

NEWSLETTER

Offering New Jersey Families a Better Today While Working for a Cure and a Better Tomorrow

AUGUST 2019

My Alzheimer's Story

Donna Telesca – Support Group Attendee

I am one of the **453,000 Alzheimer's caregivers** in New Jersey.

My husband Sal suffers from early-onset dementia – a terrifying path to go down.

Sal always had a very “OCD” personality. He was capable and in-charge. Everything was always buttoned up and in place. Then Sal forgot to pay our taxes and began to fall asleep often during the day.

When Sal was diagnosed with dementia, it was an inconsolable time in my life. My father had suffered from the disease and Sal helped to take care of him – and now Sal had the disease. I saw what my Dad went through and I was heartbroken.

Feeling overwhelmed and at a loss, **I knew that I needed to get help and that's how I got involved with an Alzheimer's New Jersey Support Group in Rockleigh.** Shelley, the Group's Facilitator, had been instrumental in helping my family after my Dad's diagnosis.

I have been attending meetings regularly for two years. Although I have been involved with Alzheimer's disease for many years because of my dad, the Support Group has allowed me to talk and share my feelings. You could have had the worst morning you ever had, but you leave the group feeling hopeful and refreshed.

Male or female, being a caregiver to someone with dementia or Alzheimer's disease is not easy!! It is the hardest job one can have as those that need you often lose their ability to express their feelings. Although you develop a non-verbal way to communicate – it is not the same. Caregivers **MUST** take care of themselves and seek support.

Alzheimer's New Jersey is a wonderful place to start.



It is so important to know that you are not alone. I encourage everyone to support Alzheimer's New Jersey. The services this organization offers have been life-changing.

Mission Statement

To offer hope and support to people in New Jersey who are impacted by Alzheimer's disease and other dementias; by providing programs and partnerships that increase awareness and access to services.

How to Find Us!!

Headquarters Office

425 Eagle Rock Ave., Suite 203
Roseland, NJ 07068
(973) 586-4300
Fax: (973) 586-4342

Northern Regional Office

800 Kinderkamack Road
Suite 204 N
Oradell, NJ 07649
(201) 261-6009
Fax: (201) 261-6059

Central Regional Office

197 Route 18
Suite 308 North
East Brunswick, NJ 08816
(609) 275-1180
Fax (609) 275-1182

ALZNJ.ORG®



"Your generosity sends a message to families that they are not alone in this difficult fight giving them hope for better days."

Message from the President and CEO

Friends,

Thank you for your support of Alzheimer's New Jersey and the families we serve.

With over 600,000 New Jersey residents touched by this devastating disease; Alzheimer's and other dementias *impacts us all!!* Therefore it's more important than ever to help families find ways to live with the disease safely, with dignity, care and hope until a cure can be found. And that is what *your* generous support does and why *your* support is so important. Your generosity sends a message to families that they are not alone in this difficult fight giving them hope for better days.

When Alzheimer's touches your life we are here 100% for New Jersey families and that is our mission. When you give to Alzheimer's New Jersey, 100% of your support benefits New Jersey families. This includes the son or daughter needing help caring for a parent, and the wife, husband, or partner watching a lifetime of memories fade away.

I invite you to learn more about the work that we do with your help. Look at our website, watch the videos, read our monthly online newsletter ... or follow us on social media. Walk in one of our 5 walks scheduled this fall.

It's not just about making a donation. It's about making a difference!!

Thank you again and best wishes.

Regards,

Kenneth C. Zaentz, CFRE
President and CEO

"For many years I have been appreciative of the help your offices provide including the Caregivers Group which is conducted by Peter Flemming in Morristown."

Words from a Support Group Attendee

Alzheimer's  New Jersey®

DID YOU KNOW?

Alzheimer's New Jersey, formerly called the Alzheimer's Association Greater New Jersey Chapter disaffiliated from the Alzheimer's Association at the end of 2015. We are today an independent New Jersey non-profit dedicated to meeting the needs of New Jersey families 100%. We are not affiliated with any national or state organization and receive no funding from these groups. As a New Jersey based organization, local families can count on us to help them navigate the challenges of the disease the best way possible.

QUESTIONS? CALL OUR HELPLINE.

(888) 280-6055



Being a Caregiver is an Exhausting Job

We are proud to report that we were able to provide 300 respite care scholarships this past year to New Jersey family caregivers because of our generous donors.

Respite care scholarships are distributed through our Respite Care and Wellness Program. **This program provides professional staff guidance, referral assistance, resource materials and respite care scholarships of \$1,000 to primary family caregivers** living at home with the person with Alzheimer's disease.

Taking care of someone with Alzheimer's or dementia can be a 24 hour experience lasting many years. Because of this, the need for respite or a break can become critical. Our program helps exhausted caregivers rejuvenate physically and emotionally and find the strength to continue their caregiving responsibilities.







Here is what some of our scholarship recipients had to say:

- *"Your scholarship will allow me to have seven full days of respite to do some of the things I had missed so much and to accomplish the things I cannot do when my husband is at home. Just thinking about a day off makes me smile."*
- *"I wish to thank your organization for the Respite Care Scholarship that was provided to me. The time allotted was the first free time I've had in four years. Words cannot express my heartfelt gratitude."*
- *"I want to thank you for the privilege of receiving a \$1000 scholarship that will help with home care assistance for my husband. Our lives have changed dramatically. It is unbelievable how a person's memory can be taken away in such a short time. Being a caregiver is an exhausting job."*

The program has specific criteria that must be met in order to qualify for assistance. To learn more about our program, **call (888) 280-6055**.

Individuals, groups and organizations are invited to sponsor scholarships as the need for assistance grows each year. Just call (973) 586-4300 or email development@alznj.org

Why Your Support is Important

-  Funds our education, support and respite programs which have a direct impact here at home in New Jersey, improving the lives of your neighbors in need.
-  Helps New Jersey families of all backgrounds live safely, with dignity, care and hope, so they can have the best days possible while living with Alzheimer's and other dementias.
-  Enables us to offer programs free of charge so our services are available to all who need them
-  Let's people know they are not alone as they face some of their most difficult times
-  80% of funds raised goes directly for program services providing 80 cents of compassionate service for every dollar donated.
-  14,000 New Jersey residents benefited from our programs because of you!!

YOUR DONATIONS

+

**OUR COMPASSIONATE
SUPPORT PROGRAMS**

MAKE A DIFFERENCE

Thank You!



Walk With Us This Fall

**Help us meet our goal to raise \$750,000
to fight Alzheimer's in New Jersey**

**REGISTER TODAY by going
to www.alznj.org/events**

Skylands Regional Walk

College of St. Elizabeth, Morristown

Sunday, September 15, 2019

Southern Regional Walk

Arnold & Baltimore Aves.

Pt. Pleasant Beach

Saturday, September 28, 2019

Liberty State Park Regional Walk

Liberty State Park, Jersey City

Saturday, October 5, 2019



Central Regional Walk

Educational Testing Service

Campus (ETS), Princeton

Sunday, October 13, 2019

Northern Regional Walk

Bergen Community College,

Paramus

Sunday, October 27, 2019

**Bring family and friends.
Form a team. Donate.
100% of funds raised
will help New Jersey
families.**



Leaving a Legacy of Compassionate Support

Have you considered including Alzheimer's New Jersey in your will? It's one of the easiest ways you can leave a lasting positive impact on Alzheimer's New Jersey and help the families we serve. We have been providing trusted service for 30+ years and you can help us continue to do that with a bequest – leaving a legacy of compassionate support. Here is some language to share with your attorney.

I, [your name] [address, city, state, zip], give, devise and bequeath to Alzheimer's New Jersey, with offices located at 425 Eagle Rock Avenue, Suite 203, Roseland, NJ 07068 [insert written amount of gift, percentage of estate, or residuary of estate, or description of property] for its unrestricted use and purpose.

Questions?

**Call (973) 586-4300,
ext. 1101**

Growing the Future

While we are proud to serve thousands of New Jersey families, our goal is to do even more to improve the quality of Alzheimer's care, support and services.

Here are just a few examples of how we are doing that:

- We completed our 3rd telephone poll of NJ residents and learned that 87% of people who saw a physician received a formal diagnosis of Alzheimer's or other form of dementia. However, only 54% of doctors recommended any support program or other services to assist individuals with their condition and caregiver needs.

- We have been advocating with state legislators on policies to allow for better community/law enforcement response in situations where someone is "lost."
- Training New Jersey law enforcement and emergency responders about Alzheimer's and dementia continues to be a priority.

Help us grow our future with a donation today.
Thank you.

Alzheimer's New Jersey ... Local ... Trusted ... Making a Difference for 30+ Years