The diagnosis of Alzheimer’s disease is life-changing and leads to many questions.

Get answers. Join us for Living with Alzheimer’s: For People with Alzheimer’s.

Learn more on page 5.
Dear Friends,

I am inspired each day by the courage of the many individuals currently living with Alzheimer’s and their families, whom it is our privilege to serve. Our top priority as a chapter is to be present with these individuals and families and to provide support and guidance as they face the challenges that dementia brings. Local support groups, our 24/7 helpline, respite care and a number of web-based programs help families find direction and hope as they navigate through one of life’s most difficult situations.

We are also committed to research that will lead to effective detection, diagnosis and treatment of Alzheimer’s disease. Thanks to the volunteerism of clinical trial participants throughout the country, our knowledge of this disease grows each day, bringing us closer to the treatments that are needed by so many. Have you and your family considered signing up for the Alzheimer’s Association TrialMatch program? It’s a simple way to learn about clinical trial opportunities that may be a good fit for you. Call 800-272-3900 to sign up today, or read more about TrialMatch on page 11.

I want to express my sincere appreciation to the many individuals and organizations that have supported the Alzheimer’s Association financially through the years. As we prepare for the 2013 Walk to End Alzheimer’s, we are grateful to the 2012 sponsors and the many individuals who made the 2012 Walk to End Alzheimer’s a success. We also have several upcoming spring events, which bring new opportunities to raise funds to advance our mission of research, care and support.

Alzheimer’s disease is starting to receive the attention that it greatly deserves but we are not there yet! As our baby boomers age, we are poised to see a huge increase in the number of people affected by Alzheimer’s disease. This cause cannot wait. It is personal to so many of us. We must all join in the effort with a great sense of urgency, working to fund our mission, advocate, create awareness and educate ourselves and others.

On that note, mark your calendar to attend our State House Day on April 16th! This is a wonderful chance for you to talk directly to your legislators about the challenges of Alzheimer’s and the importance of caregiver respite. If you’ve never participated in an activity like this before, don’t worry— we’ll start off the day with a quick training to prepare you for a successful day at the State House!

As we face the challenge together we will encounter many opportunities to make a difference. The challenges are great but the opportunities are greater. Thank you for being a part of this journey.

Sincerely,

Cindy Alewine
CEO/President

p.s. - a special thank you!

I would like to offer a special word of thanks to Marjorie George, Program Director for the Greenville Area who will be retiring at the end of March. Marjorie has been employed by the chapter for 10 years, and she has worked tirelessly to serve families, provide education, create awareness and increase support. We wish Marjorie the best in her retirement and look forward to having her continue as a star volunteer!

Marjorie, pictured at left, with a supporter of the 2012 Greenville Walk to End Alzheimer’s
Call our Helpline at 800-272-3900 to be automatically connected to the office serving your area, or call after hours to talk to someone any time of day or night!

**Anderson - Headquarters Office | 4124 Clemson Blvd, Ste L, Anderson, SC 29621**
Serving SC with emphasis on Anderson, Oconee, Greenwood, Abbeville, McCormick, Saluda, and Edgefield Counties

CEO/ President | Cindy Alewine  
Vice President of Finance and Operations | Velma Haggan  
Vice President of Programs | Sam Wiley  
Director of Respite Services | Deby Stewart  
Respite/Finance Assistant | Brittany McAdams  
Respite Services Assistant | Holly Glenn

**Greenville Area Office | 301 University Ridge, Ste 5000, Greenville, SC 29601**
Serving Greenville, Pickens, and Laurens Counties

Program Director | Marjorie George  
Upstate Director of Development | Kimberly Williams  
Program Associate | Jamie Langley

**Myrtle Beach Area Office | 1105 48th Ave North, Ste 109, Myrtle Beach, SC 29577**
Serving Horry, Georgetown, Marion, Florence, and Williamsburg Counties

Program Director | Natalie Bankowski

**Lowcountry Area Office | 2090 Executive Hall Rd, Ste 130, Charleston, SC 29407**
Serving Charleston, Berkley, Dorchester, Colleton, Hampton, Jasper and Beaufort Counties

Vice President of Development & Communications | Ashton Houghton  
Program Director | Cawana Tisdale  
Lowcountry & Coastal Director of Development | Kim Almstedt

**Midlands Area Office | 3223 Sunset Blvd, Ste 100, West Columbia, SC 29169**
Serving Richland, Lexington, Newberry, Sumter, Clarendon, Calhoun, Orangeburg, Chesterfield, Marlboro, Darlington, Dillon, Bamberg, Aiken, Allendale, Barnwell, and Lee Counties

Program Director | Sheila Lewis  
Program Outreach Coordinator | Bob Eversfield

**Spartanburg Area Office | 901 South Pine St, Spartanburg, SC 29302**
Serving Spartanburg, Union, Cherokee, York, Chester, Lancaster, and Fairfield Counties

Senior Director of Communications & Advocacy | Beth Sulkowski  
Program Director | Joyce Finkle  
Program/Donor Services Associate | Jill Smith

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*We are proud to be a Community Partner of the United Way of Greenville and the United Way of the Piedmont through the Community Impact Initiative.*

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how we help

In each issue of our newsletter, we like to remind you of the programs offered by the South Carolina Chapter of the Alzheimer’s Association. Give us a call at 800-272-3900 to connect to these services!

24-Hour Helpline - 800-272-3900
Staffed 24 hours/day, 7 days/week our helpline offers assistance in 140 different languages any time day or night.

Information & Referral
We offer a variety of educational literature, and our informed staff can make referrals to helpful community resources. Our chapter newsletter is also available by mail or email.

Caregiver Support Groups
Support groups are offered across the state to help caregivers cope and better understand the disease process. No-cost sitters can be provided to families to ensure that caregivers are able to attend support group meetings.

Early Stage Dementia Support Services
A diagnosis of dementia is a life-altering fact. We are currently seeking persons who have been diagnosed with early-stage Alzheimer’s or related dementia and their caregivers who are interested in learning the basics of living with the disease while sharing experiences with those who understand. To learn more, please call 800-272-3900.

MedicAlert® + Safe Return®
We offer a nationwide wanderers’ safety and identification program. In partnership with local authorities, this program provides identification jewelry, important medical information, and emergency assistance to families. It has an impressive record of rapidly recovering individuals who wander away from home.

Respite
Our caregiver respite voucher program provides financial assistance to arrange short-term, professional care through in-home care agencies, adult day care centers, or short-term residential care. For an application, call 800-272 3900 or visit www.alz.org/sc.

Community & Professional Education
Year-round, we offer conferences, workshops, and trainings for a variety of audiences including professionals in the medical and senior services industries, social workers, clergy, hospice professionals, businesses, law enforcement, as well as caregivers and persons with dementia.

View our current education offerings on pages 5-7. You can also call us to request a presentation in your community.

Care Consultation
Sometimes you just need to talk things out. Through personal consultation, the Alzheimer’s Association helps persons with Alzheimer’s and their families to maximize the care they receive and navigate difficult situations.

Advocacy
Our advocates actively pursue important state and federal policies on behalf of those with Alzheimer’s disease, addressing research funding, quality care, and other urgently needed services. Learn more on page 10.

Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer’s.
living with alzheimer’s: for people with alzheimer’s

What will this mean for me and my family?
How do I plan for the future?
Where can I get the help I need?

A diagnosis of Alzheimer’s brings with it lots of questions. Join us for this three-part, interactive program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life.

Topics covered will include:
• Understanding Alzheimer’s disease and memory loss
• Partnering with your medical team
• Effective communication and telling others about the diagnosis
• Coping with changes and making decisions
• Daily strategies and safety issues
• Opportunities for supporting research
• Resources for people with early-stage Alzheimer’s disease

This series is specifically designed for those living with early-stage Alzheimer’s disease, as well as their carepartners/caregivers.

If you are a family or professional caregiver, or someone with a more general interest, please view our education calendar on the next two pages.

Join us for this FREE series, which will be offered in the following areas.
Don’t see a series near you? Call 800-272-3900 to request Living with Alzheimer’s: For People with Alzheimers.

Spartanburg Area
Thursdays, March 14, 21 & 28, 2013
9:00 AM to 11:30 AM
First Steps - Conference Room
900 South Pine Street
Spartanburg, SC
To reserve your seat, call Jill Smith or Joyce Finkle at 800-272-3900.

Grand Strand Area
Wednesdays, April 3,10,17, 2013
2:00 PM - 4:00 PM
Carolina Forest Library
2250 Carolina Forest Blvd
Myrtle Beach, SC, 29511
Questions? Call Natalie Bankowski at 800-272-3900.

Columbia Area
Tuesdays, April 23, 30 & May 7, 2013
10:00 AM - 12:00 Noon
Midlands Technical College-Airport Campus
Academic Center Room #143
1260 Lexington Drive
West Columbia SC
To pre-register, call Sheila Lewis at 800-272-3900.

Charleston Area
Wednesdays, May 1, 8 & 15, 2013
1:00 PM - 3:30 PM
St. Andrews Regional Library
1735 North Woodmere Drive
Charleston, SC
Questions? Call Cawana Tisdale at 800-272-3900.
education calendar

To view our most up-to-date education listings, please visit our website at www.alz.org/sc and click on Education Programs. Family caregivers: If you need an in-home care sitter in order to attend any of these programs, learn how to access this service at no cost by calling the Alzheimer’s Association at least two weeks in advance at 800-272-3900.

Alzheimer’s and You
Hosted in partnership with Rhodes Respite Care and the Health Ministry of First Presbyterian Church

Thursdays, April 11, 18 & 25, and May 2 & 9, 2013
6:00 PM - 7:30 PM at First Presbyterian Church
302 West Whitner St, Anderson, SC

Family caregivers and professionals caring for someone with dementia are invited to attend this educational series featuring presenter Karen Nichols, RN, NHA, CRCFA.

April 11:  Dementia from the Inside Out
April 18:  Communication is Key
April 25:  Every Elder is a Gem (Part 1)
May 2:    Every Elder is a Gem (Part 2)
May 9:    Love Your Elder and Yourself

Free and open to the community. Please register by April 4 by calling First Presbyterian at 864-255-2551.

25th Annual Upstate Education Conference:
Owning the Journey

Tuesday, May 21, 2013
8:30 AM to 4:00 PM
Salvation Army Ray & Joan Kroc Corps Community Center
424 Westfield St, Greenville, SC

For family caregivers and professional caregivers alike, the caring for someone with Alzheimer’s or dementia is far from easy. Join us to gain the knowledge, resources and confidence you need to own the journey and provide the best care possible. Featuring topics & speakers:

Advances in Alzheimer’s Research
Heather Snyder, PhD

Dementia-Related Behaviors: What Do We Know? What Can We Do? Lisa Gwyther, MSW, LCSW

A Caregiver’s Guide to the Probate Process
Judge Debora Faulkner

Clearing the Clutter Along the Journey
Jeri Ross-Hayes, LISW-CP

For more information or to register, visit www.alz.org/sc or call 864-542-9998.

Myrtle Beach Education Conference
Understanding Dementia Care:
Essentials for Your Journey Together
Featuring Teepa Snow, Hosted by Senior Helpers

May 31, 2013, 5 PM - 8 PM
Horry Georgetown Technical College
Grand Strand Campus Conference & Business Center
950 Crabtree Lane, Myrtle Beach, SC

Join us for a family-focused seminar on how to have a positive and meaningful relationship with loved ones with Alzheimer’s and dementia throughout their journey. This session is helpful for care providers, family members, and anyone who is trying to cope with the changes that happen with dementia by providing basic information and communication skills to improve interactions and ultimately create more meaningful moments together. This seminar will be presented by Teepa Snow, a dementia care and dementia education specialist with over 30 years of experience in geriatrics.

For more information or to register, visit www.alz.org/sc or call Natalie Bankowski at 843-213-1516.
Living with Alzheimer’s for middle-stage caregivers

This program will be offered twice on separate dates:
July 11, 2013, 10-11:30 AM
July 31, 2013, 10-11:30 AM
Shepherd’s Center-Columbia
Trenholm Road United Methodist Church
3401 Trenholm Road, Columbia, SC

In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. This free program is designed to provide caregivers with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer’s disease and related dementia. Join us to hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s.

Questions? Call Sheila Lewis at 803-791-3430.

Please mark your calendar for these upcoming Education Conferences:

Columbia Educational Symposium
Friday, August 9, 2013
William Yates Conference Center
SC Hospital Association
1000 Center Point Rd, Columbia, SC

Charleston Education Conference
Tuesday, September 17, 2013
College Center at Trident Technical College
7000 Rivers Ave, North Charleston, SC

Prefer to learn on your own time?

The Alzheimer’s Association® essentiALZ™ certification program is a convenient way for family and professional caregivers to be recognized for learning quality dementia care practices. EssentiALZ offers basic and advanced levels of certification for individuals. Learn more at www.alz.org/essentialz.

Request a workshop in your area!

These free programs are great for churches and community centers, employee wellness presentations in corporate settings, and more!

Please call us at 800-272-3900 to indicate your interest in any of the following education offerings:

The Basics: Memory Loss, Dementia and Alzheimer’s
• Symptoms of Alzheimer’s and other dementias
• How Alzheimer’s affects the brain
• Causes, risk factors and current treatments
• How to find out if it’s Alzheimer’s disease
• The benefits of early detection
• How to address a diagnosis of Alzheimer’s disease
• Stages of the disease and hope for the future
• Ways the Alzheimer’s Association can help

Know the 10 Signs: Early Detection Matters
• How to tell the difference between Alzheimer’s and typical aging
• Steps to take if you recognize a warning sign in yourself or someone you know
• The process to receiving an Alzheimer’s diagnosis
• Why early detection is crucial

Legal and Financial Planning
• Making legal plans that fit your needs
• Legal documents you’ll need and why they matter
• How to find legal and financial assistance
• Practical strategies for making a long-term plan of care
• Tax deductions and credits
• Government programs that can help pay for care

Living with Alzheimer’s: For People with Alzheimer’s
• Understanding Alzheimer’s disease and memory loss
• Partnering with your medical team
• Telling others about the diagnosis
• Coping with changes and making decisions
• Daily strategies and safety issues
• Opportunities for supporting research
• Resources for people with early-stage Alzheimer’s

Living with Alzheimer’s: For Caregivers
• Developing a care team
• Legal and financial planning
• Coping strategies
• Care and treatment options
• Communicating and connecting
• Maximizing independence
caregiver tips: providing care at home

I want to care for my loved one at home. What do I need to know, and what resources are there to help?

Make safety a priority, before it's a problem!
Taking measures to improve safety can prevent injuries and help a person with dementia feel more relaxed, less overwhelmed and maintain independence longer. As the disease progresses, the person’s abilities will change. But, with some creativity, flexibility and problem solving, it’s not difficult to adapt the home to support these changes.

Most accidents in the home occur during daily activities such as eating, bathing and using the restroom. Take special precautions at these times.

- Check the temperature of water and food — it may be difficult to tell the difference between hot and cold.
- Install walk-in showers and grab bars in the shower or tub and at the edge of the vanity to allow for independent, safe movement.
- Add textured stickers to slippery surfaces. Apply adhesives to keep throw rugs and carpeting in place, or remove rugs completely.

You should also take steps to safeguard firearms, appliances, and hazardous substances. Even the most basic appliance or household object can become dangerous.

- Use appliances that have an auto shut-off feature
- Install a hidden gas valve or circuit breaker on the stove so a person with dementia cannot turn it on. Or, consider removing the knobs from the burners.
- Store grills, lawn mowers, power tools, knives and cleaning products in a secure place.

Get support from other caregivers
Alzheimer’s and dementia caregivers frequently experience high levels of stress. Connecting with other caregivers can give you a safe place to vent, and you may learn valuable lessons from the experiences of others.

- Attend an Alzheimer’s Association support group. Free and confidential, support groups are offered across the state. View pages 14-15 to find a group.
- Check out ALZConnected.org. It’s our dedicated online social networking community for people impacted by Alzheimer’s, providing a safe place for people to connect with others anytime, anywhere.

Know your community resources
Call our 24-Hour Helpline (800-272-3900) to learn more about any of the following resources.

- Respite through the Alzheimer’s Association. The South Carolina Chapter offers short-term assistance to help family caregivers take a break. With our respite program, family members are able to arrange for up to $500 worth of care through approved home care agencies, adult day care, or temporary placement in a long term care facility.
- Respite through the Family Caregiver Support Program. Administered locally by the 10 Area Agencies on Aging (AAA), each AAA has a fulltime Family Caregiver Advocate who works directly with family caregivers. Funding is available for both respite and caregiving supplies.
- Is your loved one financially eligible for Medicaid? Community Long Term Care (CLTC) may be an option. CLTC is a Medicaid Community Choices waiver program that helps individuals live at home rather than in a facility. It can provide in-home care, home-delivered meals, and other services. To qualify, the individual must be financially eligible and meet the same level of care that is needed to enter a nursing facility.
- Hospice and palliative care. Many people do not think about hospice until the very end. However, accessing hospice earlier can help improve the quality of life for both your loved one and your family. Your loved one may already be eligible for compassionate care services, particularly if he or she refuses to eat, becomes nonverbal, or has additional health complications such as aspiration pneumonia, urinary tract infections, or bed sores. Hospice and palliative care are covered under Medicare, Medicaid, and most private insurance plans and HMOs.
I’m not sure my loved one is safe at home. When should I consider seeking placement, and where do I start?

Determine if it’s time

There may come a time when the person with Alzheimer’s disease or dementia will need more care than can be provided at home. During the middle stages of Alzheimer’s, it becomes necessary to provide 24-hour supervision to keep the person with dementia safe. As the disease progresses into the late-stages, round-the-clock care requirements become more intensive.

Making the decision to move into a residential care facility may be very difficult, but it is not always possible to continue providing the level of care needed at home.

The questions below may be helpful when determining if a move to residential care is a good option:

- Is your loved one becoming unsafe in their home? Does he or she wander or have trouble with stairs?
- Is the health of the person with dementia at risk? Is my health as a caregiver at risk?
- Are the person’s care needs beyond my physical abilities to provide (lifting, etc)?
- Am I becoming stressed, irritable and impatient? Am I neglecting work, my family or myself?
- Would the structure and social interaction at a care facility benefit the person with dementia?

Consider available payment sources

It is commonly assumed that Medicare pays for long term care, since it is a federal health insurance program for people over 65 years of age. This is not the case! While Medicare pays for doctor’s appointments, hospital visits and prescription drugs for people in residential care settings, it does not pay for the actual facility care.

If your loved one has a small income and limited savings, he or she may be eligible for Medicaid, which will cover skilled nursing facilities. To qualify, the individual must be financially eligible and meet the level of care that is needed to enter a nursing facility.

Long term care insurance can also cover facility care, but very few adults have have policies in place.

The Veterans Administration offers Aid and Attendance for Veterans and surviving spouses, which can help pay for assisted living or skilled nursing facilities.

Many people end up paying for facility care out of their personal income and savings, which can be very difficult and expensive. It helps to plan early!

Do your homework

There are several websites that can help you locate facilities, compare services and payment options, and even find available beds near you.

- www.communityresourcefinder.org
  The Alzheimer’s Association Community Resource Finder helps you locate care providers near you. You can filter results based on payment type, services provided, and other preferences. You can even access user reviews of care providers, or write your own review.

- www.medicare.gov/NursingHomeCompare
  This website has detailed information about every Medicare and Medicaid-certified nursing home in the country, including quality ratings based on inspections and assessments.

- www.nfbl.sc.gov
  The South Carolina Nursing Facility Bed Locator can help you identify available beds in real time. Just search by county to view the number of Medicaid and private pay beds available at facilities in your area.

Visit before you decide

Plan on visiting several care facilities. Take a look around and talk with the staff, as well as residents and families. Visit at different times of the day, including meal times. Pay close attention to the staff and the activities available for residents. These are considerations that will impact your loved one more than attractive decor.

When you visit a care facility, ask to see the latest inspection report and Special Care Unit Disclosure form. Facilities are required to provide these. These can give you a picture of the facility’s services and track record.

Ask the care facility about room availability, cost and participation in Medicare or Medicaid. Consider placing your name on a waiting list even if you are not ready to make a decision about a move.

If you will be paying for the facility out of pocket, ask what happens if your loved one runs out of money. Some facilities will accept Medicaid; others may not.

Let go of guilt

Even if your loved one planned this move in advance, making the transition can be a stressful experience. You may feel guilty and wonder if you are doing the right thing. These feelings are common. Families that have been through the process tell us that it is best to gather information and move forward. Keep in mind, that regardless of where the care takes place, the decision is about making sure the person receives the care needed.
alzheimer’s advocacy

Get ready to stand up and be heard. Join fellow advocates at our State House in Columbia, SC, as we take our message directly to legislators and raise our unified VOICE in support of critical respite services!

State House Day
Tuesday, April 16, 2013
Breakfast & Training: 9:30 AM at IT-oLogy, 1301 Gervais St
Appointments & Visits: 11 AM - 1 PM, State House

If you’re a caregiver, you know that providing round-the-clock care for a loved one at home can be physically, emotionally and mentally exhausting. Sometimes a few hours of peace and quiet can give you the boost you need to keep going.

Help us turn the State House PURPLE!

Come share your caregiving experiences with your elected State Senator and State Representative. Let them know how the ripple effect of Alzheimer’s is impacting our communities, our homes and our workplaces. They want to hear from you!

If you’ve never participated in an advocacy event before, there’s no need to be nervous! We’ll provide you with a brief training before we cross the street to speak with our legislators in their offices and at the State House.

Visit alz.org/sc to register online for State House Day or call Beth at 800-908-9690 to learn more!

Q. What is an Alzheimer’s Ambassador?

A. An Ambassador is a volunteer who is passionate about ending Alzheimer’s who commits to be the key Alzheimer’s spokesperson to a designated Member of Congress for a term of one year. Anyone can serve!

Ambassadors meet with local Congressional staff 4 times each year, in addition to attending the annual Alzheimer’s Association Advocacy Forum in Washington, DC, each spring. Ambassadors also help recruit other advocates in their area and may serve as media spokespersons about the Alzheimer’s epidemic.

We are proud to announce our 2013 Ambassadors:

- Debbie Griffin | Rep. Joe Wilson (SC 2)
- Lucien Richardson | Rep. Trey Gowdy (SC 4)
- Seth Zamek | Rep. Mick Mulvaney (SC 5)
- Mary Ervin White | Rep. James Clyburn (SC 6)
- Jennifer Lombardi | Rep. Tom Rice (SC 7)
- Barry Weber | Senator Tim Scott

For our federal leaders to take action on Alzheimer’s, they need to hear from constituents at home.

Would you like to help?
We are currently seeking interested constituents who may want to apply to serve as Ambassadors for the following Members of Congress:

- Representative To Be Determined (Replacing now-Senator Tim Scott in SC 1)
- Representative Jeff Duncan (SC 3)
- Senator Lindsey Graham

To learn more, please contact Beth Sulkowski at 800-908-9690 or bsulkowski@alz.org.
Did you know that the Alzheimer’s Association is the largest private, nonprofit funder of Alzheimer’s research?

We believe in the value of collaboration and look forward to a time when we will have disease-modifying treatments, preventive strategies and gold-standard care for all people affected by Alzheimer’s disease.

One of the most exciting and innovative research initiatives today is the Dominantly Inherited Alzheimer’s Network Trials Unit (DIANTU). The Alzheimer’s Association provided $4.2 million in seed funding for DIAN to build the essential infrastructure for its Trials Unit.

This trial will involve 160 people who have inherited rare gene mutations that mean they are almost certain to develop Alzheimer’s at a young age, typically in the 30s to 50s. All of the subjects will be 10 to 15 years from the anticipated age when symptoms of cognitive decline and dementia are expected to appear.

This is a new strategy; rather than trying to cure symptoms that are already present, this trial seeks to prevent Alzheimer’s symptoms from ever occurring.

Three different drugs will be evaluated in the first phase of this innovative international clinical trial. Each drug targets the hallmark accumulation of beta amyloid protein in a different way:

- **Gantenerumab** (gan-ten-ehr-oo-mab), an antibody made by Roche that binds to all forms of aggregated beta amyloid and helps remove them from the brain.

- **Solanezumab** (soul-an-ez-oo-mab), an antibody developed by Eli Lilly that binds to soluble forms of beta amyloid allowing them to be cleared from the brain before they clump together to form plaques.

- **Beta-secretase** (bay-tah see-cret-ace) a BACE inhibitor made by Eli Lilly, which is theorized to work by reducing the amount of beta amyloid proteins that are produced, thereby slowing the accumulation of plaques.

DIAN is currently enrolling study participants who are biological adult children of a parent with a mutated gene known to cause dominantly inherited Alzheimer’s disease. Such individuals may or may not carry the gene themselves and may or may not have disease symptoms.

To learn more, visit www.DIANExpandedRegistry.org.

A CURE IS THE GOAL.

YOU ARE THE HOPE.

Introducing Alzheimer's Association TrialMatch™ – our Clinical Studies Matching Service

Far too many Americans have Alzheimer’s disease, currently more than 5 million people. That number is expected to triple by 2050. Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come.

Without adequate volunteers, finding a cure is virtually impossible.

With so many new treatments being developed, chances are there are Alzheimer’s clinical studies going on near you. Alzheimer’s Association TrialMatch will help you find the right one; there’s no cost and it’s easy to use. Be a hero and get started today.

Talk to your doctor, call 800-272-3900 or visit alz.org/trialmatch.
upcoming events

Join us for a charity ball in support of the Alzheimer’s Association! Each memorable evening features fabulous live and silent auction items, cocktails, dinner, entertainment and dancing!

The 5th Annual Grand Strand Forget-Me-Not Ball
Friday, April 12, 2013, at The Dunes Golf & Beach Club

Dance, bid, wine and dine as you support the vital work of the Alzheimer’s Association! Featuring special guest emcee Tim McGinnis of WPDE TV and entertainment by DJ Jeff Benton.

For more details & reservations: visit www.fmnb.org or call 843-614-6608.

The 6th Annual Upstate Forget-Me-Not Ball
Friday, April 19, 2013, at the Hyatt Regency Greenville

This year’s event features WYFF’s Geoff Hart as Master of Ceremonies, a performance by artist Jared Emerson of the Jared Collection, a live auction including the piece created during Jared’s performance, and a special presentation and challenge by the family of Lillian Dow Vaughn.

For more details & reservations: visit www.fmnb.org or call 864-312-6436.

The 8th Annual Charleston Forget Me-Not Ball
Friday, May 3, 2013, at the Francis Marion Hotel

Party for a purpose! This one night formal Ball features special guest emcee Dave Williams of WCIV TV News Channel 4 and entertainment by Versatile Beat Productions.

For more details & reservations: visit www.fmnb.org or call 843-614-6608.

The 9th Annual Dan Coker Memorial Golf Tournament
Saturday, March 16, 2013, at Hartsville Country Club
8 Man Captains Choice - begins at 10 AM. For details: David Coker (843-339-9841) or Margaret Coker (843-332-7478)

Cooper River Bridge Run - Saturday, April 6, 2013
Volunteers needed to provide support at the run!
For details: kalmstedt@alz.org or 843-614-6608.

Friday, July 19, 2013
Simpsonville to Newberry, approximately 67 miles

Saturday, July 20, 2013
Newberry to Orangeburg, approximately 85 miles

Sunday, July 21, 2013
Orangeburg to Mt. Pleasant, approximately 100 miles

Join us for what our riders call the best-supported cross-state cycling event in South Carolina! With snack and hydration stations every 10-15 miles, sag vehicles, medical & mechanical support, and even a police escort into Charleston, our support team has you covered!

Sign up for 1, 2 or all 3 days for a flat registration fee of $50, which counts toward a fundraising minimum.

You’ve never seen South Carolina quite like this!
Register at www.aridetoremember.org.
Thanks to our sponsors of walk 2012!

Marathon Runner Sponsors
- Agape Senior
- All About Seniors
- Charleston Harbor Resort & Marina
- Community Home Care & Hospice
- Comporium
- Eli Lilly
- Holiday Retirement
- Regency Hospice
- Senior Living Guide
- United Hospice
- Wells Fargo

Jogger Sponsors
- Active Day of the Pee Dee
- AllCare Living Services
- Always Best Care Senior Services
- Anderson Oaks
- Angel Companions
- Ashley River Plantation
- Assisting Hands Home Care
- Atria Forest Lake
- Aurora Pavilion Behavioral Health Services
- Bayada Home Healthcare
- BeWell Home Services- Lutheran Hospice
- Bishop Gadsden
- Blakely Funeral Home & Crematory
- BrightStar Care
- Brookdale Senior Living
- Carlton Mercedes Benz
- The Carolina Center for Behavioral Health
- Carolina Hospice Care
- Cascades Verde
- Comfort Keepers
- The Copy Shop
- Daimler Trucks North America
- Eden Terrace Assisted Living and Memory Care
- Eggers Funeral Homes and Crematory
- Emeritus at Palm Court
- FOX Rehabilitation
- Franke at Seaside
- Franklin & Associates
- FTC
- Gloriﬁed Health & Rehab of Greenville
- Grand Strand HomeWatch Caregivers
- HarborChase of Columbia
- Harley Funeral Home and Crematory
- The Haven in the Summit
- Home Instead Senior Care
- Homewood Residence at Cleveland Park
- Horizon Bay at Charleston
- Hospice Care of South Carolina
- Hospice Care of South Carolina
- Interim Healthcare
- Khaled Law Firm, PC
- Kohl’s
- Legacy of Anderson
- Lighthouse Care Center of Conway
- Lowcountry Geriatrics
- Mackay Mortuary
- Magnolia’s of Gaffney
- Mary Black Health System
- Morningside Assisted Living
- MUSC Alzheimer’s Research & Clinical Programs
- New Generations Home Care & Adult Day Center
- NHC Healthcare
- The Palmettos Assisted Living & Memory Care
- Palmettos of Parklane Assisted Living
- Pee Dee Gardens Assisted Living & Memory Care
- Pepper Hill Nursing and Rehab Center
- Piedmont Automotive
- Piedmont Medical Center
- ResCare HomeCare
- Rhodia
- Right At Home
- Riverside at Belfair and Belfair Gardens
- Rockefellers Raw Bar
- Rosecrest/BeWell/ Lutheran Hospice
- Sandifer Funeral Home
- Shadow Oaks Assisted Living
- Shoreline Medical Transport
- Somerby of Mt. Pleasant
- Sonoco
- Spartanburg Regional Foundation
- Sterling House of Greenville
- Summit Hills
- Sweetgrass Court Memory Care Community
- Taylor & Company CPA
- TD Bank
- Tri-County Home Health & Hospice
- Unhealth Post Acute Care Rock Hill
- Wells Fargo
- Westminster Towers / Homebridge
- Willoughby & Hoefer, P.A.
- Wilson Senior Care
- Windsor House Assisted Living
- Woodforest National Bank

Power Walker Sponsors
- Adams Outdoor Advertising
- BMW Manufacturing Co.
- Fairway Outdoor Advertising

Sprinter Sponsors
- Attaway Inc.
- Bankers Life & Casualty
- Big Time Entertainment
- Brightwater
- C3 Elder Connections
- Care for Life
- Comfort Keepers
- Comporium
- Easy 105.9 /100.7
- Elmcroft Senior Living
- HarborChase of Aiken
- The Haven in the Village at Chanticleer
- Heartland Hospice- Conway
- In Memory of Betty Ledford
- Integrys Caregiving
- Interim Healthcare
- JLM Smith Foundation
- Knights of Columbus
- LifeWise, Bon Secours St. Francis
- Margaritaville Myrtle Beach
- Methodist Manor Retirement Community
- Movin 94.5
- Ocone Medical Center
- Palmetto Parrot Head Club
- The Palms of Mt. Pleasant
- Park Place Assisted Living & Memory Care Community
- Pilot Club of Darlington
- Ralph Hayes Toyota
- Rolling Green Village Retirement Community
- Senior Care Consultants of South Carolina
- Senior Directory of Charleston
- Senior Helpers
- State Farm
- Still Hopes Episcopal Retirement Community
- Taco Boy

Stroller Sponsors
- Aiken Psychiatric
- Alan G. Boggie, DMD
- Anderson Oaks Assisted Living
- Ashley River Creative Arts
- Assistance + Geriatric Care Management
- B.M.
- Baker Family Dentistry
- Charlie’s Angels
- Clarendon County Farm Bureau
- Clarendon Health Systems
- Colonial Trust Company
- Comfort Keepers
- The Corner Club
- Cox, Cauley & Rockwell, LLC
- Cumberland Village
- CWS Insurance Company
- David A. Crotts & Associates, Inc.
- Foothills Retirement Community
- Garden House Assisting Living & Memory Care
- Gentiva Home Health
- HarborChase of Rock Hill
- Homewatch Caregivers
- Jewell Family and Elder Medicine, P.A.
- Kim & Ed Brock
- Lawrence & Brownlee Insurance
- Margaret Jones Gamble Class
- NBSC
- Open Arms Hospice/McCall Hospice House
- Palmetto Citizens Federal Credit Union
- Palmetto Electric Cooperative
- Patsy Knight
- Pilot Club of Columbia
- PMD Lakeside Medical Equipment
- Primary Care Associates, PC
- Rigby Oil Co., Inc.
- Sandvik
- Senior Life Journeys
- Wilcox, Boyck & Williams, P.A.
- Willie’s Frame & Body Shop, Inc.

Thanks to the generosity of our sponsors and supporters, the 2012 Walk to End Alzheimer’s raised over $621,793!

2013 Walk registration is now open at www.alz.org/walk.
**AIKEN COUNTY**
2nd Tues. 11:00 AM
Cumberland Village
3335 Wise Creek Ln
803-641-8441 (Liz Neal)
803-641-5900 (Robert Schwartz)

3rd Tues. 2 PM
St. Bartholomew Episcopal
471 Martintown Rd.
N. Augusta
803-439-1016 (Margaret Kopp)
803-279-8085 (Dorothy Tyler)

3rd Thurs. 2 PM
Habor Chase AL & Memory Care
1385 Silver Bluff Rd.
803-642-8444 (Linda Lucas & Samantha Thompson)

**ANDERSON COUNTY**
Men’s Group
2nd Mon. Noon (Lunch provided)
Boulevard Baptist Family Life Ctr.
864-225-7424 (Bill Davis)
Jacques Dehonst, Bill Hughes

3rd Thurs. 7 PM
Anderson Place
311 Simpson Rd.
864-224-9452 (Mel Harris)
864-261-3875 (Anna Winecoff)

4th Wed 10:30 AM
Jo Brown Senior Activity Center
101 S. Fant St.
864-933-6764 (Cece Williams)
864-760-1345 (Laverne McDuffie)

**BAMBERG COUNTY**
3rd Thurs. 6 PM
Bamberg Council on Aging
498 Log Branch Rd.
803-245-3021 (Rewa Stack)

**BEAUFORT COUNTY**
Every Wed. 10 AM
Memory Matters (Hilton Head)
843-842-6688 (Karen Doughtie and Cathee Stagg)

2nd & 4th Thurs 1:30 PM
St. Andrews Methodist
Hilton Head
843-671-5696 (Karen Kirby)

2nd Tues. 2 PM
NHC Healthcare Bluffton
843-705-8220 (Stacey Floyd and Heather Miller)

3rd Thurs. 2 PM
Parkinson’s Support Group
Hilton Head Regional Med Ctr
843-705-5349 (Marilyn Weiner)

**BERKELEY COUNTY**
2nd Mon. 11-12pm
Trident Medical Center
843-571-2641 (Cawana Tisdale)

2nd Mon. 5:30 - 6:30 p.m.
Goose Creek Library
843-571-2641 (Cawana Tisdale)

**CHARLESTON COUNTY**
1st & 3rd Mon. 1-2 PM
The Palms of Mt. Pleasant
843-810-1277 (or 843-884-6949)
(Marisa Ferguson)

1st Tues. 10 AM
All Saints Lutheran
1644 Hwy. 174 Edisto Island
843-869-0279 (Lula Grant)

1st and 3rd Wed. 10 AM
Bon Secours-St Francis Hospital
843-766-5694 (John Ledford)

1st Thurs. 7 PM
Bon Secours-St Francis Hospital
West Ashley
843-766-5694 (John Ledford)

1st Thurs. 3 PM
Parkinson’s Support Group
843-766-5694 (John Ledford)

2nd Sun. 2:30 PM
Parkinson’s Support Group
843-766-5694 (John Ledford)

2nd Mon. 1:30 - 2:30 p.m.
Otranto Road Library
843-571-2641 (Cawana Tisdale)

**CLARENDON COUNTY**
3rd Mon. 2 PM
New Covenant Presbyterian Church
2833 Alex Harvin Highway, Manning
803-478-4820 (Betty Wellock)

**DARLINGTON COUNTY**
1st Tues. 10 AM
St. Bartholomew’s Church
Campus Dr. Hartsville
843-332-7478 (Margaret Coker)

2nd Tues. 10 AM
Medford Center, Darlington
843-332-7478 (Margaret Coker)

**DORCHESTER COUNTY**
2nd Tues. 10 AM - 11 a.m.
Magnolia’s of Summerville
843-509-2252 (Amy Murray)

**FLORENCE COUNTY**
2nd Wed. 4 PM
Methodist Manor
300 Market Way, Florence
843-355-7048 (Debbie Edwards)

3rd Thurs. 10:30 AM
New Generations
2111 West Jody Rd.
843-629-0103 (Michelle Bailey)

3rd Thurs. 6 PM
The Leatherman Senior Center
600 Senior Way, Florence
843-658-4059 (Brenda Soloman)

**GREENVILLE COUNTY**
1st Tues. 5 PM
The Haven at Chanticleer
355 Berkmans Lane, Greenville
For info call (864) 250-0029
864-250-0029 (Pam Williams)

1st Thurs. 7 PM - Golden Strip
Hillcrest Hospital (Conf Rm E)
729 S.E. Main Street, Simpsonville
For info call 843-250-0029
843-346-0579 (BJ Burns)
(Nancy Pearce)

2nd Thurs. 2 PM (2nd Thurs in July)
On March 7, this support group will meet at 1:30PM instead of 2PM.
Rolling Green Village Main Bldg.
1 Hoke Smith Blvd., Greenville
For info call (864) 250-0029
864-236-8541 (June Green)
(Bonnie Noble Silberman)

2nd Wed. 6 PM
Informal Spouses-Only Dinner Group
Greenville Area Restaurant TBA
For info call 864-250-0029

2nd Thurs. 7 PM
Greer Memorial Hospital
830 S. Buncombe Rd., Greer
For info call 864-250-0029
864-350-4801 (Stephanie Cole)

4th Mon. 7 PM (3rd Mon in May/Dec)
The Gardens at Eastside
275 Commonwealth Dr. Greenville
864-346-0579 (B.J. Burns)
864-979-1884 (Mary Lee)

4th Tues. 6:30 PM (3rd Tues in Nov/Dec)
Earle St Baptist Church (Main Building)
225 W. Earle St, Greenville
For info call 864-250-0029
864-616-0629 (Julia Mullen)
864-961-7020 (Denise Parsons)

**GREENWOOD COUNTY**
2nd Tues. 2 PM
Wesley Commons, GW
864-227-7141 (Vickie Fields)
Jane Roper, Renee Bledsoe

**HORRY COUNTY**
1st Monday 6 PM
Brightwater Senior Living
Grissom/International Pkwy.
843-651-2335 (Joyce Cabrera)

2nd & 4th Wed 10 AM
Bein Methodist Church, Murrells Inlet
843-215-1497 (Lillian Chopko)
843-650-1123 (Carolyn Sanft)

2nd Thursday 11 AM – 12PM
First Presbyterian Church
Kings Campus
1300 N Kings Hwy, Myrtle Beach
843-448-4496 (Denise Ellis)
Please call to verify meeting details. All support group meetings are free, confidential and open to caregivers of any type of dementia.

**NEED A SITTER?**
Call 800-272-3900 in advance if a no-cost in-home sitter is needed during meeting time. An application must be filled out to use support group sitter funds. This service is available through a professional home care agency ONLY. Respite recipients, this opportunity to arrange for a sitter is in addition to your respite voucher and will not be taken out of your voucher funds.

If you have early-stage Alzheimer’s or dementia:

- **NEWBERRY COUNTY**
  - **2nd Tues. 5:30 PM** Springfield Place (Dining Room)
    - 2006 Springfield Circle
    - 803-276-2601 (Denise Marshall)
    - 803-276-8266 (Janet Ballentine)

- **ORTHODOX COUNTY**
  - **1st Mon. 6 PM**
    - Karesh Long Term Care Ctr.
    - 3121 Roberts St. Camden–Med. Ctr.
    - 803-432-4311 (Loretta Wrigley)

- **NEWBERY COUNTY**
  - **3rd Thurs. **2 PM  
    - Summit Place
    - Little River, SC
    - 843-450-3410 (Kathy Bazzarre)

- **LANCASTER COUNTY**
  - **2nd Fri. 10 AM**
    - Carolina Lakes Golf Clubhouse
    - (Del Webb) Indian Land
    - 23012 Kingfisher Dr.
    - 803-548-6766 (Seth Zamek)

- **LEXINGTON COUNTY**
  - **1st Wed. Noon-lunch provided**
    - Wittenberg Lutheran Church
    - Leesville, SC
    - 803-532-4636 (Joan Caughman)

  - **1st Thurs. 6 PM**
    - Oak Leaf Village
    - Next to Lexington Middle School
    - 803-508-3477 (Janet Altman)

  - **2nd Mon. 6:30 PM**
    - Riverland Hills Baptist
    - 201 Lake Murray Blvd. Irmo
    - 803-781-9192 (Jan & Don Earles)

  - **2nd Thurs. 3 PM**
    - Senior Options, Clinton
    - 512 Professional Park Rd
    - For info call 800-272-3900 or 864-547-1322 (Debbie Johnson)

- **MARION COUNTY**
  - **2nd Wed 12-1 PM**
    - Marion Regional Hospital
    - 2829 East Highway 76, Mullins
    - 843-423-1888 (Natalia Feely)

- **MARION COUNTY**
  - **2nd Wed 12-1 PM**
    - McKee Family Practice, Lancaster
    - 1025W. Meeting Street, Suite 200
    - 803-285-7414 (Stephanie Stinson)

- **LAURENS COUNTY**
  - **2nd Thurs. 6 PM**
    - United Way - Seneca
    - 864-582-1202 (Jane Thomas)
    - 864-654-3862 (The Feemsters)

- **ORANGE COUNTY**
  - **1st Mon. 6:30 PM**
    - Palmetto Senior Care
    - 1308 Laurel St, Columbia
    - 803-931-8166 (Karen Carr)

- **PICKENS COUNTY**
  - **1st Mon. 6 PM**
    - Riverbank Dr. Orangeburg
    - 803-539-2911 (Jerri Zeigler & Tina Fogle)

- **RICHLAND COUNTY**
  - **1st Tues. 12 noon**
    - Senior Primary Care
    - 3010 Farrow Rd. #300
    - 803-434-1238 (Mary Winstead, LISW)

- **RICHLAND COUNTY**
  - **2nd Tues. 12 PM**
    - Caregivers Coalition of Midlands Group for spouses of persons with dementia— led by spouse caregivers
    - Palmer Bldg, First Presbyterian
    - 1420 Lady St, 4th Floor
    - Parking lot on corner; enter on Lady St.
    - 803-779-1995 Ext. 4 (Debbie Clark)

- **SPARTANBURG COUNTY**
  - **2nd Mon. 6 PM**
    - RoseCrest Retirement Community
    - 864-599-8549 (Kay Gwinn)

  - **4th Mon. 6 PM**
    - African American Senior Center
    - 220 Piedmont Blvd, Spartanburg
    - 864-524-3944 (Scott TenBroeck)

- **SUMTER COUNTY**
  - **1st Thurs. 6:00 PM**
    - McElveen Manor
    - 2065 McCrory Mill Rd.
    - 803-374-6484 (Brooke Luce)

- **YORK COUNTY**
  - **1st Tues. 10:30 AM**
    - Adult Enrichment Ctr – Rock Hill
    - 803-327-7448 (Dee Curran)

  - **2nd Tues. 6PM**
    - American Red Cross
    - 260 Piedmont Blvd, Rock Hill
    - 803-524-3944 (Scott TenBroeck)

  - **2nd Wed. 6:00-7:30 PM**
    - 852 Gold Hill Rd. Suite 203
    - Fort Mill
    - 803-396-2155 (Vina Pesaru, MD)

- **3rd Tues. 12 PM (lunch)**
  - Atria at Forest Lake
  - Columbia, SC
  - 803-790-9800 (Anne Abel)

- **3rd Tues. 6:00 PM**
  - The Haven in the Summit
  - 3 Summit Terrace, Columbus
  - 803-788-4633

- **3rd Thurs. 4 PM**
  - The Heritage at Lowman Home
  - Wellness Ctr. Gallery
  - 803-732-8800

- **3rd Fri. 12:1-30 PM**
  - Palmetto Senior Care
  - 1308 Laurel St, Columbia
  - 803-931-8166 (Karen Carr)

- **4th Mon. 6 PM**
  - The Palmettos of Parklane
  - 7811 Parklane Rd.
  - 803-754-0538 (Betty Rabon)
  - 803-741-7233 (Monica Butler)

- **5th Mon. 6 PM**
  - Wesleyan Church Fellowship Hall
  - 864-384-1660 (Vera Martin)

- **6th Mon. 6 PM**
  - Palmetto Senior Care
  - 1308 Laurel St, Columbia
  - 803-931-8166 (Karen Carr)

- **7th Mon. 6 PM**
  - The Palmettos of Parklane
  - 7811 Parklane Rd.
  - 803-754-0538 (Betty Rabon)
  - 803-741-7233 (Monica Butler)
Alzheimer’s disease isn’t straightforward. But your action plan can be.

Planning for the future can empower you to positively impact your overall quality of life. The new Alzheimer’s Association Alzheimer’s Navigator™ online assessment program helps you, whether you’re living with dementia or caring for someone who is, create a customized action plan to proactively face this disease.

Map out your plan to approach Alzheimer’s:

- Complete the Welcome Survey to identify your specific disease-related needs and interests. The results will determine additional topic-specific surveys to help guide the creation of your customized action plan.

- Receive a customized, easy-to-use action plan that will give you step-by-step guidance in improving either your disease management or caregiving.

- Implement your action plan with help from local resources located one click away via our Community Resource Finder at communityresourcefinder.org.

- Create a care team that can include family members, friends, physicians or whomever you wish to keep up-to-date on your action plan.

alz.org | 800.272.3900