, and public awareness. The Campaign kicked off at the 5th Annual Night at the Pops two years ago and will formally conclude at the 7th Annual Night at the Pops on June 13, 2006—tickets are still available for the special night.

Many thanks to current and former 25th Anniversary Campaign Committee members who have helped make the Campaign so successful: Paul Attea; Sanford Auerbach, MD; Ed Benz; Peter Cohan; Lillian Glickman, PhD; Joan Johnson; Pam Kunkemueller; Ben Liptzin, MD; Susan McDonough; Kathleen Robinson; Alan Rosen; Roberta Rosenberg; Paul Stuka; and Gerry Weber. Thanks also to the generous donors who have made the Campaign successful.

For information on how you can support the 25th Anniversary Campaign, please contact Irene McLaughlin, Development Officer at irene.mclaughlin@alz.org or 617.868.6718.

Red, White and Blue will be the colors of the Boston Pops as they celebrate America on June 13th with patriotic tunes from American composers, highlighted by a performance by the Navy Band. The Alzheimer's Association's 7th Annual Night at the Pops will join this celebration by saluting our personal heroes, including loved ones afflicted by Alzheimer's disease, family members, professional caregivers, and researchers. Festivities kick off with cocktails, hors d'oeuvres, live auction, and a prize drawing at 6 p.m.

NewsCenter 5's Gail Huff, who lost her grandmother to Alzheimer's disease, returns as honorary chair for the fourth year in a row. “My grandmother is my hero and I’m honored to be celebrating her memory that evening,” Gail said.

Alzheimer’s Association “Salutes Our Heroes” at the June 13th Night at the Pops

Well as prize donations and program book advertisers, remaining sponsorship opportunities range from $10,000 to $1,000. Program book tributes in honor or in memory of a loved one are $100. New this year are Hero Sponsors for $250—pictures and Hero stories will be displayed on a very special Wall of Heroes. Heroes will also be listed in the program book.

Tickets are $190 each for seats on the floor or $925 for a table of five. The deadline for tickets is May 3. For more information on a special evening of food, music and memories, contact Sheila Watnick at 617.393.2008 or Sheila.Watnick@alz.org or visit our web site at www.alzmass.org.
Special Event Thank-You’s

We extend thanks to the volunteers whose events listed below raised funds for the Alzheimer’s Association’s programs and services.

The Framingham Republican Town Committee recently sponsored a buffet dinner and auction at the Nobscot Café to honor President Ronald Reagan, and celebrate the 25th anniversary of his 1980 election. Special guests included State Senator Scott Brown, husband of the Association’s Night at the Pops Honorary Chair Gail Huff. Thanks to the committee members including Connie Barnes, Mark Galante, Timothy Jacobs, Edward McGrath, Jack Prindiville, Doug Freeman, Rick Connaughton, and Ariel Sarousi for their work putting the event together.

Robert McNeil organized the annual McNeil Family and Friends Golf Tournament, held at the Whitinsville Golf Course, raising over $4,000.

The East Longmeadow High School staff and faculty raised funds for the Association through its Casual Friday program.

4th Annual Fort Phoenix Road Race/Walk, led by race director Kathy Lopes, held last September at the Fort Phoenix State Beach in Fairhaven, raised over $1,000. Fairhaven’s own Nephi Tyler won the race.

Over the past 16 months ERA Key Realty Services, in collaboration with their 300 agents and employees, collected donations from their real estate transactions. Their effort raised a total of $4,800 for the Alzheimer’s Association.

Kristi Mendoza and Karen Sullivan, co-chairs of the North Worcester County Partnership organized a miniature golf tournament in Lunenburg last September.

A special thanks to Brett Arends of the Boston Herald who participated in the Foxwoods Resort Casino Media Charity Poker Tournament. Mr. Arends placed 5th and donated his winnings to the Alzheimer’s Association.

Marie Donelly and the Village at Willow Crossing raised over $1,700 at their annual Death by Chocolate event.

Key Bank hosted its 6th Annual holiday reception. Guests were invited to pick an ornament from the “Key Giving Tree” and make a donation to the charity of their choice. We are grateful that a number of guests, including Association Board member Alan Rosen of New Balance Corporation, selected the Alzheimer’s Association.

In lieu of holiday gifts to their clients, the Boston law firm of Gadsby Hannah, LLP made a generous gift of $5,000 to the Alzheimer’s Association’s 25th Anniversary Campaign.

Newlyweds Make a Pledge from the Heart

Special thanks and best wishes for a lifetime of love and happiness to the individuals listed below who made generous gifts to the Association in conjunction with their recent weddings.

Greg True and Sarah Badger married on December 10, 2005 in the Old North Church, Boston, MA. The gift was made in memory of Richard Damon and Muriel True, grandparents of the bride and groom.

Jason Amata and Kara McNeil married on October 22, 2005 at the Hotel marble in Cambridge, MA. Made a generous gift on behalf of their guests in honor of Maria Amata, Jason’s grandmother, who has Alzheimer’s disease.

On October 29, the Ainsworth Family hosted a Halloween Costume Party that raised over $1,000 for Alzheimer’s research in memory of Phyllis V. Ainsworth and her sister Eileen McGinn and in honor of Ruth Bellavance who currently has Alzheimer’s disease. A festive time was had by all, including the party guests shown in photo.

Leaving a Lasting Legacy

Families and individuals who have benefited from the Association’s programs and services often ask what they can do to give back. Concerns about personal and family financial security may limit what someone can do through outright gifts during their lifetime.

However, with estate planning, an individual can protect the future financial welfare of their loved ones, minimize estate taxes, receive income for their lifetime, and fulfill their charitable wishes.

There are many ways to remember the Alzheimer’s Association in your estate plan. For more information on designating the Association as a beneficiary in your will, or on planned giving vehicles available through the Alzheimer’s Association, please contact Heidi Ganss Harris, Director of Development at 617.868.6718 or e-mail heidi.ganss@alz.org.

24- HOUR HELPLINE: 1.800.272.3900
150 miles over 2 days or 65 miles on one day

Memory Ride Celebrates 10 years on July 15 & 16

by Rachel Loughran, Special Events

After completing their first Memory Ride in 2005, Team Martin is returning this July from around the country for the 10th annual Memory Ride with 12 family members registering as riders and crew members. Participating in memory of their grandfather (“Papaw”) Frank Martin, 5 cousins will be riding and 7 family members will be crewing.

“Af ter our grandfather died, my sister Jeri and I immediately started looking for things we might do to help raise money for Alzheimer’s. We found Memory Ride, and decided to go for it. None of us are great athletes by any stretch, but we knew if there was any person in the world who we would work that hard for, it was our Papaw.” said rider Jema Turk.

“We went into the ride thinking we would just do the best we could—never really imagining that we’d make the whole 150 miles. But we encouraged each other all the way—and having family and Memory Ride volunteers cheer for you all along the way was amazingly powerful. There are few things I am more proud of than completing the Memory Ride in honor of Papaw—it was an unforgettable experience.”

“The Memory Ride was one of the best experiences we have ever shared as a family,” said Jamie Martin Keller. “As we spent time with the others who were making this journey, we were touched by their own stories of how they became involved with the Alzheimer’s Association and Memory Ride. We could easily see why Memory Ride has maintained a family atmosphere. This disease has affected so many people in a negative way, but this group is approaching the challenge with a positive attitude. We left that weekend with the feeling that we can make a difference.”

In its 10th year, Memory Ride is growing in many ways. A 65 mile 1-day ride has been added to this 2-day scenic 150 mile ride as it winds through Vermont, New Hampshire and ends in Boston, Massachusetts. The Memory Ride route and ride team are designed to support an extreme variety of rider skills, from beginner to semi-professional. Memory Ride is fully supported with SAG (support & gear) vehicles, a gear truck, a mobile massage team, medical team, and a bike tech team.

The 2005 Memory Ride raised a record $250,000 and is striving for another record-setting year. All proceeds raised by riders directly fund Alzheimer’s research through the Memory Ride Grant at the Alzheimer’s Association. The Association is the largest private funder of Alzheimer’s research having awarded over $185 million to researchers seeking new methods in prevention, better treatments, and eventually a cure for Alzheimer’s disease.

“Run for the Memory” Boston Marathon team members (left to right) Laura Benanchietti, Erika Mullen, Brent Forester, Chrissy Horan, Jim Fantini, and Coach Rich Schilder celebrate after their 12 mile training run on Heartbreak Hill in preparation for the 110th Boston Marathon. The Alzheimer’s Association marathon program began in November as an official charity of the Boston Athletic Association.
Six-year-old Billy Oddy Ashenden: Our First Youth “High Stepper”
Kids, Teens Raise $18,000 at ‘05 Memory Walk

by Christine K Haikin, Memory Walk Intern

Each year, it is inspiring to see the hard work and dedication of youthful Memory Walkers. They always find creative ways to fundraise, and this year was certainly no exception. The 2005 Memory Walk youth walker individual totals were higher than ever... 213 kids and teens raised $18,000.

Billy Oddy Ashenden has again proven his commitment to the cause by being the “Youth 17 and Under” with the highest fundraising total – over $3,000. In addition to receiving cash donations for the Northern Quabbin Valley Walk, Billy worked with his younger sister, Christi, to collect cans and bottles from the church where his mother, Candi, serves as pastor. Bill and Christi raise money in honor of their “Grampy” Dave Stowell who has Alzheimer’s.

Visit www.memorywalkma.org to learn about more of the motivated and special young people who participated in our 2005 Memory Walk.

Top 2005 fundraiser Harriet Smookler Hyman, second from left, receives a certificate for a getaway weekend at Winterwood in Petersham from Board member Mary Ann Marino. Special thanks to Jean Day for donating the gift certificate, and to Roberta & Myron Rosenberg who generously hosted the 2005 Memory Walk Appreciation dinner. Also shown in photo are Association staff Jim Wessler, Heidi Ganss Harris, and Sheila Watnick.

Correction

Kim Palmer from the Southeastern MA Walk is a 2005 Elite Feet walker, bringing the Elite Feet total to 107 and $158,833 by day of walk. Hailing from Southeastern MA’s Pleasant Memories team, Kim also becomes the First Place Team Walker in that region with a walk day total of $2,575.

Contact our Development Office at 617.868.6718 for a complete list of 2006 matching gift companies. The list includes:

• Analog Devices, Inc.
• Bank of America
• Eastern Bank
• Gillette
• Pioneer Investments
• NSTAR
• Reebok International, Ltd.

24-HOUR HELPLINE: 1.800.272.3900
patient information. The key elements are a 24-hour 800 number staffed by trained counselors; national fax alert broadcast capability; and Safe Return IDs with a registration number unique to each patient.

Most importantly, the Safe Return program works closely with law enforcement, locally and nationally. Over the years, thousands of officers have been trained.

"Safe Return put on a full court press with law enforcement," says Gerald (Jerry) Flaherty, Director of Special Projects at the Massachusetts Chapter. A national expert in the field, he is co-author of Dementia and Wandering Behavior: Concern for the Lost Elder for which he and co-authors Drs. Nina Silverstein and Terri Salmons Tobin garnered a Book of the Year Award from the American Journal of Nursing.

The search process for finding a wanderer is based on protocols developed by Robert Koester in the early 90s, in his work both as a researcher at the University of Virginia Medical School and as a search and rescue expert with the Virginia Department of Emergency Management. Those protocols have been institutionalized in the Safe Return program's trainings for police officers. For instance, the search area for a wanderer on foot is first focused in a relatively narrowly defined area close by where the individual was last seen. Confused and panicky, lost patients often seek "cover." In places searched unfamiliar with Koester's findings might not think anyone would willingly go. These areas—for example thick brush, briars, or overgrown drainage ditches—also inhibit use of current GPS-based personal locator devices. The moisture and density of the foliage can interfere with satellite signals.

Some individuals begin their wandering episode by turning the key in the ignition. Jerry recounted one memorable case where an elderly Massachusetts driver with AD, with his blind wife as passenger, traveled across the New England states after becoming disoriented. The man had been trying to drive two miles to his daughter's house for Thanksgiving dinner. The couple was eventually stopped on an interstate by a Rhode Island state trooper, 4 days later. The wife rejoiced. The husband couldn't understand why he was pulled over. It was a rough trip, but a good ending. This winter, a Massachusetts woman with dementia left home in her car on a routine shopping trip and was found in dense woods, deceased, near her car but many miles from home.

What can a family do to prevent wandering? Information about Safe Return is available through our Helpline at 1.800.272.3900, along with publications and educational workshops offered by the Massachusetts Chapter on measures that can be taken to make a home safer.
Support Groups

Abington: Pam Bailey 781.871.0200
Acton: Joanne Chauk 866.447.0009 or J ean Fleming 978.264.9643
Acushnet: Pat M Idurski 508.996.0368
Agawam: Holly Williams 413.821.9911
Amesbury/Newburyport: Patricia Lavoie 978.290.1757
Anchorage: Kristine Arkelian 978.623.8321
Arlington: Laurie August 781.316.3400
Athol: Wanda Landry 781.249.3717
Attleboro: Caren Gelotte or Susan Olson 508.222.6655 M ichelle Hallock 508.222.4950
Auburn: Brenda Rojas 508.832.2200
Belmont: Nava Niv-Vogel 617.484.5501 or Lauren Storck 617.484.0949
Beverly: Beth Roberts 978.921.1392 x44 Trish Crean 978.927.4227 Pam Taylor or Darcey Adams 978.921.5020 Linda Goddard 978.922.3622
Boston: Barbara Hawley Maxam or M auraean Tardelli 781.391.7878
Brainard: Alisa LaCoste 781.943.1400 Eileen Schongold 781.848.3678 x141
Bridgewater: Kathy Hayes 508.697.0929 or Sue Daniels 508.697.4368
Brighton: Naomi Krasner 617.789.2783
Brockton: Nancy Brascian 508.583.2517 J ohn Scott 761.952.2284
Brookline: December Heffeman 617.730.2753
Burlington: Stacey Kohler 781.744.8114 Joanne Fitzpatrick 781.273.7010 Ann Cooper 781.270.9008 x202
Barbara Ryan 781.270.4946
Cambridge: Alice M cCarter 617.547.3543 or M ary Costello 617.547.7836 or Ruth Gordon 617.491.1815
Canton: Susan Sheehan 781.828.7450 x307
Chelmsford: Patty Keane 978.251.8491 or Christine Sweeney 978.251.8880
Suzan Antkowiak 978.251.8880
Chicopee: Holly W illiams 413.821.9911
Concord: Patricia Opland 978.318.0046
Dalton: Cindy Epperly 413.238.5384
Danvers: Gwen Kopka 978.750.4540 Carol Lundgren 781.762.7625 x12
Dartmouth: J ean M eila 508.997.3936
Dedham: Denise Hughes 781.329.1520
Dorchester: Donna Allen 617.825.5000
Duxbury: Sandi W right 781.385.2397
East Longmeadow: M ary Anne Stout 413.566.5517
Edgarton: Susan Desmarais 508.627.4386 x16
Fairhaven: Sharon J ensen 508.991.8600 M eri Garren 508.997.3193
Fitchburg: Harriet Klayman 978.343.5216
Foxboro: Helen Rice 508.543.8336
Framingham: Judy Sabol 508.788.6050 or M auraean Klock 508.872.1866
Susan Schieb 508.879.8000
Franklin: Linda Williams 508.528.4600
Gardner: Kelly Lanza 978.632.5477 Rebecca Hadmac 978.632.1230
Gloucester: Claire Phillips 978.281.9765
Great Barrington: Karen Hutson 413.582.2650 Susan Leder 413.582.1881 J oan Mimo 413.582.4560
Hingham: J ohn M ichele 781.749.5417 Eleanor Blair 781.749.4774
Holden: Naomi Sohman 508.829.0270
Holyoke: Dottie Blain-Hamel 413.322.5625 Sr. Ramona Sullivan 413.532.3246
Hopedale: Brian Pillo 508.482.5995
Hopkinton: Roseann Bond 508.435.0222
Jamaica Plain: Susan Kelley 781.322.4574
Kingston: Sandra Fahrenholtz 781.365.4537
Lancaster: Kristi Mendota 413.243.4747
Lee: Dolores Thimot 508.987.8056
Leicester: Eva Dawson 413.637.5535
Lexington: Sandra Simon 781.589.9086
Leominster: Trisha Keating 978.537.7411
Lexington: M alcolm Allard 781.465.3512
Longmeadow: M att Aude 413.567.6211
Lowell: M aria Maskaluk 978.485.4844 M argaret Swanson 978.459.0546
Ludlow: Ginny Sinsky or J eannie Banas 413.787.1113
Lynn: Cheryl W all or Sarah Smith 781.598.4570 Valerie J acobs 781.592.5661
Mansfield: J ulie Bolt 508.285.7445 or J oan Baldini 508.481.9898
Marlboro: M aureen Diana 508.485.4040 Andrea Turner 508.485.4040
Medford: Douglas Lloyd or Sheila W ikus 781.395.5542
Methuen: Nancy TricK 978.682.3522
Middleboro: Susan Adams 508.946.2400
Mauraen Bradly 781.347.2244
Milford: Marlene Fregeau 781.473.0862
Millbury: Michelle Stevens 508.388.1307
Milton: Susan Sheehan 617.898.1094
Nahant: Rev. David Dodge 781.581.1202
Nantucket: Pam M eriam 508.325.5360
Natick: L ois Pecora 508.655.3000 x3988
or J im Worthington 781.936.0685
Needham: Sherry J ackson 781.455.7555 J amie Gutner 781.258.6333
New Bedford: J an M eila 508.997.9396
Newburyport: Amy Faucon 978.465.5631 x122
Newburyport/Amesbury: Patricia Lavoie 978.290.1797
Newton: J en Champa 617.928.0007
Nipmuc: Cindy Epperly 508.359.0001
North Adams: B eth Hinkley 413.644.4536
North Andover: Patricia Lavoie 781.691.7551
North Attleboro: M ichelle Hallock or M aria M idleton 508.699.0131
Northborough: Aimee Rizzo 508.393.5655 x256
Northbridge: Cecilia Boatman 508.234.6481
Norwood: Mary Beth Lynch 781.769.4495
Peabody: Linda Smith 978.531.2254 x137
Pittsfield: Louise Posnich 413.455.2300 Bev W oolfin 413.499.0524 Beth Hinkley 413.499.1992
Plymouth: Sharon Mazzilli or M auraen Bradly 508.747.3332
or L avania Scott-Brown 508.947.4744
Quincy: Wendy W ichrowski 617.746.4393
Kathy Prince 617.747.3332
Rockland: Lauren Welsh 781.681.1075
Roxbury: Ilene M arsh or M ichael Kincade 617.866.6718
Saugus: Nguyen Amadi 781.233.8123 x271
Sharon: M ary Fagan or Christine Lewis Dushkin 413.625.2502 or J ackie Stanford 413.567.6211
Somerset: J ohn Rogers 508.679.2240
South Hadley: Gerri Bennett 413.532.8098

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Support groups provide a forum for family members and friends of people with Alzheimer's disease or other dementia illness. Groups also exist for people who have early-stage Alzheimer's disease—refer to Specialized Groups at the end of the alphabetized list of communities.

People learn about the disease, share concerns and information, call each other in coping with the disease. Groups may vary in size, frequency of meeting, and leadership style but can make a tremendous difference in the lives of their members.

For more information, call our Help line at 1.800.272.3900.

Please call the listed group leaders for details.

(continued on back page)
Support Groups continued from page 15

Southbridge: Roger LaM ontagne 508.765.9771
Susan Kleczka 508.248.7344

Springfield: Ginny Sinkoski 413.787.1113
Kathryn Nowak-Crane 413.782.1800
Ellen Nepomuceno 413.781.5070

Stoughton: Denise Conley or Christine Galanis 781.344.7300
Karen Sprague 781.344.7361

Swansea: Judy Andrade 508.379.9700

Tewksbury: Kathy Moriarty 978.657.0800
Paula Drelick 978.851.3121

Turners Falls: Molly Chambers 413.773.5555 x262

Wakefield: Dawn Edwards 781.245.7600
Dianne Connelly 508.295.1040

Watertown: Ruth Gordon 617.491.1815

Westfield: Ellen Nepomuceno 413.781.5070

Westport: Lydia King 508.636.1026

Westwood: Colleen Murphy or Susan Hely 781.326.5652

Weymouth: Lynne Wilkinson 781.337.3121

West Roxbury: Susan O'Connell 617.325.1230 x253
or Kathy Vitello

Children's Group (ages 8-12)
Danvers: Kris Haring 978.774.4400 x4007

Families of VA Patients with AD
Bedford: Chris J. agiello 781.687.2701

Interfaith Support Group
Framingham: Maika Young 508.875.3100
Springfield: Maria McKenna 413.787.1113

New! Early Stage Alzheimer's African American Group
Dorchester: Donna Allen 617.825.5000

New! Support Group for People with MCI (Mild Cognitive Impairment) to begin Late Spring 2006
Watertown: Elaine Silverio 617.868.6718 x2005

Specialized Groups

Specialized Groups continued from page 15

Adult Child Caregivers
West Roxbury: Susan O'Connell or Kathy Vitello

Attleboro: Michelle Hallock 508.222.4950
or Barbara Middletone 508.669.0131
Beverly: Darcey Adams 978.921.5020 x2101
or Beth Desrochers 978.921.5020
Brockton: John Scott 781.952.2284
or Christina Galanis 508.427.6099
Concord: Arlene Parillo 781.863.1166
or Carol Steiner 781.624.9643
Dartmouth: Peter Ham 508.997.0794
or Mureen Hebert 401.438.0008
Duxbury: Joanne M. oore 781.934.5774
or Susan Rowlett 617.868.6718 x2049

New! Early Stage Alzheimer's and Their Caregivers
Watertown: Nancy Cohen 781.788.0044
or Susan Rowlett 617.868.6718 x2049

Spanish-language Group/En Español
Boston: Conchita Rodriguez 617.868.6718 x2005

Stoughton: Denise Conley or Christine Galanis 781.344.7300
Karen Sprague 781.344.7361
Kathryn Nowak-Crane 413.782.1800
Ellen Nepomuceno 413.781.5070

Wakefield: Ginny Sinkoski 413.787.1113

Westboro: Aimee Rizzo 508.366.9933 x3706

Woburn: Jennifer Jaroch 781.932.0350

Worcester: Faith Bandama 508.791.543 x3131
Catherine Sabatini 508.753.4791
Patrice Fanjoy 508.752.2546
Walter Hanian 508.754.3800
Debra Boylan 508.755.7277
Cindy Lamic 508.852.5800 x203
Katherine Ferreira 508.791.4200
Westboro: Amanda Kiruthi 508.366.9131
or Robbin M. coy-Ramirez 508.368.3192X3
or Anne Zetteck-Sumner 508.368.3192x3

Spanish-language Group/En Español
Boston: Conchita Rodriguez 617.868.6718 x2005

We make every effort to keep this list up-to-date. If you have any problem contacting a group leader, please call our Helpline at 1.800.272.3900.

We are a member of Community Health Charities

We encourage you to recycle Newsletters to a friend, doctor’s office, house of worship, or club—and let us know if you wish to be removed from our mailing list.

Please don’t toss this Newsletter! We encourage you to “recycle” Newsletters to a friend, doctor’s office, house of worship, or club—and let us know if you wish to be removed from our mailing list.

24-HOUR HELPLINE: 1.800.272.3900

We are a member of Community Health Charities working for a healthier America.

Thank you for your payroll deduction contribution.

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Support groups are free and open to the public. In addition, many day programs and long-term care facilities offer groups for families of their patients. Support groups are independently run and this listing should not be construed as a recommendation.

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