



ONE NIGHT ONE LIGHT

Candlelight Vigils

**New Jersey Stands United For
Alzheimer's Disease Awareness Day
on one night**

**Monday, November 5th 2007
5:30 -7:00 PM**

Three Different Locations (Rain or Shine)

Morristown
Presbyterian Church
57 Park Place
(on the Green)

Princeton
Hinds Community Plaza
65 Witherspoon Street
(adjacent to library)

Paramus
Borough Hall
1 Jockish Square

****Please Call to Register - Space is Limited!**
973-586-4300
or e-mail virginia.donnelly@alznj.org**

*Together, we can guide New Jersey toward a heightened awareness
of the disease that affects over 350,000 of its residents,
one light at a time.*

Visit www.alznj.org, or call 800-883-1180
to learn more about our programs and services

alzheimer's  association®

The Alzheimer's Association, Greater New Jersey Chapter continues to join the nation in recognizing Alzheimer's Disease Awareness Month in November. In addition, the Chapter acknowledges this year's recent achievement of Governor Corzine's official designation of the **first Monday in November as Alzheimer's Disease Awareness Day**. On **Monday, November 5, 2007**, the Chapter will host regional candlelight vigils for the individuals and families affected by the disease as well as friends and supporters. Join us, and stand united for Alzheimer's Disease Awareness Day.



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Patricia A. Lombreglia, President & CEO

Our Mission

To enhance care and support for individuals, their families and caregivers, and to eliminate Alzheimer's disease through the advancement of research.



From the President and CEO

Dear Friends,

November was first proclaimed as National Alzheimer's Disease Awareness Month by President Reagan in 1982. Tragically, just twelve years later in November 1994, Ronald Reagan read the following powerful and courageous letter to the nation in which he announced that he suffered from Alzheimer's disease.

My Fellow Americans,

I have recently been told that I am one of the millions of Americans who will be afflicted with Alzheimer's disease.

Upon learning this news, Nancy and I had to decide whether as private citizens we would keep this a private matter or whether we would make this news known in a public way.

In the past Nancy suffered from breast cancer and I had my cancer surgeries. We found through our open disclosures we were able to raise public awareness. We are happy that as a result many more people underwent testing.

They were treated in early stages and able to return to normal, healthy lives.

So now, we feel it is important to share it with you. In opening our hearts, we hope this might promote greater awareness of this condition. Perhaps it will encourage a clearer understanding of the individuals and families who are affected by it.

At the moment I feel just fine. I intend to live the remainder of the years God gives me on this earth doing the things I have always done. I will continue to share life's journey with my beloved Nancy and my family. I plan to enjoy the great outdoors and stay in touch with my friends and supporters.

Unfortunately, as Alzheimer's disease progresses, the family often bears a heavy burden. I only wish there was some way I could spare Nancy from this painful experience. When the time comes I am confident that with your help she will face it with faith and courage.

In closing let me thank you, the American people, for giving me the great honor of allowing me to serve as your President. When the Lord calls me home, whenever that may be, I will leave with the greatest love for this country of ours and eternal optimism for its future.

I now begin the journey that will lead me into the sunset of my life. I know that for America there will always be a bright new dawn ahead.

Thank you, my friends. May God always bless you.

Sincerely,

Ronald Reagan

In furthering our mission to increase awareness about Alzheimer's disease, this year Governor Corzine signed into law a Bill declaring the first Monday of every November as Alzheimer's Disease Awareness Day in New Jersey. To commemorate this inaugural year, we have planned three regional Candlelight Vigil Ceremonies to be held simultaneously across the state on Monday, November 5th. On "one night" with "one light" you can join fellow New Jerseyans in standing united to increase Alzheimer's disease awareness.

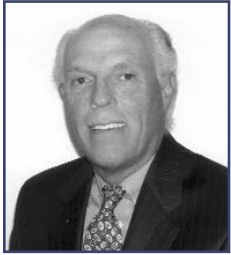
More information and details about the three events are highlighted in this issue of the newsletter. I hope that you will be able to join us on this very special and important night.

Warmest regards,

Patricia Lombreglia


Association News

Chapter Welcomes Michael J. Scharff to the Board of Directors



John O'Marra, Esq., chairman of the board of directors, recently announced the appointment of Michael J. Scharff to the board of directors.

Mr. Scharff is vice president, small business officer at TD Banknorth in Mahwah, New Jersey. Prior to TD Banknorth, he held positions at General Electric and J.P. Morgan Chase.


Mr. Scharff's personal experience with Alzheimer's disease has inspired him to serve on the board of directors. In addition, he is active in the community, working with area churches to provide food for the poor and shelter for the homeless. He resides in Far Hills, New Jersey, with his wife and children. 

Chapter Certified by United Way of Monmouth County



The Chapter was recently approved for certification by the United Way of Monmouth County. The certification process was established to promote partnerships and define a mutually beneficial relationship between United Way and the certified agencies. This process also ensures good stewardship and accountability of the donations United Way receives by supporting programs offered by agencies that are strong, well managed and fiscally responsible.

The certification process is open to all qualified 501 (c) (3) non-profit agencies providing health and human service to residents of the county. During the application process, a United Way volunteer team conducted a comprehensive review of financial, program and operating conditions of the Chapter. The review

included an evaluation of the application and accompanying documentation, a mandatory site visit of the agency's facility and an interview with the management staff and representatives from the agency's Board of Directors. 

Princeton Office on the MOVE...

Our Central Regional Office at Princeton moved to a new location in the Princeton area this August. Please make note of the below contact information if you'd like to visit or contact that office:

196 Princeton - Hightstown Road
Building 2, Suite 11
Princeton Junction, NJ 08550
Phone: 609-275-1180
Fax: 609-275-1182

As always, business correspondence should continue to be sent to our Headquarters Office at Denville:

400 Morris Avenue, Suite 251
Denville, NJ 07834
Fax: 973-586-4342

Association News

Cover Story: November is Alzheimer's Disease Awareness Month

Educational Resources: On the Bookshelf



The Alzheimer's Healthcare Handbook: How to Get the Best Medical Care for Your Relative with Alzheimer's Disease, in and out of the Hospital

By Mary S. Mittelman and Cynthia Epstein

This resource offers advice to guide family caregivers in the healthcare environment to access the best care possible -in outpatient settings and before, during, and after hospitalization.



Moving a Relative with Memory Loss: A Family Caregiver's Guide

By Laurie White and Beth Spencer


This resource assists families in thinking through the various decisions related to moving a loved one with dementia. Included are ideas on planning the move, making the move easier, and coping with common emotional reactions.



Pressure Points: Alzheimer's and Anger

By Edna Ballard, Lisa Gwyther and T. Patrick Toal (2000)

Prepared by the Duke Family Support Program, this book for families and professionals describes the sources of frustration commonly experienced by caregivers and describes strategies to help manage anger.

These books are available for loan through our Resource Library and for purchase through the Association. A refundable deposit is required for materials borrowed from the Library. For additional information about our Resource Library and about books for sale, contact our Helpline at 1-800-883-1180. 

In the Resource Library: Educational Videos/DVD's


The following and other videos/DVDs are available for loan through our Resource Library. For a list of library selections and for additional information, contact our Helpline at 1-800-883-1180. A refundable deposit is requested for materials borrowed from the Library.



Accepting the Challenge: Providing the Best Care for People with Dementia

This staff training DVD focuses on increasing staff understanding of agitation and other behavior changes that may be associated with dementia, and focuses on the demonstration of communication skills in caregiving situations.

He's Doing This to Spite Me: Emotional Conflicts in Dementia Care

Caregivers share their experiences and feelings about coping with some of the challenging behaviors of loved ones with dementia. Suggestions are offered to help caregivers adjust their approaches to create a more supportive atmosphere for both caregiver and the person with dementia. 

Help Raise Awareness about Alzheimer's Disease

Order your Alzheimer's Association **logo pin**, in either the original gold or the 25th anniversary silver, and wear it throughout the entire month of November and beyond to show that you support the more than 350,000 New Jerseyans and their care partners affected by Alzheimer's disease. For more information please call 973-586-4300.



Name _____ Facility _____

Phone _____

Address _____ City _____ State _____ Zip Code _____

Number of Pins (\$5.00/Pin) _____ Please charge my: Visa MasterCard AMEX Discover Amount \$ _____

Account# _____ Exp. _____

Signature _____

Check enclosed: (Please make checks payable to the Alzheimer's Association Greater New Jersey Chapter)

PLEASE RETURN TO:

Alzheimer's Association, Greater New Jersey Chapter, 400 Morris Avenue, Suite 251, Denville, NJ 07834 • FAX: (973) 586-4342

Association News


Memory Walk '07

Many thanks to all who supported Memory Walk '07, the largest national fundraising event for Alzheimer disease! As we went to press, we just completed successful walks in our Southern and Central Regions. This year's walks, officially sponsored by Genesis Healthcare, attracted a record 304 registered teams and an expected total of 2,500 participants.

"Memory Walk is our largest community fundraising event of the year, and the proceeds raised directly benefit families affected by Alzheimer's disease in New Jersey," said Patricia Lombreglia, president and CEO.

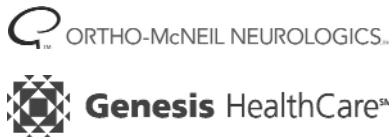
"This year's walks were again successful and fun events, and on behalf of all of our Board and staff, I'd like to express my great appreciation to everyone who supported us."

Although the Walks end on October 28th in Paramus' Van Saun Park, contributions don't have to. Fundraising season for Memory Walk continues through November. Help us reach our goal of raising more than \$650,000 to support local programs and services. Visit www.alznj.org and click on the Memory Walk logo for details.

Look for updates on our Web site and in the Winter 2008 newsletter for a full report on Memory Walk '07! We are grateful for the support of the many sponsors and community volunteers who made our Memory Walk events possible. 



Our Sponsors



Summerville Assisted Living; Sunrise Senior Living; Pfizer Inc; PHS Senior Living; Allendale Community for Mature Living; Bartley Healthcare Nursing, Rehabilitation & Assisted Living; Bergen Regional Medical Center; Bergen Regional Medical Center; Brookdale Senior Living; Buckingham at Norwood; Buckingham Place Assisted Living and Adult Day Services; Care Alternatives Hospice; CentraState Senior Living Services; Community Medical Center; Daughters of Israel; Eisai Inc.; Emeritus Assisted Living; ETS; Foothill Acres

Rehabilitation & Nursing Center; Forest Pharmaceuticals; Fox Rehabilitation, Geriatric Therapy at Home; Franklin Sussex Auto Mall; Independence Manor at Hunterdon; JFK Hartwyck; M. Rothman & Co.; Novartis; Ocean Medical Center; Provident Bank; Shorrock Gardens Care Center/Holiday Care Center; The Jordan Real Estate Group; The Pines at Whiting; U.S. Trust Co.; Van Dyk Park Place; Whole Foods, Princeton; Whole Foods, Edgewater

Caregiver Corner - Home for the Holidays



Laura Holly-Dierbach,
RNC, MPA, Vice President
of Programs and Services

For most families, holidays are filled with opportunities for togetherness, sharing, laughter and memories. But holidays can also be filled with stress, disappointment, and sadness for families affected by Alzheimer's disease.

Because of the changes he or she has experienced, the person with Alzheimer's disease may feel a special sense of loss during the holidays. At the same time, caregivers may feel hesitant

to invite family and friends over to share the holiday, for the fear they will be uncomfortable with behavior changes in the individual with Alzheimer's disease.

If you're feeling guilty, angry, or frustrated before, during or after holiday celebrations, it may help to know that these feelings are normal and that you're not alone. Here are some suggestions that may help ease the burden of caregiving and make holidays happy, memorable occasions.

Adjust expectations

- Discuss holiday celebrations with relatives and close friends. Call a face-to-face meeting or arrange for a long-distance telephone conference call to discuss major holiday celebrations. Make sure that family members understand the situation and have realistic expectations. By discussing past celebrations, you may be able to agree on how you'll handle upcoming holidays.
- Give yourself permission to do only what you can reasonably manage. No one can expect you to maintain every holiday tradition or event.
- Familiarize others with your situation prior to the holiday celebration.

Involve the person with Alzheimer's disease

- Throughout all stages or preparation, involve the person in safe, manageable activities. This can help to prepare the person for the holiday and gives you an opportunity to spend quality time together. You may want to begin slowly by asking the person to help you prepare food, wrap packages, handle decorations, or set the table. (Avoid using candles, artificial fruits/vegetables, or other edibles as decorations).
- Maintain the person's normal routine so that holiday preparations don't become disruptive or confusing. Remember: Taking on too many tasks at one time can wear on you and the person.


- Build on past traditions and memories. Your family member may find comfort in singing old holiday songs, for example. But also experiment with new holiday traditions, such as renting seasonal videos.

Adapt gift giving

- Encourage people to buy useful gifts for the person such as identification bracelet (available through the Safe Return Program), comfortable, easy to remove clothing, audiotapes of favorite music, videos of family members and photo albums.
- Warn people about difficult or unsafe gifts. Advise people not to bring dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment, or pets.
- Allow the person to join in giving gifts. For example, someone who once enjoyed cooking may enjoy baking cookies and packing them in tins or boxes. Or, you may want to buy the gift and allow the person to wrap it.
- Don't neglect your own needs. If friends and family members ask what you want for a gift, suggest a certificate to a restaurant, laundry or dry cleaner, or cleaning service. If you don't receive these gifts, celebrate the holiday by giving such a gift to yourself!
- Ask for help and support. Develop a bulletin board for listing tasks and responsibilities. If someone ever asks, "What can I do to help?" you can respond with a specific idea.


Try to be flexible

- Consider celebrating over lunch or brunch, rather than an evening meal, in order to work around the evening confusion or sundowning that sometimes affects some people with Alzheimer's. Also consider serving nonalcoholic drinks and keeping the room bright.
- Prepare to deal with post-holiday letdown. You may want to arrange for in-home care so you can enjoy a movie or lunch with a friend and reduce post-holiday stress.

Remember that holidays are opportunities to share time with the people you love. Try to make these celebrations easy on yourself and the person with Alzheimer's disease, so that you may concentrate on enjoying your time together. For additional information, please call our Helpline at 1-800-883-1180. 

Community Program News

Community Library Display and Outreach

Many thanks to the hosts of our library display. These collaborations have allowed us to expand our educational outreach while raising awareness about Alzheimer's disease and related dementias. We are pleased to announce the following public libraries will be hosting our traveling library display this fall and winter. 

November 2007

North Bergen Public Library
Nutley Public Library
Caldwell Public Library

December 2007

Maywood Public Library

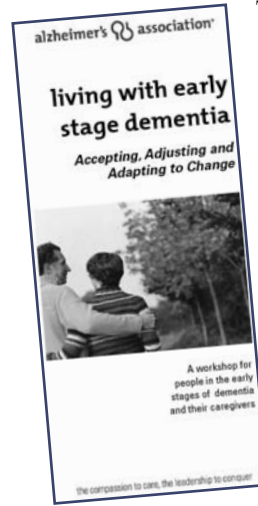
January 2008

Dwight D. Eisenhower Public Library, Totowa
Mercer County Library - Ewing Branch
Westwood Public Library


February 2008

Weehawken Public Library
Library of the Chathams

Early Stage Workshops



This workshop offers a forum whereby both the person experiencing memory loss or with a diagnosis of early stage dementia and their caregiving family and friends can participate together. This program will share information about early stage dementia, how the disease affects all involved and provides an opportunity to participate in an idea exchange to help maintain abilities longer and promote effective coping. A local geriatrician and other health care professionals will offer information on medical

research, community resources and creative ideas for successful living. Participants (the early-stage individual and their care-partner) must attend together. Pre-registration is required. 

- **November 10, 2007** - 8:30am-12:30pm
Warren Hospital, Phillipsburg
- **December 1, 2007** - 8:30am-12:30pm
Woodlands Professional Building

Respite Care Program for Caregivers

Respite care is a form of short-term relief for the primary caregiver. “Respite” is for the caregiver; “care” is for the person with Alzheimer’s disease. The Respite Care Program for Caregivers has been designed to help family caregivers learn about and experience the importance of respite care services. It enables families to obtain the temporary relief that they so vitally need in order to reduce the heavy demands associated with caring for someone 24 hours per day.


Please call our HelpLine at 800-883-1180 for more details and to request a program application.

“Thanks to your [help], I was able to enjoy a wonderful vacation in Florida with my husband and our family, and to attend the baptism of my first grandchild...thank you not only from me and my family, but for the many families that you help.”
 -family caregiver from Milford, NJ

“Thank you so much...as you know the financial drain [of caregiving] is a healthy one and this is most appreciated.”
 -family caregiver from Shrewsbury, NJ

Learning Institute

Community Education Calendar: Fall 2007 and Winter 2008

The following programs are free and open to the public. Programs are subject to change and cancellation. Please call to register for all programs. For more information, or to register please call (800) 883-1180 Monday - Friday 8:00 a.m. to 5:00 p.m. or, after 5:00 p.m. call 973-586-4300 and leave a message. 

Understanding Memory Loss

Memory loss that disrupts everyday life is not a normal part of aging. This program will explore the difference between normal age related memory changes and abnormal changes that are associated with Alzheimer's disease or related dementia disorders — including the ten warning signs of Alzheimer's disease. The presentation will discuss the importance of receiving a thorough diagnostic evaluation when symptoms first arise, the current treatment modalities, and research advances.

October 10, 2007, 7:00-8:00p.m., Randolph Public Library, Randolph

November 1, 2007, 6:00-7:00p.m. Middletown Public Library, Middletown

November 2, 2007, 7:00-8:00p.m., The Avalon at Bridgewater, Bridgewater

November 14, 2007, 6:00-7:00p.m. North Bergen Free Public Library

Caregiver Half-Day Workshops

Each year the Alzheimer's Association, in collaboration with local area offices on aging, present half-day conferences specifically for family caregivers. The goal of these conferences is to provide caregivers with the latest information on the disease, advances in research, care and treatment as well as providing practical information, resources and support for care planning.

October 27, 2007, 8:30a.m.-12:30p.m., Union County College, Cranford

October 27, 2007, 8:30a.m.-1:00p.m., County of Morris Firefighters & Police Training Academy, Parsippany

December 1, 2007, 9:30a.m.-12:30p.m., Maywood Library, Maywood

Communication: Key To Understanding Behavior

Alzheimer's disease and related dementias can gradually diminish a person's ability to communicate. Not only do they have more difficulty expressing thoughts and emotions, they also have more trouble understanding others. Behaviors are often how persons with dementia communicate their unmet needs to others. This session will help caregivers identify reasons why a person with dementia may exhibit misunderstood behaviors. It will provide communication techniques to assist with responding to repetitive actions, aggressive behaviors, recognition difficulties and anxious or agitated feelings.

November 7, 2007, 7:00-8:00p.m., Sunrise Assisted Living, Basking Ridge

November 20, 2007, 7:00-8:30p.m., Princeton Fitness & Wellness Center, Princeton

Learning Institute

Community Education Calendar: Fall 2007 and Winter 2008

Answers To Frequently Asked Questions About Alzheimer's Disease

Designed to help families and caregivers of recently diagnosed individuals, this basic introductory program will present an overview of Alzheimer's disease, introduce the legal and financial considerations of caring for a person with Alzheimer's and share community resources that will be helpful along the caregiving journey.

October 10, 2007, 9:30-11:30a.m., Caldwell Community Center, Caldwell

October 15, 2007, 7:00-9:00p.m., Caldwell Community Center, Caldwell

October 17, 2007, 6:30-8:30p.m., Sussex-Wantage Branch Library, Wantage

October 25, 2007, 6:30-8:30p.m., Van Dyk Park Place, Hawthorne

Legal and Financial Considerations In Dementia Care

Legal planning for a person with dementia can include: making plans for health care and long term care coverage; making plans for finances and property and also determining who should make decisions on behalf of the person with dementia. Too many people wait until it is too late before learning about these important issues. This session will help participants understand the legal tools, financial planning, and health care decisions that are essential to ensure the person with dementia's care wishes are met.

November 1, 2007, 6:30-8:30p.m., Van Dyk Park Place, Hawthorne

Care For The Caregiver

Caring for a person with Alzheimer's disease or a related dementia can become an overwhelming experience. Often times, caregivers neglect their well-being because they are spending so much time with the duties of day-to-day caregiving. This program will examine the symptoms of caregiver stress and offer strategies to become a healthier caregiver.

November 13, 2007, 6:30-7:30p.m., Caldwell Public Library, Caldwell

November 14, 2007, 6:00-7:30p.m., Somerset Hills VNA

Home For The Holidays, Balancing Caregiver Stress

The holidays are a busy time of year. All the hustle and bustle of activities and celebrations can create stress for a person with dementia and their caregiver. This session offers practical tips for balancing seasonal traditions and the demands of caregiving. The presentation explores ways to involve the person with dementia in the festivities without being overwhelmed; useful and creative holiday gift ideas; and guidelines for promoting safety while using traditional holiday decorations.

November 15, 2007, 3:00-4:00p.m., Potomac Homes, Princeton

November 27, 2007, 6:30-7:30p.m., Arden Courts, Whippany

Learning Institute

Community Education Calendar: Fall 2007 and Winter 2008

Future Care Options

Care for a loved one with dementia will most likely require the assistance of agencies and organizations that can help in providing supportive care in the home and other settings. This program offers a panel presentation from representatives of local home care, adult day care, residential care settings and hospice. They will describe care options, share guidelines about their programming and answer questions about these supportive alternatives.

November 8, 2007, 6:30-8:30p.m., Van Dyk Park Place, Hawthorne

Understanding & Managing The Challenging Behaviors of Persons with Alzheimer's Disease

Alzheimer's disease can cause a person to act in different and unpredictable ways. Some individuals may become anxious or aggressive or may misinterpret what they hear. This workshop will help participants understand how to effectively identify, manage and even minimize challenging behaviors that are often associated with Alzheimer's disease. The workshop will also explore non-pharmacological and pharmacological approaches to addressing behaviors.

October 24, 2007, 6:30-8:30p.m., Daughters of Miriam, Clifton

Steps To Creating A Safe & Supportive Home Environment

Creating a safe and supportive environment for the individual with Alzheimer's disease includes structuring his/her day with safe, meaningful and purposeful activities. Participants will learn how to plan activities and adapt the environment to support changes as the disease progresses.

January 7, 2008, 6:30-7:30p.m., Lacey United Methodist Church, Forked River
(Inclement Weather Date: January 14, 2008).

Getting Through The Day Series

This series of four two-hour workshops is designed to provide family caregivers with practical information and techniques to assist them in meeting the ever changing needs of the individual with Alzheimer's disease or related dementia disorder, as well as taking care of the caregiver.

Workshop I: Understanding And Managing Behaviors:

January 10, 2008, 6:30-8:30p.m., 95 Madison Avenue Suite B-6, Morristown

Workshop II: Adapting Personal Care Techniques to the Needs of Persons With Alzheimer's Disease:

January 17, 2008, 6:30-8:30p.m., 95 Madison Avenue Suite B-6, Morristown

Workshop III: Steps To Creating A Safe And Supportive Home Environment:

January 24, 2008, 6:30-8:30p.m., 95 Madison Avenue Suite B-6, Morristown

Workshop IV: Taking Care Of Yourself: Focusing on Social, Emotional And Physical Well-being Of The Caregiver:

January 31, 2008, 6:30-8:30p.m., 95 Madison Avenue Suite B-6, Morristown

Learning Institute

Professional Education Calendar: Fall 2007 and Winter 2008

Activity-Based Alzheimer's Care

A day-long training program for activity and program professionals! Activity-based Alzheimer care suggests that activities are the foundation of care. Every event, encounter or exchange is an activity. Topics covered include activity-based care for persons with Alzheimer's disease, assessment and care planning, program design, quality activities, program evaluation and teamwork. This program is pre-approved for seven hours of continuing education through the National Council for Activity Professionals (NCCAP) and for 0.6 CEUs by The American Therapeutic Recreation Association (ATRA). Call for more information.

October 25, 2007, 8:30 a.m.-4:30 p.m., Applewood Estates, Freehold

TimeSlips

The TimeSlips creative storytelling method helps people with Alzheimer's disease tap their imaginations to express their dreams, fears, and longings. By suspending the expectations to remember, these storytelling workshops invite people with Alzheimer's disease to hone what communication skills they retain. Participants will learn the meaning and value of creative expression, the storytelling method itself, and ways to use storytelling as a bridge between staff, families, clients, and their communities at large.

December 4, 2007, 8:30 a.m.-12:30 p.m., McCarrick Care Center, Somerset

Foundations of Dementia Care: Learning To Lead

Foundations of Dementia Care is a new five-part series to support residential care settings and their caregiving staff in building therapeutic programs and providing consistent quality care. The Learning to Lead module includes strategies to build leadership skills, to coach and mentor direct care staff and how to take these lessons from the classroom to practice. The session will focus on the basics of quality dementia care, empowering staff and being the team leader in the residential setting and is essential for any staff responsible for programming.

October 15, 2007, 8:30 a.m.-12:30 p.m., Keswick Pines, Whiting

Please call Amy Matthews, coordinator of education and training, for more information at 973-586-4300.

Recognizing Dementia Training Program Participants

The Alzheimer's Association, Greater New Jersey Chapter is pleased to recognize the following health care facilities for their commitment to dementia-specific education and training through their current participation in the Learning Institute's Dementia Program for Long-Term Care, Adult Day Care and Home Health Providers:

- | | | |
|---|-------------------------------|---|
| Chelsea at Bridgewater | Jewish Home at Rockleigh | Whispering Knoll |
| Woodcrest Center | Holland Christian Home | Francis E. Parker Memorial Home,
Piscataway |
| Chelsea at Montville | Van Dyk Park Place | Francis E. Parker Memorial Home,
New Brunswick |
| Water's Edge Healthcare and
Rehabilitation | Van Dyk at Bald Eagle Commons | Winchester Gardens |
| | The Cliffs at Eagle Rock | |

Support Groups

BERGEN COUNTY

CRESSKILL
Care One at Dunroven
2nd Wednesday
Karen Angrist
800-883-1180

DUMONT
Northern Valley Adult Day
Health Center
3rd Thursday
Rose Marie Dudas
Nancy Bortinger
201-384-7734

ENGLEWOOD
(For Korean-Speaking
Caregivers)
Friends of Grace
Seniors, Inc.
2nd Wednesday
Jaesoon Clara Choi
E. Christina Kim
Jahyang Kim
201-541-1200

NEW MILFORD
Woodcrest Health
Care Center
4th Wednesday
Kathy Frost
Karen Angrist
201-967-1700

NORWOOD
Buckingham at Norwood
1st Wednesday
Karen Angrist
800-883-1180

PARAMUS
Bergen Regional
Medical Center
1st Wednesday
Fred Meyer
201-797-3421
Care One at The Cupola
3rd Wednesday
Karen Angrist
800-883-1180

RIDGEWOOD
American Red
Cross Building
3rd Tuesday
Beth Gangeri
Lynn Kirby
800-883-1180

ROCKLEIGH
Gallen Adult Day Health
Care Center
1st Wednesday
Shelley Steiner
201-784-1414, ext. 5340

RUTHERFORD
55 KIP Center
Gertrude Cathey
2nd Thursday
201-460-1600

TENAFLY
Adult Reach Center,
Kaplan Jewish Community
Center on the Palisades
2nd Wednesday
4th Thursday
Vivian Green Korner
201-569-7900, ext. 461

ESSEX COUNTY

EAST ORANGE
Parkway Manor Health
Care Center
4th Wednesday
Grace Ann Kelly
973-674-2700, ext. 2276

St. Mark AME Church
1st Tuesday
Pat Porter
John Porter
Jacquelyn Rush
973-674-5859

MONCLAIR
Senior Care
Activities Center
1st Monday
Fran Moravick
973-783-5589

NEWARK
Newark Beth Israel
3rd Wednesday
Mary Sinton
973-926-6065

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WEST CALDWELL
Crane's Mill
Chaplain George Lofmark
Claire Akselrad
3rd Tuesday
973-276-6700, ext. 3008

HUDSON COUNTY

SECAUCUS
Meadowlands Hospital
Medical Center
4th Thursday
Edna Mondadori
201-865-8542

HUNTERDON COUNTY

FLEMINGTON
Hunterdon Medical Center
2nd Wednesday
Chris Stevens
908-788-6401

MERCER COUNTY

HAMILTON
Robert Wood Johnson
Center for Health
and Wellness
3rd Thursday
Shannon Birn
609-586-1114 Ext. 1124

PRINCETON
Woodlands
Professional Bldg.
3rd Saturday
Alzheimer's Association
800-883-1180

Acorn Glen
1st Thursday
Louise Donangelo
609-426-1545

MIDDLESEX COUNTY

EDISON
JFK Hartwyck Adult
Medical Day Center
1st Saturday
Mary Buglio
Michelle Charme
732-548-9770
(Young Wives
Support Group)
COPSA
3rd Tuesday
Sandy Egan
Meredith Doll
732-235-4919

MONMOUTH JUNCTION
Oak Woods Senior
Housing
3rd Thursday
Kathleen Ostertag
732-651-2099

MONROE TOWNSHIP
Cranbury Center
1st Thursday
Linda Silverstein
Marilyn Magan
609-860-2500
Saint Peter's University
Hospital's Center for Adult
Healthcare
Last Tuesday
Beth Chassin
Rachel Kallish
609-409-1363

OLD BRIDGE
Old Bridge Medical Center
1st Monday
Wanda Forsys
732-324-4930

PISCATAWAY
COPSA, UBHC-UMDNJ
(Spouses)
1st Monday
Mary Catherine Lundquist
732-235-2858

WOODBRIIDGE
Woodbridge Public
Library - Iselin Branch
3rd Tuesday
Rosemary Oarsley
Joan Fuhr
732-324-4930

MONMOUTH COUNTY

ALLENWOOD
Geraldine Thompson
Care Center
3rd Wednesday
Bonnie Lamont
732-938-5250

FREEHOLD
Monmouth Crossing
2nd Thursday
Heleyne Gladstein
732-303-7416
First United
Methodist Church
3rd Tuesday
Alzheimer's Association
800-883-1180

HOLMDEL
Bayshore Hospital
3rd Tuesday
Carol Auletto
732-914-9306

MARLBORO
Sunrise of Marlboro
2nd Monday
Lindell Ellis
732-409-6665

MIDDLETOWN
Sunrise/Brighton Gardens
4th Thursday
Kim Russen
732-275-0790 x243

TINTON FALLS
Kensington Court
4th Monday
2nd Wednesday
Kathy Geren
Maryann Frantz
732-784-2406

WALL
(For Younger caregivers)
Allaire Center Day Care
4th Thursday
Cheryl Fenwick
Phyllis Novello
732-974-7666

MORRIS COUNTY

CHATHAM
Victorian Garden Adult
Day Center
2nd Wednesday
3rd Thursday
Phyllis Flemming
Scott McDonald
973-635-2266

DENVILLE
Alzheimer's Association
4th Monday
973-586-4300

DOVER
(Male Caregivers Group)
St. Clare's Hospital
3rd Monday
Alzheimer's Association
800-883-1180

MORRISTOWN
(Male Caregivers Group)
Morristown Memorial
Hospital
1st Thursday
Alzheimer's Association
800-883-1180

POMPTON PLAINS
Chilton Memorial Hospital
2nd Wednesday
Eileen Port/Judy White
973-831-5167

OCEAN COUNTY

JACKSON
Bella Terra
Last Tuesday
Paula Douglass
732-730-9500

LAKEWOOD
Kimball Medical Center
2nd Thursday
Jane Kirby
908-309-2583
Dolores Rosen
732-657-1656

TOMS RIVER
Bey Lea Nursing Home
3rd Thursday
Edward Mount
732-240-0090

Magnolia Gardens
Assisted Living
3rd Saturday
Cathy Vakulichik
Amy Palazzo
732-557-6500 Ext. 0
Visiting Homemaker
Service of Ocean
County, Inc.
1st and 3rd Monday
Michelle Mahieu
732-244-5565

WHITING
St. Elizabeth Ann
Seton Church
2nd Wednesday
Marion Ariemma at
Parish Nursing
732-350-8688

PASSAIC COUNTY

CLIFTON
Clifton Family
Practice Medicine
Diane Lesko
2nd Monday
973-904-5014

Daughters of
Miriam/Gallen Institute
Last Tuesday
Michelle Klapper
973-253-5709

HAWTHORNE
Van Dyk Park Place
3rd Thursday
Jean Connolly
973-648-4062

SOMERSET COUNTY

BRIDGEWATER
Harborside Healthcare at
Woods Edge
2nd Wednesday
Peggy McArdle
908-895-2032

UNION COUNTY

BERKELEY HEIGHTS
Runnells Specialized
Hospital
3rd Thursday
Liz Carabuena
908-771-5828

CRANFORD
Family Resource Center
1st Wednesday
Ruth Adelman
1-800-883-1180

MOUNTAINSIDE
Brighton Gardens at
Mountainside
1st Thursday
Tonya Williams
Lisa Williams
908-654-4460

SUMMIT
Overlook Hospital
4th Thursday
Jack Becker
908-719-2276

WARREN COUNTY

HACKETTSTOWN
Daybreak Adult
Day Center
2nd Tuesday
Valerie Hart
Joyce Partington
Karen Bakerjian
908-852-7300

OXFORD
Warren Haven
3rd Tuesday
Dee Clayton
908-475-7700

PHILIPSBURG
Warren Hospital
3rd Saturday
Malika Ryan
908-859-6700 Ext. 2276

All support group
facilitators listed
are trained by
the Alzheimer's
Association. To
confirm the date
and time of each
support group
meeting, call the
number listed for
the group or call the
Caregiver Helpline
at 1-800-883-1180.

From the Medical and Scientific Committee Chair



William Reichman, M.D.
Chair, Medical and
Scientific Committee

Studies confirm relationship between brain health, heart health

Two research studies presented at the Alzheimer's Association International Conference on Prevention of Dementia confirm the close relationship between heart health and brain health.

French researchers report that treating risk factors for heart disease and stroke, such as high blood pressure and diabetes, may slow the progression of Alzheimer's disease. Among nearly 900 people with dementia studied, those whose vascular risk factors were treated took three years to decline as much as untreated patients did after two years.

In a second study, Mayo Clinic researchers investigated whether people who have had a carotid endarterectomy (to open a blocked artery) or stroke are more likely to have impaired memory and thinking skills or mild cognitive impairment (MCI), which often precedes Alzheimer's. The elderly subjects studied who had a carotid endarterectomy or stroke or mini-stroke were about twice as likely to have MCI. This may be due to the effects of the severe blockage of blood flow to the brain that made the surgery necessary, or to the effects of the stroke. Alternately, the carotid artery surgery may be a marker for generalized atherosclerosis.

The best known and most solid risk factors for Alzheimer's are age, family history and genetics, which one can't control or change. Research that identifies lifestyle risk factors gives people actions they can do, and positive choices they can make, to reduce their risk of Alzheimer's - like lowering their blood pressure and treating their diabetes, or - better still - avoiding them in the first place.

Here are two key ways to maintain your health and lower lifestyle risk factors:

Exercise: Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

Growing evidence shows that physical exercise does not have to be strenuous or even require a major time commitment. It is most effective when done regularly, and in combination with a brain-healthy diet, mental activity and social interaction. Consider recent research that found resistance training rejuvenates muscle tissue in healthy seniors:

Canadian researchers compared tissue samples of 25 healthy older men and women - average age 70 - who underwent six months of twice weekly resistance training with that of younger healthy men and women - average age 21. While strength improved as expected, exercise produced dramatic reversal of the genetic fingerprint back to levels similar to those of the younger adults.

The six-month resistance training was done on standard gym equipment. The twice-weekly, hour-long sessions involved 30 contractions of each muscle group involved, similar to training sessions available at most fitness centers.

Eat Healthy: According to the most current research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. Like the heart, the brain needs the right balance of nutrients, including protein and sugar, to function well. A brain-healthy diet is most effective when combined with physical and mental activity and social interaction.

Current research suggests that certain foods may reduce the risk of heart disease and stroke, and appear to protect brain cells. Antioxidants are believed to protect against developing age-related memory problems. Higher antioxidant concentrations in some foods may enhance their health benefits.

Norwegian and U.S. scientists evaluated foods to determine which are more effective alone and in combination. Of the 50 food products highest in antioxidants, 13 were spices or herbs; eight were fruits or vegetables; five were berries; five were chocolate-based; five were breakfast cereals; and four were nuts or seeds.

Based on typical serving sizes, these foods topped the list (ranked by highest antioxidant concentrations):

- Blackberries
- Walnuts
- Strawberries
- Artichokes
- Cranberries
- Brewed coffee
- Raspberries
- Pecans
- Blueberries
- Ground cloves
- Grape juice
- Unsweetened baking chocolate

For more information about maintaining health through aging, please visit www.alznl.org or call 800-883-1180. 

Clinical Trials

Please Note: Listed below are many of the clinical trials being conducted on Alzheimer's disease and related dementia in our area. The Alzheimer's Association is providing this information as a service to our readers not as an endorsement of the studies themselves. Individuals with a diagnosis of Alzheimer's disease or a related dementia and their families need to consider the risks of participating in a clinical trial carefully prior to making any decisions. We would also encourage you to always speak with your physician regarding available clinical trials and participation. Every effort is made to provide the most complete and up to date information on clinical drug trials. However, this list may not be completely accurate. For further information on research and clinical trials, please call our Helpline at 800-833-1180.


Study	Location	City	State	Zip	Phone	Contact
A Study for New Medication in Mild to Moderate Alzheimer's Disease	Bio Behavioral Health	Toms River	NJ	08755	732-244-2299	Ashtok Patel, M.D.
A 48-week, Multicenter, Randomized, Double-Blind, Parallel-Group Evaluation of the Comparative Efficacy, Safety, and Tolerability of Exelon 10 and 15 cm2 Patch in Patients with Alzheimer's Disease Showing Cognitive Decline during an Initial Open-Label Treatment Phase	Comprehensive NeuroScience, Inc.	Nutley	NJ	07033	973-235-1433	Justine M. Kent, M.D./ Sandra Wynns
A 24-week Double-Blind, Double-Dummy, Randomized, Parallel-Group Study to Investigate the Effects of Rosiglitazone (Extended Release Tablets), Donepezil, and Placebo as Monotherapy on Cognition and Overall Clinical Response in APOE ϵ 4-Stratified Subjects with Mild to Moderate Alzheimer's Disease (REFLECT-1)	Comprehensive NeuroScience, Inc.	Nutley	NJ	07033	973-235-1433	Justine M. Kent, M.D./ Sandra Wynns
A Randomized, Double-Blind, Placebo-Controlled Study Using a Bayesian Adaptive Design to Evaluate the Efficacy and Safety of ABT-089 in Subjects with Mild-to-Moderate Alzheimer's Disease on Stable Doses of Acetylcholinesterase Inhibitors	Comprehensive NeuroScience, Inc.	Nutley	NJ	07033	973-235-1433	Justine M. Kent, M.D./ Sandra Wynns
A Randomized, Double-Blind, Placebo-Controlled Evaluation of the Safety and Efficacy of Memantine in Patients with Moderate to Severe Dementia of the Alzheimer's Type	Memory Enhancement Center	Long Branch	NJ	07740	732-263-0101	Dr. Joel Ross
A Phase IIa, Multicenter, Randomized, Double-Blind, Placebo-Controlled, Multiple Ascending Dose, Safety, Tolerability, Pharmacokinetic, Pharmacodynamic, and Immunogenicity Trial of AAB-001 (ELN116727) in Patients with Mild to Moderate Alzheimer's Disease	Memory Enhancement Center	Long Branch	NJ	07740	732-263-0101	Dr. Joel Ross
A 3-Month, Randomized, Double-Blind, Placebo-Controlled, Multicenter, Safety, Tolerability, and Efficacy Study of 3 Doses of Lecozotan (SRA-333) SR in Outpatients with Mild to Moderate Alzheimer's Disease with Donepezil as Active Control	Memory Enhancement Center	Long Branch	NJ	07740	732-263-0101	Dr. Joel Ross
A 6-Month, Randomized, Double-Blind, Placebo-Controlled, Multicenter, Safety, Tolerability, and Efficacy Study of 3 Doses of Lecozotan (SRA-333) SR in Outpatients with Mild to Moderate Alzheimer's Disease Treated with a Cholinesterase Inhibitor	Memory Enhancement Center	Long Branch	NJ	07740	732-263-0101	Dr. Joel Ross
A Double-Blind Placebo Controlled Study of the Activity of AVE1625 at Doses of 10MG and 40MG for 12 Weeks in Patients with Mild to Moderate Alzheimer's Disease	Memory Enhancement Center	Long Branch	NJ	07740	732-263-0101	Dr. Joel Ross
A Trial of Omega-3 Fatty Acid (DHA) to Slow Progress of Alzheimer's Disease	Mount Sinai School of Medicine	New York	NY	10029	212-241-8329	Melissa Rushing

Study	Location	City	State	Zip	Phone	Contact
A Trial of a New Nutritional Supplement (NIC5-15) in Patients with Alzheimer's Disease	Mount Sinai School of Medicine	New York	NY	10029	212-241-8329	Melissa Rushing
A Trial of a Nutritional Supplement Containing Resveratrol in Alzheimer's Disease	Mount Sinai School of Medicine	New York	NY	10029	212-241-8329	Melissa Rushing
A Multi-Center, Double Blind, Placebo-Controlled Therapeutic Trial to Determine Whether Natural Huperzine-A Improves Cognitive Function	Mount Sinai School of Medicine	New York	NY	10029	212-241-8329	Melissa Rushing
Alzheimer's Disease Neuroimaging Study for those with Alzheimer's Disease and Normal Controls	Mount Sinai School of Medicine	New York	NY	10029	212-241-8329	Melissa Rushing
Antipsychotic Medication Treatment of Psychosis and Behavioral Dyscontrol in Alzheimer's Disease	New York State Psychiatric Institute	New York	NY	10032	212-543-6132	Michelle Motta
Antidepressant Treatment Studies for People over 50 with Combined Depression and Memory Complaints	New York State Psychiatric Institute	New York	NY	10032	212-543-5067	Analia Alvarez
Amyloid and Glucose Brain Imaging Research Study for People over 50 with and without Memory Problems	New York State Psychiatric Institute	New York	NY	10032	212-543-5025	Katrina Cuasay
Brain Imaging Study of Smell Function in Healthy Individuals and Patients with Memory Complaints and Alzheimer's Disease	New York State Psychiatric Institute	New York	NY	10032	212-543-5046	Matt Tabert, Ph.D.
A 54-Week, Double-Blind, Randomized Placebo-Controlled, Parallel-Group Study to Investigate the Effects of Rosiglitazone (Extended Release Tablets) as Adjunctive Therapy to Donepezil on Cognition and Overall Clinical Response in APOE e4-Stratified Subjects with Mild to Moderate Alzheimer's Disease (REFLECT-2)	Princeton Medical Institute	Princeton	NJ	08540	609-921-3555 x15 ptabachnik@gminstitutes.com	Polina Tabchnik
Alzheimer's Disease (AD) Treatment with Avandia™ XL	The William and Sylvia Silberstein Aging and Dementia Research Center NYU School of Medicine	New York	NY	10016	212-263-5708 aquanette.sass@med.nyu.edu	Aquanette Sass
A Natural Treatment for Alzheimer's Disease: DHA, An Omega 3 Fatty Acid	The William and Sylvia Silberstein Aging and Dementia Research Center NYU School of Medicine	New York	NY	10016	212-263-5708 aquanette.sass@med.nyu.edu	Aquanette Sass
A Natural Treatment for Alzheimer's Disease: Huperzine A	The William and Sylvia Silberstein Aging and Dementia Research Center NYU School of Medicine	New York	NY	10016	212-263-5708 aquanette.sass@med.nyu.edu	Aquanette Sass

Public Policy and Advocacy

Raising Awareness among Elected Officials

In recent months, Public Policy and Advocacy Coordinator Leena Shah has been busy visiting various elected officials with an aim to raise awareness about Alzheimer's disease and its effect on New Jersey residents. One visit in particular was made on August 7, 2007, to Congressman Rodney Frelinghuysen. As a senior member of the House Appropriations committee, Congressman Frelinghuysen oversees funding to the National Institutes of Health. Along with Patricia Lombreglia, president and CEO, issues that concern individuals with Alzheimer's disease and their caregivers were discussed with Congressman Frelinghuysen and his legislative aides. Among those issues was the desired increase in funding for Alzheimer's research at the NIH. In addition, they also discussed local programs & services that the Association offers and the Chapter's role on the state level.


Other local visits included the offices of Assemblyman Sam Thompson of the 13th Legislative District and Senator Ellen Karcher of the 12th Legislative District; both individuals are members of the Health and Senior Services Committee. 



left to right, Public Policy and Advocacy Coordinator Leena Shah, President and CEO Patricia Lombreglia, Congressman Rodney Frelinghuysen

November 5th is Alzheimer's Disease Awareness Day in New Jersey; join us at our Candlelight Vigils

November is National Alzheimer's Disease Awareness Month and a great time to raise awareness of Alzheimer's Disease and its affects on the more than 350,000 individuals and their family caregivers in New Jersey. There are many ways you can get involved during Alzheimer's Disease Awareness Month:

- **Raise Awareness: Join us at one of our regional candlelight vigils. Space is limited, so call 973-586-4300 or email virginia.donnely@alznj.org register.**
- **Become an Advocate:** An advocate can be anybody, a caregiver, a professional, a friend, family member, or just someone who wants to help. To be a successful advocate the most important thing is to listen. We have many new advocates from Memory Walk this year! You can be one of them! Call 609-275-1180, email leena.shah@alznj.org to sign up or visit www.alznj.org to sign up!
- **Learn about Alzheimer's Disease:** Educational literature and programs will be available at the Alzheimer's Disease Association throughout the month of November. Visit us online at www.alznj.org for a complete calendar of programs that are taking place you your community. 

Fundraising News


Send Holiday Cards with a Heart this Season

This holiday season, send more than just a greeting, send a card that shows you care! The Greater New Jersey Chapter is again offering the opportunity to purchase holiday cards through a vendor that donates a significant portion of the cost per card to the Alzheimer's Association.

This year's holiday cards include a selection of nine beautiful designs, with each card featuring the Alzheimer's Association message that helps raise awareness of the disease and our services. The cards are competitively priced, with our Chapter receiving a donation of 40 percent per card. Personalization is also available for an additional fee.

Several ways to order

The cards can easily be ordered online at www.einvite.com/alz36 through eInvite.com, an online invitation and card ordering company. Order forms can also be downloaded from our Web site - click on the "You Can Help" button for details. Or call our main office at 973-586-4300 to receive an order form by mail or fax. Orders will ship within five business days from the time received, even if the order has customization.

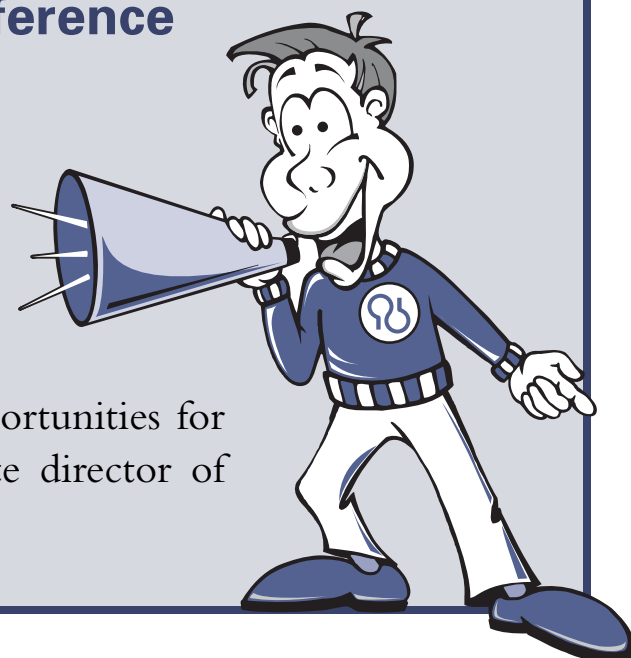
The money raised from these card sales will help our Chapter offer programs and services for people with the disease, their families and caregivers. Thank you for considering a donation to the Alzheimer's Association this holiday season. Happy Holidays! 

Special Event Sponsorship Opportunities

2008 is approaching fast, and so are sponsorship deadlines for our spring events:

- **Education and Research Conference for Health Care Professionals**
- **Legendary Links Golf Raffle**
- **Polo Classic**

If you are interested in learning more about opportunities for these events, please contact Kim Suarez, associate director of special events, at 609-275-1180.




Development News

Beat the Deadline: Give Before Dec. 31!

Last Chance to Make IRA Donation

Don't miss out: if you are at least 70 1/2 years old, you can make a gift of up to \$100,000 from your IRA without incurring any income tax on the distributed funds. The 2007 tax year is the last opportunity you will have to do so, unless Congress makes this "IRA charitable rollover" permanent.

Speak with your IRA custodian or tax advisor about transferring a gift to the Greater New Jersey Chapter. However, do not withdraw the amount yourself and donate to us – you will miss out on the tax savings! 

Year-End Giving Opportunities

The end of the year marks a time of celebration, as families prepare to enjoy the holidays with their loved ones. As you begin to think about the perfect gifts you'd like to give to those special people in your life, please consider giving a gift that will help hundreds of people in your community affected by Alzheimer's disease. Gifts to the Alzheimer's Association, Greater New Jersey Chapter allow us to continue providing local families with services such as our 24-hour, 7 day a week telephone Helpline; community education programs; support groups; and respite care assistance. Contributions also further the advancement of research into a possible cure or form of prevention, as well as research to develop more effective treatments for Alzheimer's disease. Here are some of the ways that you can make a year-end contribution to benefit the Alzheimer's Association:

Annual Fund: A gift in your own name will support community programs and services for individuals with Alzheimer's disease and their families, as well as support research.

Bequests: Remember the Association through a gift in your will or trust.

Charitable Gift Annuities: Support the work of the Association while retaining a secure income for yourself for the rest of your life. Making a gift to the Association by using a charitable gift annuity entitles you to an immediate charitable deduction, and also allows you to receive generous lifelong payments.

Life Insurance: Naming the Association as a beneficiary on your life insurance is yet another way to help a great cause while saving on your taxes.


Matching Gifts: A gift from your employer to match your gift could double your contribution! Inquire about your employer's matching gift program through your company's human resources department.

Memorial: A memorial gift may be given in honor of an individual who has passed away. Upon receipt of your gift, we will notify the family of the deceased that a gift has been made (we will not include the amount of the gift) in their loved one's memory.

Stock: You can give stock directly to the Alzheimer's Association and allow us to sell it. (If you choose to sell it yourself and then donate the proceeds, you will then have to pay the capital gains tax which will decrease the amount of your gift.)

Tribute: A tribute gift is a great way to acknowledge a special occasion such as a birthday, anniversary or graduation. We will mark the occasion by sending a letter to the person you designate, notifying them of the gift (but not the amount).

Workplace Giving: Through the United Way, Community Health Charities, and other workplace campaigns, you can designate your gift to the Alzheimer's Association.

Gifts to the Alzheimer's Association are tax deductible, and if you itemize your deductions, end-of-year charitable gifts may reduce taxes you might otherwise owe. For additional information about year-end giving opportunities, please contact Kenneth Zaentz, Vice President of Development at 609-275-1180. 

Development News

Third-Party Event Updates


The Alzheimer's Association, Greater New Jersey Chapter is grateful for the support of individuals, community groups and businesses that host special events to help support our programs and services.

If you are interested in planning a third-party event, we would love to talk with you! We can help by discussing ideas with you and by promoting your event in our newsletter and on our Web site. For more information, contact Elaine Winter, associate director of the Northern Regional Office at 201-261-6009.

A few recent third-party events included:

Jeans Day - "Jeans Day" is becoming a popular way to raise funds for Alzheimer's. Recently Accenture and Stark & Stark held "Jeans Day" at their companies. It proved to be a very successful way of raising funds, raising awareness and raising the spirits of all that participated.

Charity Golf Tournament - BAE Systems held a charity golf tournament at the Farmstead Golf & Country Club. Approximately 200 employees, family members, friends and local merchants participated. There were pars, birdies and a few eagles, but all strokes were made for the battle against Alzheimer's disease. Richard Brown Jr., chairman of the BAE Systems Golf Classic Committee said: "This event raised awareness and brought employees together".

A Day to Remember - Board member Kathleen Dugan, her husband Pete and their families held the Second Annual "A Day to Remember" in memory of Kathleen's father Curt Townshend. Whether your preference was mini-golf, speed pitch or swimming, the Dugans had something for everyone! Family and friends enjoyed a day filled with fun, food and laughter while at the same time generously donating to support local programs and services for families affected by Alzheimer's disease. 



left to right, Joe McCarthy, vice president for communications and tactical networks; Elaine Winter, associate director of the Northern Regional Office; Richard Brown Jr., BAE Systems Golf Classic committee chairman



Help raise awareness... every time you walk or exercise!

Order your Alzheimer's Association "I Walk to Remember" Shoe Tag and lace it into your walking shoe. Every time you walk, remember the over 350,000 New Jerseyans and their families affected by Alzheimer's disease.

Name _____ Company _____

Street _____ City _____

State _____ Zip Code _____ Phone _____

Number of Shoe Tags (\$1.00/tag, minimum order = \$5.00) _____

Please charge my: Visa MasterCard AMEX Discover

Amount \$ _____ Account# _____ Exp. _____

Signature _____

Check enclosed: (Please make checks payable to the Alzheimer's Association)

PLEASE MAIL TO: Alzheimer's Association 400 Morris Avenue, Suite 251, Denville, NJ 07834 or FAX to: (973) 586-0094
Please contact Kim Suarez at (609) 275-1180 or email kim.suarez@alznj.org with questions.

Bulletin Board

Donate your Vehicle



Your unwanted vehicle can support local programs and services for people with Alzheimer's disease and their families. For more information, please contact James Geraghty, development associate, at 973-586-4300, ext. 104



Make a workplace payroll-giving pledge or direct gift to the Alzheimer's Association through Community Health Charities of New Jersey and you can help support the Association's efforts on behalf of local families affected by Alzheimer's disease. Contact Kenneth Zaentz, vice president of development, at 609-275-1180, ext. 101 for additional information.

Help Support the Chapter Every Time You Search the Web

For every search conducted on the Association's behalf, GoodSearch donates a portion of its advertising revenue

visit <http://www.goodsearch.com> for your next search!



Shop now to support the Alzheimer's Association!

www.iGive.com/AlzNJ

Shop online at over 500 generous stores that give up to 26% from every purchase you make to the Alzheimer's Association, Greater New Jersey Chapter. It is free to join and many of these contributions can also be tax deductible. For additional information, please call Kenneth Zaentz, vice president of development, at 609-275-1180, ext. 101.



alzheimer's  association®

Greater New Jersey Chapter
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Denville, NJ 07834

RETURN SERVICE REQUESTED

To our readers: If you are receiving duplicate copies of this newsletter, or you wish to be taken off the mailing list, please contact us at 973-586-4300 or stephanie.daye@alznj.org

Please do not toss this newsletter!
Share with a friend, doctor's office or community group.

www.alznj.org