5.3 million Americans have Alzheimer’s disease.

Our Vision is a world without Alzheimer’s.
DEAR *Friends*

We are pleased to bring you this report on our 30th anniversary in the fight to end Alzheimer’s. When the Massachusetts Chapter of the Alzheimer’s Association was founded, it comprised a small dedicated staff and board of directors. Those individuals went on to make history, establishing programs to help some of the most vulnerable people in our population—families affected by Alzheimer’s and related dementias.

Our organization has grown in size and geographic reach through the past three decades in order to capitalize on shared resources and provide greater depth of our services. The eastern and western parts of Massachusetts were first represented by separate chapters which merged in 1999. Then, in 2007, the New Hampshire office officially merged and we became the organization we are today: Alzheimer’s Association, Massachusetts/New Hampshire Chapter. With almost 1,000 volunteers and a staff of nearly 50 working out of six offices, we serve the 142,000 people with Alzheimer’s, and their families, in our two-states.

The changes do not stop there. We have seen a fundamental shift in what we think of as “the face of Alzheimer’s.” Never more so than in this past year. Though the disease disproportionately affects those over age 65, we are increasingly responding to the needs of those with what is called younger onset Alzheimer’s. These individuals may be in their thirties, but the largest younger onset contingent we are seeing today comprises those in their fifties. A difficult disease at any age, the impact on a younger person is especially devastating and presents unique difficulties with regard to benefits and employment. The people who you will meet in this edition of our Annual Report all are affected by younger onset Alzheimer’s. We are grateful to them for sharing their stories; they are helping to change the way the public perceives the disease.

Among the changing faces are the children, grandchildren and great-grandchildren of those affected. We have come to realize that the disease truly affects the entire family. Some family members, like Bernice and Brenda Osborne of Dorchester, become care givers, fundamentally altering their lives. Some, like Brian, Danielle and Jeffrey Vincent, begin to consider whether they will have a test for the genetic markers that are present in familial, younger-onset Alzheimer’s.

The impact of slowly increasing diagnosis rates is showing clearly in the increased calls to our 24/7 Helpline. Last year we responded to more than 8,000 calls—an increase of 13% over the previous year. We provided 1,100 care consultations, free of charge as always, to families trying to navigate important decisions of care and coping.

While delivering hundreds of thousands of hours of support and education, we also stepped up our advocacy and public policy initiatives—with great results. This past August, Massachusetts Governor Deval Patrick signed into law one of our top legislative priorities, the Silver Alert bill. Two years in the making, the bill will provide a coordinated search and rescue response when an elder individual with mental impairment wanders from home. We also succeeded in bringing into reality the planning process for an Alzheimer’s State Plan for Massachusetts when Governor Patrick asked the Executive Office of Elder Affairs to convene the planning process. The Association is an integral part of this process. Lastly, a record number of New Hampshire and Massachusetts advocates descended on Washington, D.C. in March for the annual Public Policy Action Summit, in order to raise public awareness of the disease and its wide-ranging effects to our federal elected officials.

We hope that you will read through the highlights of our year and the profiles of those living with Alzheimer’s. As we complete our third decade, our vision is stronger than ever. We look to the future of a world without Alzheimer’s.

James Wessler    John Yahres
President/CEO    Chair, Board of Directors
The Alzheimer's Association's outreach and support has increased each year to meet the needs of those living with the challenge of Alzheimer's disease and other forms of dementia. During the past year, our programs and services included:

**HELPLINE:** 8,200 calls

**CARE CONSULTATION:** 1,100 consultations

**EDUCATIONAL:** 300 programs, with 16,700 attendees.

**SUPPORT GROUPS:** 185 groups meeting in Massachusetts and New Hampshire

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### Facts & Figures

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### Core Programs

- **24/7 HELPLINE 800.272.3900** and online at ALZ.ORG/MANH
- Care Consultation, confidential, individualized meetings
- Support Groups
- Early Stage Programs
- Children of Younger Onset Dementia (COYOD) Program
- Online resources at ALZ.ORG/MANH
- Education for families and professionals
- Research
- Medic Alert® + Safe Return®
- Trial Match® clinical trials resource
- Health Liaison with major medical institutions
- Medical Education, CME and CEU
- Public Policy initiatives and advocacy
Total revenues for FY10 (July 1, 2009 to June 30, 2010) were $5,087,377 with sources show below. Total expenditures were $4,026,494 with approximately 77% attributed to program services. Audited financial statements are available upon request.
It can sound hokey, but I really get it now. Each moment that we have is precious.
Terry Laub thought she had gone through the worst when her sister—her best friend—was diagnosed with breast cancer. Terry stood by Phyllis through chemotherapy and radiation. Phyllis got through it and went back to work at her hotel industry sales job. Later that year, Terry received a phone call from Phyllis’ boss who was concerned that something was wrong. Phyllis, always a high performer, was not able to get her job done.

“We thought maybe she needed time off,” said Terry. They also considered what’s called “chemo brain,” a common side effect of cancer treatment.

What followed was an MRI and PET scan, an appointment at the MGH Memory Clinic and then one with Boston University Alzheimer’s specialist Sanford Auerbach, MD. In 2002 at age 63, Phyllis was diagnosed with Alzheimer’s disease.

Terry, an occupational therapist who works with people with Huntington’s disease, did a professional assessment and realized that the Alzheimer’s was progressing rapidly.

“It went beyond her having four shirts on and forgetting what soap was for,” said Terry. “She couldn’t care for herself.”

What had always been a close family became closer. They already understood loss. Their father survived the holocaust. Their mother died with stomach cancer when Terry was 13. Phyllis moved into an assisted living facility with their father—where she stayed for several years with the help of a personal care attendant that Terry hired.

With the death of their father, and the family reduced to the two of them, the challenges of being her sister’s care giver became a source of sadness and stress in her life. Terry turned to the Alzheimer’s Association where she found Paul Raia, PhD, the Vice President of Clinical Services and a counselor to thousands of people during his 23 years in the field.

“Every time that he met with me, I came away with something positive and life-affirming, no matter how difficult the conversation,” Terry said. “He told me Alzheimer’s has taken your sister, don’t let it take you too.”
“Early on, Phyllis didn’t want people to know. She had a very close relationship with someone and broke it off rather than share the news of her diagnosis.”

Terry has close friends in her neighborhood—close friends in the apartment upstairs. Her god-daughter India lives there with a Yorkie-Daschund mix named Dehli and both are frequent visitors. But Phyllis was the person who went on vacations with Terry—she was the big sister—she is the only other family.

Everything became difficult for Terry. When Phyllis needed to move into a safer, protected environment, Terry agonized for six months. She created a complex scenario that would be played out to convince Phyllis to make the move. The hurdle arrived and was overcome.

“I told her that the rent was going up and she would need to move,” said Terry. The rent was a fabrication, the move was not. “She looked at me and said ‘okay let’s go.’”

That move also began Terry’s experience with care facilities. That first move was to Hearthstone in Hopkinton, a place Terry describes as fabulous and wonderful. She had decided on them based on professional recommendations, but she took the extra step of checking “off the record” with a medical supplier for an insider’s perspective. She visited seven facilities before making a decision. She became her sister’s advocate. Within a matter of years, Phyllis required more complex care that could only be provided in a nursing home.

“Families have to be involved for people who can’t take care of themselves. You have to work with staff to recognize the good and address the inconsistencies.” She also met and talked frequently with Dr. Raia for his guidance and support.

Terry was aware that she needed to take care of herself if she was to be an effective care giver. She continued her passion for bike riding, going out regularly on area trails. She hopes someday to ride across Europe—she has already crossed the U.S.

“There is an aching sadness that will always be part of me no matter what,” Terry said, describing the helplessness she sometimes feels.

She has dug deep into her studies of yoga and meditation. She finds strength in taking retreats with Buddhist monk Thich Nhat Hahn. At a retreat attended by thousands, she took advantage of the opportunity to address a personal question to the spiritual leader.

“I asked about Phyllis and asked how do you stay in the moment when it’s so painful?”

“You are only human. You do the best you can,” he answered.

To her surprise, others in the audience shared hugs and their own stories with her.

Terry feels her father’s presence still. As a survivor, one of the things he felt was important was positive affirmation. When Terry and Phyllis were children, each night when he tucked them into their beds, he would recite positive thoughts for the day with them.

Phyllis is now in a wheelchair. She stopped speaking a few years ago.

“Being an occupational therapist has made me a better care giver—being her care giver has made me a better OT,” said Terry. “I was also very lucky to have a family that realized the sacredness of life.

“Having a sister with Alzheimer’s and working with people with a progressive neurological disorder, Huntington’s, has taught me how sacred life is. It can sound hokey, but I really get it now. Each moment that we have is precious.”
• **24/7 HELPLINE:** We responded to more than 8,200 calls and e-mails, providing information, support and guidance. Our Helpline online became an important source of contact as increasingly more people sought information via e-mail. Alzheimer’s is a consuming disease and we were there for the many in need.

• **CARE CONSULTATION:** Our individualized, in-depth counseling program, provided more than 1,100 consultations at no charge to those receiving the services. Care Consultation meets a real need with one-on-one family assistance. We accommodate families by utilizing phone conferencing and e-mail contact, when appropriate, to make it possible for those at a distance to be involved in family discussions.

• **PROGRAMS FOR INDIVIDUALS, FAMILIES AND THE COMMUNITY:** We reached well over 11,000 people with 206 programs of support, information and education. The Chapter hosted an Alzheimer’s Early Detection Alliance (AEDA) kick-off event to bring awareness into the workplace in November 2009. Our inaugural launch of AEDA with 14 corporations reached hundreds of employees concerned about memory loss. To promote National Alzheimer’s Disease Awareness Month in November, we participated in 28 education programs and supported 14 additional programs presented by other community agencies. A new education program for the general community, Know the 10 Warnings Signs, was also premiered—this 1-hour workshop highlights the benefits of early diagnosis, the importance of volunteering for research, and information on living with the disease.

• **PROGRAMS FOR PROFESSIONALS:** More than 5,077 professionals participated in 95 workshops, programs or conferences. “Map Through the Maze”—our premier professionals’ conference included presentations on culture transformation, innovative approaches to creative expression, and managing behavioral symptoms, among other topics. The Association also worked with the Executive Office of Elder Affairs on an Administration on Aging grant which funded three regional trainings to increase knowledge about care and support in Supportive Day programs throughout Massachusetts. The grant also enabled us to provide dementia trainings for Massachusetts Aging and Disability Resource Consortium, a network of providers that work together to effectively meet the needs of the elderly and individuals with disabilities.

• **SUPPORT FOR CHILDREN:** We launched a Children of Younger Onset Dementia (COYOD) program to provide a social network and emotional support system for individuals who find themselves dealing with their parents’ younger onset dementia. This group fills an important need for those who previously felt isolated and alone with the challenges they face.

• **CARE GIVER CONFERENCE:** We offered our second annual Care giver Conference in Concord, NH, a well-received half-day program featuring the latest in research and care giving information.

• **MEMORIES IN THE MAKING:** An art therapy program for those with Alzheimer’s, this program was pioneered by our sister chapter in Colorado and has now become a staple program in Western Massachusetts, where it was offered at 11 different facilities. The resulting artwork was sold in an auction that raised money to support ongoing family care and support programs.

• **HEALTH LIAISON PROGRAM:** Health Liaisons, typically social workers or nurses, worked with clinical staff to connect patients and their care partners with a dementia specialist at the Association. In FY09, our Health Liaisons program expanded to more than 20 major medical institutions.
• CREATIVE EXPRESSIONS PROGRAM FOR CARE GIVERS: Nationally renowned artist Helen Meyrowitz teamed up with a member of our program staff to offer a pilot expressive arts program for individuals who are care givers. Meeting over six weeks, this group found new avenues for expression and stress reduction as well as bonding with each other.

• 19TH ANNUAL MATTHEW & MARCIA SIMONS SYMPOSIUM ON ALZHEIMER’S DISEASE: Our premier scientific presentation was presented to a standing room only audience. Reducing Your Risk of Alzheimer’s Disease: Building a Better Brain as We Age featured David A. Bennett, MD, Director of the Rush Alzheimer’s Disease Center at Rush University Medical Center, Chicago.

• ON THE BRINK OF DISCOVERY: THE SEARCH FOR A CURE FOR ALZHEIMER’S DISEASE: We featured the eight Massachusetts-based scientists receiving Alzheimer’s Association research grants in FY09 at a forum open to the public. The panel was moderated by Maria C. Carrillo, Ph.D., Senior Director, Medical & Scientific Relations, Alzheimer’s Association, National Office.

• LEGISLATIVE INITIATIVES: Our Massachusetts Alzheimer’s Advocacy Action Day at the State House in Boston galvanized advocates to support our proposed legislation for a Silver Alert program to reduce the risk of wandering; legislation to establish quality of care requirements for dementia special care units in Massachusetts nursing homes; and legislation for an Alzheimer’s State Plan. Shortly after Action Day, Governor Deval Patrick directed the Executive Office of Elder Affairs (EOEA) to work with the Association to establish a steering committee charged with developing a state plan. Our Silver Alert legislation was passed unanimously by both the state house and senate and signed into law.

• PURPLE WITH A PURPOSE PUBLIC AWARENESS CAMPAIGN: For World Alzheimer’s Day 2009, we teamed up with Dunkin’ Donuts for a public awareness campaign. Nearly 200 Dunkin’ stores in the greater Boston area offered a special purple-sprinkled donut and provided Alzheimer education materials for the week around World Alzheimer’s Day. This corporate collaboration paved the way for building a significantly larger base and reaching hundreds of thousands with our message that care and help are available.

We co-sponsored a second annual conference on Down syndrome and Alzheimer’s with the Department of Developmental Services, tackling the topic that had not received the attention it merits. Some 50-70% of those with Down syndrome will also develop Alzheimer’s by age 60, adding a new layer of challenge for those with the dual diagnosis and those who care for them. Attendees included family and professional care givers, like those pictured here, seeking information, guidance and support.

Photo by Betsy Fitzgerald-Campbell
The Alzheimer’s Association received gifts in honor of many people, important occasions and milestone events such as weddings, anniversaries and birthdays during FY2010. Listed below are the names of individuals who inspired others to support the Alzheimer’s Association, Massachusetts/New Hampshire Chapter. Individuals appearing on our 2009 Spirit of Remembrance wall are indicated with an asterisk.

We have been careful in the preparation of this list, however, some errors or omissions may have occurred, for which we express our apologies. If your name has been inadvertently omitted or incorrectly listed, please bring the error to our attention so that we may update our records.
Family members, those with Alzheimer’s and health care professionals joined ranks as advocates for increased research funding and improved Alzheimer’s public policy at the national Action Summit in Washington, D.C. Representing Massachusetts and New Hampshire, our great advocates visited all the offices of our senators and representatives, bringing their message and a strong call for action.

Photo by Trenton Carter
It is important we **FIND A CURE** and put an end to this **DEVASTATING DISEASE.**

"My father had Alzheimer’s approximately four years. I support the Alzheimer’s Association because it is important we find a cure and put an end to this devastating disease. It is also a way to honor my late father and my mother who was a great caretaker for my father during his battle with Alzheimer’s.”

Kurt Purnell is a member of the Alzheimer’s Association, MA/NH Chapter’s Board of Directors, chair of the Greater Boston Memory Walk, chair of the Public Policy Committee, and a donor.

Photo by Shannon Power
The Alzheimer’s Association, Massachusetts/New Hampshire
Chapter gratefully acknowledges the following individuals whose
generous contributions during FY2010 (July 1, 2009 to June 30, 2010)
will help continue our work, to assist and serve those with Alzheimer’s
disease and related dementia illness, their families, and care givers.

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may have occurred, for which we express our apologies. If your name has been
inadvertently omitted or incorrectly listed, please bring the error to our attention so
that we may update our records.

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Rene C. Cote
Linda Family Foundation
Suzanne and
David Lissy
Tanner Irrevocable
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Marilyn Simons
Marcia Simons
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The Douglas and
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Dennis and Polly Selkoe
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Mary Ann Wright

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Linda and Marie
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Timothy Gaspar
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The Gena Family
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Thomas Goodwin
Peter G. Goodwin
Thomas Gostels
Barry Gourdau
Dale Eckert and
Dale Grinsell
Dennis and
Kate Granigan
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Barry and Natalie Greene
Susan P. Grenier
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Patricia Grindell
Harold Grinspoon
Chandler Charitable
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Marni Grossman
Jeffrey Gural
Stuart Haber
Robert Halper
The Robert Halper
Foundation
Ann Harrington
George and
Diandra Harrington
Ellen and John Harris
Frederick Hartman
Sherry Haydock
John and Jill Hayes
Hundreds turned out for our New Hampshire Care to Cure Conference which featured noted researcher Michael Wolfe and care giving expert Jo Ann Jordan (seated bottom right). Family and professional care givers had the opportunity to hear the latest about Alzheimer’s and also to ask questions of the professionals.

*Photo by Betsy Fitzgerald-Campbell*
The Romito family has taken their experience with Alzheimer’s and begun their own crusade to get the word out about their experience. Millie Romito, who has early stage younger onset Alzheimer’s, addressed those attending our Make the Link Golf Tournament, flanked by sons Erik and Chris. The brothers participate in ALZ Together, a newly founded group of young adults who have come together to raise awareness about the disease. Millie and husband Frank also attended the Washington, D.C. Action Summit and our local public policy initiatives and Memory Walk.

Photo by Ken Cegelski
Celebra la Vida, the largest Latino health information event in Massachusetts, gave our staff and volunteers a chance to answer questions and provide information about Alzheimer’s resources to the thousands who attended. Latinos and African-Americans are at greater risk for Alzheimer’s because they are at higher risk for diabetes and hypertension, both of which elevate Alzheimer’s risk.

Photo by Fabiola Alvarez
The most eloquent advocates are those living with Alzheimer’s—which is why one of the most powerful sessions of A Map Through the Maze professionals’ conference is the Early Stage Panel discussion. Those with early stage Alzheimer’s teamed with their care partners, join in an open discussion that can go from heartbreaking to humorous in a heartbeat.

Photo by Betsy Fitzgerald-Campbell
Once you find out, that changes everything. You think about your career, your children.
Bruce Vincent is too young to take part in Alzheimer’s clinical trials. Age 50 is the commonly used cut-off. At 48, he also seems too young to even have Alzheimer’s.

He was diagnosed two years ago, following several years of growing concern by his family.

“He would always call and ask me if I needed anything from the store before he left for the day,” said Cindy. “But he began calling a second time, not remembering the first call.” There were other signs. He became reluctant to go places by himself. He was sometimes confused.

“Alzheimer’s was always in the back of our minds. We knew that it could happen.”

Still, a typical work week for Bruce had topped out at 80 hours. He is founder of Vincent’s Country Store, which has anchored the center of Westminster for nearly twenty years.

His internist first thought that stress was the culprit and prescribed world puzzles to help his memory. Then came the test that is called a “mini-mental exam.” Bruce did not do well. Next, a blood test.

“The doctor called me at home and said a lot of medical jargon,” said Cindy. “When I asked ‘What does that mean?’ he said Bruce had early stage Alzheimer’s.”

This Westminster family has come together around the challenges that face Bruce now; they are also thinking about what lurks in all their lives. Bruce has the rare familial strain of Alzheimer’s. His mother, grandfather and great-grandfather all died with Alzheimer’s in their fifties. Bruce and Cindy Vincent’s three adult children, Jeffrey, 27, Brian, 26 and Danielle, 20 are also now wondering about their own futures.

“Alzheimer’s was always in the back of our minds. We knew that it could happen.”

Bruce Vincent fell for his wife Cindy in a high school history class. They bonded in marching band—she was in the color-guard and he played tuba and sousaphone. They will celebrate their 30th wedding anniversary next year.

“I never saw the changes in me. She saw them,” Bruce said.

On the day of the interview, Bruce is uncomfortable with the latest change in his life. Earlier in the week, he surrendered his driver’s license following an evaluation for driving at Fairlawn Rehabilitation in Worcester. The test lasted more than an hour and included hand-eye coordination, mini-mental, interpreting street signs, and a driving simulator with red-yellow-green signals.

“I didn’t realize it would be so detailed,” Bruce said, his face mirroring his unhappiness with the results. “I expected a road test.”

There was no road test. Bruce did not pass the off-road tests.

“We’re both in shock,” Cindy said. She admits that she had shared with Bruce’s doctor that

The Vincent family’s Westminster market is at the heart of town as their dedication to each other is at the heart of their family life.
driving was starting to be a concern. “He's more upset about the driving test than the diagnosis.”

The Vincent children joined the interview, taking time away from their jobs to participate in the discussion that affects them all. On the living room wall a plaque reads “Home Heart Hearth”. The family's pet Schnauzer is curled up on the floor. The room has the careful coziness that comes from a decorator’s eye. Along with the market, they own Country Treasures Gift Shop, managed by Cindy. It’s easy to get a sense of life before Alzheimer’s. Life with Alzheimer’s has meant that every family member is now involved.

The children could have a screening test to see if they carry the genetic link for familial Alzheimer’s. Bruce has taken part in genetic counseling with Dr. Reisa Sperling, a nationally recognized Alzheimer’s researcher from the Brigham and Women’s department of neurology. The question sat like an unwelcome guest: Will they take the test?

“Once you find out, that changes everything,” said Jeffrey. “You think about your career, children.” He works as an installer of car alarms and also as a part-time police officer. He is also recently married. “I have no interest in knowing, taking the test. It would change how I look at life. If there's a 50/50 shot, I would rather wait. If I had it, I would think about it every day.”

Brian, who now manages the family market, wants to know if he's carrying the genetic link.

“I think you would live your life differently if your life is half over.” At 26, he is about half the age when Alzheimer’s claimed his grandmother, great-grandfather and great-great-grandfather. “You would take more chances, do more things.” He is not interested, he said, in clinical studies. “Why would you want to focus on it?”

Danielle, at 20, still lives at home. “We all had it in the back of our mind. It was kind of surprising, but kind of not,” she said. She would like to know if she has the potential of also developing Alzheimer's. “It wouldn’t change how I live. Reisa’s office suggested that in the next 10 years or so, maybe there could be a treatment…”

Despite their differing opinions, all three have sought support through an Alzheimer’s Association program for those called COYOD (Children of Younger Onset Dementia). Based from the Association’s Watertown office, the COYOD group began meeting in summer 2009. Similarly, Bruce and Cindy now regularly attend a support group for care partners and those with early stage Alzheimer’s. Twice a month, they drive east to Watertown to learn more about the disease that has become a part of their lives—and to feel less alone.

They have brought their spirit of hopefulness to campaign for the Alzheimer’s issue by forming a Memory Walk team that participated in the Gardner, Mass event in September. The expanded family team was on the field, in force. And Bruce and Cindy have also volunteered to share their very personal story with the media, responding to a request from the Boston Globe.

The changes are beginning to accumulate. In addition to his loss of his license, Bruce has cut back on hours at the market—from 80 to 60 a week. Although he provides a friendly greeting to all the regular customers, some tasks have become more difficult, according to Brian. Right after the diagnosis, Cindy and Bruce met with their attorney and financial planner to put in place the planning that will support the changes that come with his decline.

“It never leaves my mind,” Cindy said, starting to tear up for the first time in the interview. Bruce handed a tissue over to her. “It is just always there. When he’s at work, I wonder if he is ok. The children, are they worrying about their father...”
### INSTITUTIONAL Support

The Alzheimer’s Association, Massachusetts/New Hampshire Chapter gratefully acknowledges the following corporations, foundations, trusts, organizations and institutions for their generous support of $1,000 or more during FY2010.

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Alzheimer’s Association national Vice President of Medical and Scientific Relations William Theis, Ph.D. attended and spoke at our annual Matthew and Marcia Simons Research Symposium, where he also accepted a $200,000 check towards our national research program from Memory Ride Committee member, Leadership Council member, volunteer, and rider, Paul Kussell.

*Photo by Betsy Fitzgerald-Campbell*
MEMORIAL Gifts

We extend our sincere sympathy to the many families who have lost a loved one to Alzheimer’s disease. We also thank the thousands of individuals who made memorial gifts to the Alzheimer’s Association during the past fiscal year. We received gifts in memory of more than 3,900 special people – their names are listed below. Individuals appearing on our 2009 Spirit of Remembrance wall are indicated with an asterisk.

We have been careful in the preparation of this list, however, some errors or omissions may have occurred, for which we express our apologies. If your name has been inadvertently omitted or incorrectly listed, please bring the error to our attention so that we may update our records.

Charles Abadie
Richard Abner
Evelyn R. Abraham
Anna K. Abrams
Edith Abrams
Estelle Abrams
Eve Abrams
Nancy M. Ackerman
Glenn E. Ackley
Elizabeth Acton
Michael Acton
Stefan Adalsteinsson
Alexander O. Adam
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Mildred Adler
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Elwyn Bailey
Harry L. Bain
Michelle Bainton
Betty Adams Baker
Frank Baker
Rupe G. Baker
Russell Baker
Ruth "Auntie" A. Baker
Gertrude F. Bakos
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Josephine F. Baldyga
William P. Balg
Justin D. "Bud" Ballou
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Margaret Balta*
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This is a list of names, possibly contact information or a directory.
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care givers
Also meant being
We realized that being
Mary Osborne loved to shop. She was a fashion maven who studied dressmaking and sewed all her children’s clothes. She loved the old Filene’s basement and Jordan Marsh one-day sales. Mary has late stage Alzheimer’s disease, diagnosed seven years ago. By the time she was 65, her family knew that something was wrong. Mary, in her shopping quests, walked everywhere. Then one day, she could not find her way home. The family found her at a busy intersection, safe, but confused.

Bernice, as outgoing and beautiful as her Montserrat-born mother, studied event planning and business management. Since her mother’s diagnosis, she has become a family care giver who works part-time. She shares care giving with her sister Brenda. Their brothers Leroy and Leslie live nearby the family triple-decker home in Dorchester.

“She loved our family; she held the family together,” said Bernice.

“Our parents raised us to take care of each other. We all know how to cook. Someone was sick, you bring tea, tissue. Taking care of my Mom was a natural progression,” said Bernice. Mary no longer speaks. She relies on Bernice and Brenda for dressing, bathing, moving around her apartment and medications.

When we spoke in late summer, Mary now 73, could still eat on her own, but that too was changing, according to Bernice. Care giving became such a defining part of her life that Bernice delayed going ahead with marriage until her fiancé agreed that they would continue to live downstairs from Mary and husband John. Bernice set an October 2010 date for their wedding, knowing that not only will her mother not be dressed to the hilt or make the gown—she might not be able to attend.

Bernice and Brenda have fashioned a care giving plan with the detailing and love of an heirloom quilt. An adult day program three days a week provided some respite for the sisters. By summer’s end, Mary had been quieter when she arrived home and sometimes resistant to board the shuttle to the center. On one day, Bernice sat in tears after failed attempts to navigate her mother down the steep concrete steps from their porch to the sidewalk.

“The hard part is that she can’t say ‘I’m hungry, I’m cold.’ I have to read her and try to remember how she was in the past—and follow those memories,” said Bernice.

“Our goal is to keep her home,” said Brenda. The sisters have joint legal guardianship and health proxy for their mother. Their father has his own health problems and has been in and out of the hospital during the past year. “We are emotionally beat.”

They looked for help and found the Alzheimer’s Association.

“I Googled and ended up with Susan Rowlett (Manager of the Care Consultation program) at the Association and all that information on the website. Until then, we didn’t really know what we were up against,” Bernice said.

“We realized that being care givers also meant being advocates.” Bernice gave as an example the fact that her mother had diabetes that went unnoticed, untreated, undiagnosed. One day when Mary was “really out of it,” a trip to the hospital revealed the underlying cause. Diabetes is one of the conditions that researchers believe elevates the risk for developing Alzheimer’s.

Bernice and Brenda have both become advocates for their mother’s care. Bernice has taken it even further and become an advocate fighting for changes that may
be too late for her mother—but will help others. She took to the podium at the Alzheimer’s Association’s Massachusetts Advocacy Action Day to speak up on behalf of proposed legislation to establish a Silver Alert program. Silver Alert would help other families when their loved one wandered, confused. Silver Alert would have made a difference for Mary, Bernice told the hundreds of advocates and politicians gathered at the State Capitol that day. Silver Alert not only passed unanimously in the state house and senate, it was signed into law by Governor Deval Patrick in July ’10.

Bernice has taken her story to the media, being interviewed by the Boston Globe, the Banner and Callie Crossly on WGBH public radio. She has also formed an extended family team that walked and raised money for Memory Walk in 2009 and 2010. She was invited to join the Public Policy Committee of the Alzheimer’s Association, and accepted.

Despite Bernice’s very public actions, Alzheimer’s remains one of the most personal experiences to beset a family care giver.

“The hardest part is not having our Mom. Not having things like they were,” Brenda said.

For Bernice, planning her wedding was as sad as it was happy.

“A woman wants her mother with her for her wedding planning. I missed out on it.”

Both sisters have discovered what all care givers come to learn: it is difficult to take care of yourself when you are caring for someone else. The statistics show that one third of care givers are likely to suffer depression, and one third of older care givers actually pre-decease the person for whom they provide care, victims of the added stress in their lives.

Bernice and Brenda try to carve out precious time to manage their own well-being. They fit in exercise by walking late at night. Bernice has found support from the counselors at the Alzheimer’s Association and with the COYOD (Children of Younger Onset Dementia) support group.

The experience has brought the family closer together.

“We have this time and are able to take care of her,” said Bernice. “It’s hard and challenging, but you have to try to find some little piece of good. Cherish what you have in that person, because it is going away...”
MEMORIAL

Gifts Continued

Frank Graziano
Mary Greco
James J. Greenley
Ted Greenman
Carolyn Green
Ethel Green
Phyllis Green
Isadore Greenblatt
Caroline Greene*
Ethyl Greene
Norma Greene
Cecelia Greenner
Edward Greenfeld
Theodore Greenman
Maryjane Greenwood
Eva M. Gregoire
Mary Gregory
Leonard Grethel
Jean Grey
Anne Grezegorowicz
Augusta Griffin
Madge Griffin
Mary Griffin
Ruth Griffin
Walter R. Griffin
Westervelt Griffin
Valentine Grigalunas
Lillie T. Grill
Helen Grinnard
Howard W. Grimes
Mary Anne Grivoss
Elizabeth Grocki
Reba A. Groisser*
Mary Grosso
Lourdes "Lou" G. Groswald
Rose Guanci
Camille M. Guarino
Maiza E. Guenter
Alfred Guerin
Fred Guerin
Marguerite T. Guerra
Mary Guerrieri
Henry L. Guertin
Simone E. Guerin
Athea Gulimet
Elizabeth Gullicksen
Conrad Gunderson
Carl Gunnard
Austin Gunnery
Ann Gurski-Peresada
Albert L. Gustafson
Judith A. Gustafson
George V. Gustafson
Lorraine Gyenes
Carl Haakana
Margaret Haapajrka
James Hadge
Jessie Hadge
Barbara Hafemann
Theresa Haggerty
Frederick H. Hallstone
Jay Hale
Marion A. Hale
Abraham Hale
Thomas J. Halifax, M.A.
Dora S. Hall
Jeter Hall
Lois Hall
Horton Hallett
Theresa Halloran
Earl M. Hallstead
Mary Hambro
Theresa Hamel*
Barbara C. Hamilton
Lorraine Hamilton
Walter Troy Hanson
Charles Haney
Ethe Hanley
Mary Hanley
Elizabeth Hanlon
Thomas Hannah
William Hannon*
Emily Hansen
Richard A. Hansen
Wren Hansen
Albert Harding
Cyril K. Hardy
William Hardy
Charles Harkins
Ruth Harroan-Hodian
Daniel J. Harrington, Jr.*
Ernest G. Harrington
Kenneth J. Harrington
Malcolm W. Harrington
Sylvia M. Harrington*
Madeleine Harris
Pearl Harris
Mary Elizabeth Harris
Tycko
Rita M. Harrison
Bartholomew "Bart" Hart
Betty Snow Hart
James A. Hart
Mary Elizabeth "Betty" Hart
Margaret "Rita" Harte
M. Rita Hartnett
Gerry Harvey
Helene M. Harvey
James P. Harvey
Helene Harwig
Martha Hassell
Donald M. Hauste
Eleanor Hastings
Walter Ewell Hastings
Rosemarie A. Haugen
Andrew D. Havilla, Jr.
Robert D. Hawke, Jr.
Evelyn M. Hawley
Charles E. Haydel
Johanna Martha. Hayden
William T. Hayden
Lillian Hayes
James Haynes
Ruth Hayward
Ann E. Healey
Sylvia A. Healy
Elizabeth Heaney*
John Heanue
Beverly Heath
Debra Heath
Helene C. Hebb
Martha B. Hebb
Glenis S. Hebert
Marian Hecht
Audrey Heckel
Jean Heeney
Kathryn A. Heffernan
Maurice Heffernan
Edith Anne Heffron
John Hegarty
Helen E. Hein
Charlotte Heinemann
Jerry Heinrichs
Ruth Smith's
Sister Helen
Thomas Hendry
Linda Mae Herbert
Gerald J. Herlihy
Charlotte Herman
Irving Herman
Mary Herring
Allan Herrmann
Ronnie Hershberger
Beverly Hershoff
Glydys Hert
Phyllis Hertz
Mary Jane Herzog
Edith P. Heys
Jamesina D. Hickler
Ray Hickman
Jean Hider
Ithe White Higginbotham
Bruce Higgins
David Charles Hill
Ethe E. Hill
Jean Hill
Kathleen T. Hill*
Ruth J. Hill
Max Hiller
Jean E. Hillis
Lenore A. Hindcliff
Richard E. Hindcliff
Don Hinley
Doreen Hintley
Micheline Hoague
Gary E. Hoban
Chris Hobart
Martha Hobbs
Cantar-Gabriel Hochberg
Samuel Hock
Lisa Hockberg
Paul J. Hoctor
Elizabeth White Hodges
Ruth Hodian
Clarence Hodson
Philip Hoomsheid
Bessie Hooy*
Dorothy E. Hoffey
Bobbi Hoffman
Dr. Benjamin Hoffman
Gloria Hoffman
Miriam Hoffman
Naomi Hofkoosh*
Margaret Hogen
Maurice Hott
Theresa Holbrook
Harriet Holmenack
Vivian Hollis
Robert B. Holman
Lois Holmes
Robert S. Holmes
Mildred Holof
Richard Holoff
Priscilla G. Holt
John Holtzer
Mary Holzman
Thomas M. Hoad
James Hoover
Rolf Hopkins
Henry W. Horan
Elizabeth Olsen Horne
Esther G. Horton
Helen A. Houte
Wilfred Houte
Earl A. Houghtaling
Barbara R. Hould
Ralph G. Howard
Ann Marguerite Howe
Lillian D. Howe
Ruth Gertrude Howe
Robert F. Howes
Warren H. Howes
Kathryn Howland
Conant
Beverly Hoyt
Roswell R. Hubbard
Arnold Huberman
Mildred E. Hubble
John Huchowski
John Hudson
Jane Huff
Dorothy Hughes
Nancy Hughes
Nora T. Hughes
Patricia Hughes
Ronald L. Hughes
Helen Huin
Marion Hulme
Mildred "Midge" Hulse
Howard C. Hunt
Alice E. Hunter
Barbara J. Hurley
Catherine Hurley
Aaron Hurwitz
John A. Hutchins
Catherine Hutchinson
Betty R. Hutton
John Hyer
Charles Hyland
Quintina Jaconwe
Irene Iapolla
Linda Ihirg
Florence Ike

Harriet L. Ingalls
Iris Ipek odjian
Helen M. IPPolito*
Vincent O. IPPolito*
Jean H. Ireland
Mary Ireland
Ed Irish
Marilyn L. Irish
Vivian Irving
Shirley A. Isaacson
Victor Dell Israel
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Sonja Jerriff
Joey Jerriff
Eva Mae Jenkins
Dorothy Jenks
Joyce Madeleine
Joan Bunch
Fidelis A. Jordon
Georgette Johnsen
Alan Johnson
Barbara L. Johnson
Dick Johnson
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Ruth V. Johnson
Wilm J. Johnson
Thomas J. Jolley
Estil Jones
June Jones
Martha Jones
Richard "Dick" H. Jones
Rita Jones
Thomas Morris Jones
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E. Paul Jordan
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Estil Jones
June Jones
Martha Jones
Richard "Dick" H. Jones
Rita Jones
Thomas Morris Jones
Mary Jane Joquin

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Richard H. Joucres
Edna G. Joudrey
Thomas E. Joyce
Emma O. Judi
Carol Juscak
Ruth Just
Julia Kaczynski
Evelyn T. Kaczynski
Dorothy Kaelbeer
Jerry Kastner
Joseph Kafka
Charles George Kagan
Roselyn Kahn
John Francis Kain
James Kukatsakis
Charles Kalus
Ruth E. Kalemuk
Ruth Kalick*  
Stan Kalick*  
Betty Kalil
Artemis Kandias
Catherine "Kitty" Kane
Edith L. Kane
John V. Kane
Robert Kane
William Kane
Tine Kastos
Louis Kaplan
Martin Kaplan
Nancy B. Kaplan
Abe Kapulsky
James Kartsakis
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Irene Karlowicz
Ages A. Karvoski
Francis J. Kaspzyk
Sylvia Kasten
Aunt Katie
Sylvia Katz
Howard Kaufman
Nancy A. Kawa
Adeline G. Kaye
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Erma Kazanjian
Paul Kazarsian
Julia Kazmarski
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Eileen Keeler
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Dorothy Keffer-Goldberg
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Ruth A. Keir
John Bruce Kellett
Edward L. Kelley
Eleanor Kelley
John Kelley
Robert E. Kelley
Ida Kellner
Devin Kelly
Ida Kelly
Jim Kelly
Josephine Kelly
Martin Kelly
Martin Llewellyn Kelly
Paul F. Kelly
Ruth Kelly
Margaret E. Kelsey
Anne M. Kemary
Nikki Kendall
Maria Keneally
Linda Kenney
Marion Kenneally
Ann Kennedy*
Cecelia M. Kennedy
Herbert Kennedy
Jacqueline C. Kennedy
Janet A. Kennedy
John Kennedy
Joseph W. Kennedy, Sr.
Julia Kennedy
Mary E. Kennedy
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Helen Ann
Kerzenschbaum
Lucille Kesner
Dick Kessler
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Salina Khatt
Leone S. Kidess
James P. Kieby, M.D.
Hobert Lee Kiger
Emilie Kiggins
James Patrick Kiley
Erie M. Kilpere
Martha J. Killeher
Arthur "Art" F. Kimmal*  
Evelyn Kimmall
Richard Kimball
Robert J. King
Thomas J. King
Tom King
Virginia P. King
Barbara J.
King-McCormick
Warren Kingsbury
Harvey Kinsey
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Virginia Kirsby
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Viola Kitahara
Arlysa Kittelson
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Lucille B. Klaubert
Ida A. Klee
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Sophie Kloza
Joyce Kluem
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William A. Knipe, Jr.
Mrs. Lester Knutrud
Marietta A. Kobtara
Gemina "Gemma"  
Kochanski
Arnold Koff
Laura Gancoroz M.
Koikosi
Julia Komarnisky
Roland Korb
Anne Korn
Janet Korzenienowski
Grace Kos
Irene M. Kosakowski
Masiero
Mary Kosbosi
Tom Koslow
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Michael Korzeczek
Daniel "Kozy" H. Kosik
Al Kohowski
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Mary Kramer
Sylvia Krahoff
Faith Krouell
Ruth F. Krawzun
Rose Kritzitz
Susan Krohn
Gordon R. Kroll
Josephine Kruzek
Margaret G. Kruger
Nathan Krugman
Gloria Kuchinsky
Lillian M. Kuhlman
Mary Kujawski
Frank E. Kulas
Margaret R. Kulda
Helen M. Kulk
Paul Kuhnholm
Lloyd Kurch
Anna Mae Kurek
Monica B. Kurpiel
Rose Kurzmann
Lloyd Kuech
Sarah Kushner
Bernice Kyte
L. S. L.
Clarence La Bombard
Ronald La Bote
Elizabeth La Tona
Doris Labecki Amdu
Clarence Labombok
Gerard B. LaChance
Irwin Lachman
Tonia Lack
Rita T. LaPay
Mary C. Lafetriere
Eva B. Lafeleur
Aime P. LaFosse
Carol Lago*  
Richard Lagow
Florence G. Laboy*  
Ava Labue
Evelyn Lake
Rita Lamb
Henry M. Lambert
Herbe H. Lambert
Lorette Lambert
Raymond J. Lambert*
Jeanette Lamontagne
Leonard LaMothe
Lauretta Lamoureux
Loretta Lamoureux
Francoise E. Lamrock
Robert G. Landis
Alice F. Landry
Annette Landry
Barbara H. Landry*  
Margaret Landry
Marilyn Landry
Gerald Lane
Raymond Langley
Frances Langone
Salvatore Lania
Normand Laniel
James J. Lannon
Jeanette Laperriere
Alice N. Lapierre
M. Sgt. Rodrigue L.
Laporte
Marie Rose Laporte*
Rodrigue Laporte
Michael P. LaPuma
Alice Laramie
Eugenia Laird
Charles LaRocca
Lorraine Larose
Elizabeth C. Larson
Elinor Larson
Russell Larson
Warren H. Larson
Dorothy "Dotty" Laskey
Judith Charlotte Lasser
Brindell Goldrige
Geraldine "Jerry" M.
Lathpge
Elaine Latish
Alfred Latour
Pauline Latour
Donald H. Laubenthal
Shirley Lauter
Harvey L. LaVallee
Evelyn M. LaValley
Matthew J. Lavin
Ida Lavinthal
George A. Lavoie
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Robert E. Lawler
Phyllis Lawless
Joyce A. Lawrence
Frederick Lawton
George Layden
Beatrice Luzin
Julius Lavin
Earl R. Le Baron
Connie Le Claire
Eugene M. Leavy
Gene Leavy
Charles Leander
Helen C. Leary
John Francis Leary
Kathleen Leary
Rose Leary
Marie Leaver
John H. Leavitt
Earl LeBaron
Charles G. LeBlanc
James L. LeBlanc
Larry LeBlanc
Robert E. LeBlanc
Roger LeBlanc*  
Irene Lefus
Catherine V. LeLear
Eunice LeComte
Morris Lederman
Murray Lederman
Shirley LeDuc
Beverly Lee*
Yi Yin Lee
Raymond Lees
Susan Left's Mother
Marcia Legg
June Dewney Lehmman
Barbara Lehockey
Aris Lehto
Mary Romina Leigh
Rose Leland
Roger Lelevere
Paul M. Lenfest
Lucy Leonard
Pern "Gu" B. Lentzner
Barbara Leonard
Roger J. Leonard
Lawrence Lerner
Norman H. Lerner
Camille Lessard
Archile Letenque
Antoinette Letourneau
Joseph F. Letourneau
Mui and Stu Leung
Camille W. Leveusaer
Helene F. Levinson
Ida Leventhal
David Levin
Blanche Levine
Harold Levine
Martin Levine's Brother
Morton Levine
Shirley Levine
Lydia Faye Levinson
Jerry Levanth
Harold Leviton
Pearl Levy
Calvin M. Lewis
Edward "Bud" Lewis
Harold G. Lewis*  
"James J. Lewis"*  
Robert Lewis
Virginia Lewis
Maureen G. Liaos
Lucy Liberty
George M. Libin
Joseph Libman*
Edith Lieb
William Lillé
Kathleen Lincoln
Donald R. Lindahl
Doris B. Linden
Mary L. Lindor
Joseph Link
Alexander Link
Rosale Lino
Alan M. Linksy
Gerald Linksy
Leo J. Linksy
Louise Liotine
Gerasimos Livadas
Robert Livesfood
Hernan Llerena
David E. Lloyd
Emma Lloyd
Dominic J. Locantore
Mary Lorch*
Care givers experience stress from the emotional and sometimes physical challenges of caring for a loved one. Since nearly 70% of those with Alzheimer’s are cared for at home, there is an enormous need to find ways to support care givers. We launched a pilot program under the direction of artist Helen Meyrowitz (right), giving care givers an artistic expressive outlet for their feelings. Helen Meyrowitz’s body of work “Wind beneath My Wings: Baskin Suite,” inspired by her own experiences with her husband’s Alzheimer’s, is on display at our national offices in Chicago.

Photo by Betsy-Fitzgerald Campbell
Community Events

We are extremely grateful for all those who organize events in support of the Alzheimer’s Association. Listed below are our top community event organizers.

Robert McNeil and Family
8th Annual McNeil Memorial Golf Tournament
$5,000

Christine Earle and Family
Ms. Tillie’s 7th Annual Halloween Costume Party
$5,857

Liberty Alzheimer’s Partnership
Elliot Steiger Concert
$7,165

McGrai Family
McGraill Saint Patrick’s Day Fundraiser
$7,710

Linda LaBier
5th Annual Forget Me Not Road Race
$12,020
We believe that we are the medicine. IT'S OUR JOB to understand what Kathy needs.
“There is nothing good about this disease. We had a wonderful relationship—it has not made us closer. But we do the best we can, every day.”

At 67, Doug Hammond has the presence and calm assurance that carried him through Vietnam as a helicopter pilot and a successful career that spanned several corporations, including serving as aviation advisor to Ray Kroc, founder of McDonalds. He is sitting on the swing next to the love of his life, Kathy. They met in high school in Ohio, dated in college and married soon after. At 65, dark-haired, dark-eyed Kathy has the petite frame of the dancer she once was.

Even the journey to the backyard swing had its challenges. Kathy navigated the small back patio but as she stepped onto the lawn, she began protesting “no-no-no.” Her legs went slack and she began to sink towards the ground. Without missing a beat, Doug reached with his arms and lifted her, cradling her against his chest, carrying her.

“She’ll be fine once she gets there,” he said. And she was. That is both the sadness and magic of their relationship.

Kathy has younger onset Alzheimer’s. About ten years ago, Doug began noticing troubling signs. For many others, the earliest signs might have passed unnoticed but Doug had experienced Alzheimer’s already. His mother, now 97, has later stage Alzheimer’s. Until her condition deteriorated, Doug and Kathy cared for her at their home.

When his mother moved east from Ohio following her husband’s death, Doug sought to create a safe and positive environment. He had an addition built which mirrored rooms from his mother’s home—kitchen, bedroom and bath. He had done his research and knew that environment was important. The lesson he eventually learned was even more important: live in the moment with the person.

“‘She became anxious at mealtimes without father ... became agitated and would ask ‘where’s your Dad?’” As the scene played out every night, Doug realized that the truth did not help. Explaining that her husband had died met with an ‘ok’ and then the repeated question. Eventually, he found that the simple answer that Dad is working late was all it took for her to relax and eat her meal.

“I realized that I had to live in her moment and the emotion of what was going on in her head,” Doug said.

When the first physician announced that Kathy had Alzheimer’s, Doug wasn’t ready to hear the news.

“It was different from a lot of people because we were already living it with my mother.”

Six months later, he brought Kathy to Massachusetts General Hospital—resulting in the same diagnosis and reaction on their part. Finally, at Dartmouth-Hitchcock Kathy Hammond’s care giver team includes husband Doug, two trained care professionals and family dog Lily.
neurology department, Doug and Kathy accepted that her symptoms were the early stages of younger onset Alzheimer’s. Altogether, two years passed from the first doctor’s visit until their acceptance of the diagnosis.

At the time, they were living in Bolton, Massachusetts and vacationing in Laconia. They decided to sell their house and move to the smaller footprint of their vacation condo. They also found a nearby nursing home for his mother who had moved into a more advanced stage of the disease.

As Doug told the history, he and Kathy sat close, companionable. Occasionally, she made eye contact. Their Maltese dog Lily, who Doug describes as part of the care team, scampered around the lawn that edged into Lake Winnipesaukee. A split-rail fence separated off a playground where children enjoyed the sunshine. While he talked, an old steam engine punctuated the conversation as it ran along a narrow train track along the rim of the mountain lake. There was a deceptive calm to their lives.

Their lives have narrowed. Of their two children, Lindsay and John, the relationship with their mother has changed. Kathy no longer recognizes Lindsay; she recognizes John, but not as her son. She has no understanding of who her granddaughter is.

Not long after moving to New Hampshire full-time, they made a visit together to see Doug’s mother. As they left, Doug said, Kathy looked into the room next to her mother-in-law.

“She said that’s where I’m going;” Doug said, tears welling up. He never brought her back. In fact, he has made a commitment to care for her at home.

Doug was quick to admit that he and Kathy have been fortunate to have the resources to follow the path they have chosen. His efforts to mitigate the impact of the disease have been exceptional. Kathy had been an aerobics choreographer and instructor at the Worcester YMCA. She had always been a dancer. In fact as a high school junior she had marched in the Macy’s Thanksgiving Day Parade as a baton twirler with the school’s national champion Blackhawks. When she gave up choreography because of the progression of the disease, she focused on running. Since she was such a good runner, better than Doug, he went online and found a running partner for her with a Cambridge-based running program. For almost three years, Kathy could run safely with her partner. He also purchased a second home in Arizona so that she could continue running year-round in warm weather. It worked for two years, but then the stress of moving between two homes became too great for Kathy.

He has hired two care givers each of whom works a five-hour shift, and then he takes over for the evening. Why five? He did research that showed that care givers begin to fatigue when they work for longer shifts—and are less effective. For the past three years, they have cared for Kathy around the clock. His own bed is a mattress on the floor next to Kathy’s bed.

“We believe that we are the medicine. It’s our job to understand what Kathy needs.”

Kathy sat peacefully as they rocked in the swing, her arms crossed and a hint of a smile playing sometimes across her face.

Understanding has also meant that their relationship has shifted. Doug said that he sees Kathy as a child for whom he cares. At times, she would speak unintelligible words; he would move close and answer back in a kind of personal language—not translatable to outsiders. As he talked, he easily slipped between their personal language and his regular conversation without missing a beat, providing a window into the intimate life of a dedicated care giver.

“Not every day is going to be a great day. You can’t let it carry over. It is tough and sad and you know it’s not going to get better. You do the best you can every day.”
2009 **Memory Walk Top Participants**

12,000 people turned out to raise public awareness and money to support the programs and research of the Alzheimer’s Association at Memory Walk, our leading annual fund-raiser. Nearly $1.9 million was raised at 13 walks across Massachusetts and New Hampshire; hundreds of volunteers committed their time to make it all happen.

### 2009 **FRONT RUNNERS**

($)5,000 and above

- Bob Bettacchi
- Kristin Blount
- Seymour Frankel
- Phyllis Hersch
- Dynphna Hurley
- Harriett Hyman
- Suzanne Lisy
- Mary Ann McGrain
- Elaine Reisman
- Joseph Steinkrauss
- Paul Stuka
- Edmund Taglieri
- Ralph White
- John Yahres

### ELITE FEET

($)1,000-$2,999

- Linda Abularach
- Paula Almgren
- Claudia Amore
- Sheri Anderson
- Harriett Baldwin
- Elizabeth Ballas
- Donna Barber
- Doug Barnshaw
- Jocelyn Bartlett
- Nancy Bates
- Mary Baum
- Josh Bawcum
- Michaela Bell
- Loretta Belasky
- Scott Bennett
- Patience Bartlett
- Audrey Berkenman
- Toby Berkman
- Hilda Berlinquiste
- Linda Bernier
- Charles Bernstein
- Lindsay Brennan
- Kathleen Brolly
- Michelle Brown
- Michelle Brown
- Ronnie Brown
- Carolyn Brozen
- Jillian Bruning
- Steven Buchianeri
- Gail Buccini
- Bernard Buraczenski
- Jeffery Burke
- Richard Byron
- Roseann Camilo
- Renee Campo
- Carissa Caramanis
- O’Brien
- Andrew Cardillo
- Margaret Carlan
- Amy Carmusin
- Rebecca Carrington
- Lucy Champion
- Mary-Ellen Chanley
- Janece Chumace
- Maritza Coliberto
- Caroline Cima
- Judith Citron
- Debra Citron
- Gretchen Cole
- Kathleen FitzPatrick
- Lynn Cooper
- Maribeth Cote
- Polly Crisman
- Donna Cullen
- Lisa Curran
- Marion Daly
- Ann de Villafane
- Cheryl Demers
- Susan Dieterle
- Susan Dinoia
- Rebecca Donato
- Amy Dow
- Joyce Doyle
- Gail Driscoll
- Susan Duty
- Kate Dzierzegowski
- Audrey Egan
- Amy Engelhart
- Sheila Estes
- Edy Estrella
- Susan Biscovitz
- Nicole Fabiano
- Margaret Farrey
- Jeralyn Fernandes
- Eda Feyler
- Mary Fischer

### HIGH STEPPERS

($)3,000-$4,999

- Judy Andrade
- Gail Callahan
- Laura Connors
- Carol Constan
- Debra Desrosiers
- Geraldine Dussault
- John Fantini
- Deborah Fins
- Lauren Franco
- Mark Galante
- Suzette Goguen
- Catherine Holland
- Jean Jones
- Nancy Nichols & Michael O’Connor
- Robert Monaghan
- Alex Moschella
- Patricia Mullen
- Johnny Niland
- Betsy Pinheiro
- Patricia Pope
- Kurt Steinkrauss
- Ellie Sullivan
- James Tepper
- Cheryl Treacy
- Ann Webster

Memory Walk 09, the walk to end Alzheimer’s, was our largest public awareness and fundraising event, with a record 12,000 turning out. Among those attending the greater Boston Walk were Governor Deval Patrick and First Lady Diane Patrick, who attended with their own family team organized by their daughter Katherine. The First Lady addressed the walkers, telling about her own experience with her mother’s Alzheimer’s. With the first family, is Jim Wessler, President/CEOof our Massachusetts/New Hampshire Chapter.

*Photo by Art Campbell*
Thousands of volunteers assist in hundreds of ways to help pursue the vision of a world without Alzheimer’s. From volunteering at walks, runs and rides, to answering 24/7 Helpline calls, to presenting educational programs, providing admin and IT assistance, organizing unique fundraisers and so many other ways—volunteers are the lifeblood of the Alzheimer’s Association, MA/NH Chapter. Thank you all.

Photo by Betsy Fitzgerald-Campbell

Elite Feet Continued

Louisa Harless
Tim Harney
Jay Harney
Ann Harrington
Heidi, Rick, Alex and Ben Harris
Susan Healy
Kathryn Hedgepeth
Rosyther Hedgepeth
Robert Heffernan
Shannon Herbert
Leslie Herger
Ralph Herger
Kathleen Herman
Karen Hugginbotham
Steve Hulis
Ann Holzgraf
Eric Hornfeldt
Mari Ingram
Emily Irving
Angela Jefferson
Joan Johnson
Ronald Johnston
Irene Kaplan
Karen Kelleher
Sully’s Kids (Colleen, Chris, Cathy, John)
Deborah Kissuda
Maegan Koehler
Sierra Koral
Julianne Kordana
Leigh Krastin
Amy Kyle
Sarah LaPointe
Patrick Lavie
Suzanne Leblanc
Carol Lee
Lisa Leighton
Sylvia Les
Kathy Lindberg
Christine Linehan
Ted Lombardi
Kathleen MacNeil
Mary Magnell
Diane Marcou
Terri Martell
Anne Martin
Nancy Mascovitza
Robert and David McCall
Elizabeth McCarthy
Kay McCarthy
Nancy McDonagh Wetzensis
Frank McKenna
Scott McMullen
Linea McQuay
Jo-An Melchert
Ann Merlin
Michelle Merrill
Chrysa Meyers
Jennifer Michaels
Barbara Milesky
Tippy Missick
Donna Monteiro
David Morrell
Melissa Muscaslo
Geraldine Muldoon
Rachel Murphy
Louise Murphy
Christine Murtagh
Michelle Newsky
Jim Niland
John Niland
John Nye
Maryellen O’Dea
Dianne Olson
Bernie O’Neill
Rebecca Osborne
Brenda Osborne
Fiona O’Shaughnessy
Mary & Richard Pacella
Kathleen Paige
Faith Parker
Phyllis Pearl-Baxter
Elisabeth Peterson
Felicia Pharr
Jessica Picard
Anna Pier
Maggy Pietropalo
Jennifer Piniarski
Patty Pomerleau
Betsy Powers
Rosalie Pratt
Elizabeth Prins
Amy Purnell
Barbara Raineri
Isabel Raskin
Judith Rauchwarger
Barbara Reimers
Toni Riddle
Richard Roche
Lisa Romano
David Ross
Susan Rowlett
Colleen Saengvanch
Brenda Sansone
Robert Santulli
Daniel Schimp
Erich Schutz
Shawn Sciol
Claudine Shaby
Sandy Shapiro
Lisa Shepherd
Jilleen Sherman
Jennifer Silverman
Kerina Simon
Manny Slaughter
Eric Small
Phyllis Smith
Susanne Smith-Meyer
Jane Soderquist
Michael Spiridigliozzi
Russell Stamm
Lorna Stone
Mary Anne Stout
Suzanne Taylor
Woodstock Terrace
Robert Thomson
Jessica Tipping
Jillian Tocci
Bob Tosca
Laurie Travers
Tommy Tremonte
Jessica Vueva-Daghier
Chris Wasel
James Wessler
John Whelan
Mary Whitman
Rita Wendyka
Jeanne Wogner
Christy Wagner
Susan Wood
Allison Woods
Cathryn Wright
Liane Zeitz
Charles Zoeller
The Alzheimer’s Association’s Memory Ride was established in 1997 by the Noonan family to raise funds for Alzheimer’s research. In 2009, more than 230 dedicated riders biked through the rolling hills of Massachusetts and New Hampshire, raising more than $325,000 for research. We are grateful to the riders, corporate sponsors, and volunteers who worked together to make the 2009 Memory Ride a success. Listed below are the top fundraising riders and teams.

**Ultra ($10,000+)**
- Michael Bonfanti
- Leslie Garrett
- Barry Greene
- Mike McGrail
- Edmund Taglieri

**Marathoners ($5,000 - $9,999)**
- Jon Ashner
- Jennifer Beale
- Louise Corliss
- Jessica Dunn
- Judith Flynn
- Peter Jarvis
- Maureen Lamie
- Jane Lizotte
- Jocelyn Marion
- Sylvie McQuade-Ritschard
- Brenna Newfell
- Kate Roughan
- Shannon Seitz
- John Yahres

**Road Racers ($2,500 - $4,999)**
- Laura Benanchietti
- Edward Cederholm
- Rachael Colacino
- Clifford Cooper
- Vincent Devoe
- Anne Donohue-Rolfe
- Eileen Dryden
- Dale Eckert
- Dale Granger-Eckert
- Brent Forester
- Jamie Frederick
- Jason Kramer
- Cody Langeness
- Erika Mullen
- Kelly Mullen
- Michael O’Connor
- Patricia Reske
- Patricia Verrier

Memory Ride for Alzheimer’s Research attracts hundreds of cyclists dedicated to raising money for research into causes, treatments and an eventual cure for Alzheimer’s. The ride loops through the heartland of central Massachusetts and southern New Hampshire with options for beginning and experienced riders.

*Photo by Art Campbell*
The Alzheimer’s Association MA/NH Chapter’s Run for the Memory program began in 2002, when a group of runners approached the Alzheimer’s Association with a multi-target goal of completing the Boston Marathon, promoting awareness of Alzheimer’s disease, and raising funds in support of programs and services. Over the past nine years, the program has grown from this single marathon endeavor to a year-round fundraising athletic program raising more than $1,300,000. Congratulations to the more than 250 runners who participated in the Run for the Memory program in FY10.

Ultra ($10,000+)
- Michael Bonfanti
- Leslie Garrett
- Barry Greene
- Mike McGrail
- Edmund Taglieri

Marathoners ($5,000 - $9,999)
- Jon Ashner
- Jennifer Beale
- Louise Corliss
- Jessica Dunn
- Judith Flynn
- Peter Jarvis
- Maureen Lamie
- Jane Lizotte
- Jocelyn Marion
- Sylvia McQuade-Ritschard
- Brenna Newfell
- Matthew O’Connor
- Kate Roughan
- Shannon Seitz
- John Yahres

Road Racers ($2,500 - $4,999)
- Laura Benanchietti
- Edward Cederholm
- Rachael Colacino
- Clifford Cooper
- Vincent Devoe
- Anne Donohue-Rolfe
- Eileen Dryden
- Dale Eckert
- Dale Granger-Eckert
- Brent Forester
- Jamie Frederick
- Jason Kramer
- Cody Langeness
- Erika Mullen
- Kelly Mullen
- Michael O’Connor
- Patricia Reske
- Patricia Verrier

Dale Granger-Eckert is a veteran member of our Run for the Memory program. Dale runs with her husband, also named Dale, in the Boston Marathon as well as the Reach the Beach Adventure Relay in New Hampshire. Run for the Memory team members not only challenge themselves to raise money for the cause, they literally put themselves on the road to make a difference.

Photo by Kelsea Cardosa
The Alzheimer’s Association is fortunate to have a dedicated cadre of volunteer leaders. Board member Kathy Simon and Leadership Council member Suzanne Siino, who give much of their time to the Association, are shown at our 2010 Night at the Pops event “Red, Hot, and 30.” More than 400 Association supporters, including former Channel 5 reporter Gail Huff, gathered at Symphony Hall in May to celebrate the Association’s 30th anniversary and listen to the delightful sounds of Cole Porter.

Nari Noun Photography
James Wessler, President & CEO
Betsy Fitzgerald-Campbell, Vice President, Communications & Public Affairs
Gerald Flaherty, Vice President, Medical & Scientific Programs
Heidi Ganss Harris, Vice President, Development
Kathryn Hedgepeth, Vice President, Educational Programs and Regional Offices
Elizabeth Prins, Vice President, Finance & Administration
Paul Raia, PhD, Vice President, Clinical Services
William Reiter, Director of Education

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Fabiola Alvarez, Manager, Medical & Community Outreach
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Ronda Randazzo, MSW, Care Consultant
Kate Robinson, Office Manager
Jeanette Rosa Brady, Manager, Support Groups
Susan Rowlett, LICSW, Manager, Care Consultation Program
Cynthia Rybczyk, Development Officer, New Hampshire Office
Kevin Scarborough, Manager, Web and Public Relations
Nancy Schiavone, Development Officer
Ella Schwotzer, Administrative Coordinator, NH Office
Ginny Sinkoski, Coordinator, Community Programs, Western MA Regional Office; (retired October 2010)
Nancy Vineberg, Development Officer
Colleen Warren, Development Coordinator
Sheila Watnick, Associate Director, Development / Special Events Manager

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