

You are receiving the Alois Society Connector as a member of a special circle of Alzheimer's Association supporters, the Alois Society. Along with your fellow members, you have a significant impact on the Association's ability to advance research, provide vital care and support programs, and shape public policy that improves the lives of all those affected by this devastating disease. Thank you for your extraordinary commitment to our vision of a world without Alzheimer's disease.

Advocate raises awareness, volunteers to help those recently diagnosed



Melissa and Carol Moore

For Carol Moore, increasing bouts of forgetfulness and confusion were not the norm.

A Keane University graduate who spent more than 25 years working in the public sector, Carol has led a full life, raising two children

and managing a busy social calendar. But about ten years ago, she began having difficulty articulating her thoughts, and she was finding it hard to keep up with changing technology at work.

"I just figured I was getting old because I was in my early 60s," Carol said, adding that, "looking back, I realize that I was probably losing some of my ability." The symptoms grew more frequent, and when she learned of a research study investigating cognitive function at nearby Emory University, she volunteered.

Carol said that the physician who recruited her actively involves the African-American community in research investigations because African-Americans are more likely to have Alzheimer's and other dementias as the general population. The numbers are similar for Hispanics. These statistics warrant further study.

The Emory study results showed that Carol had mild

cognitive impairment — a slight decline in memory and thinking skills that increases a person's risk for developing Alzheimer's. When the doctor told her, Carol said she felt numb. "It took a couple of months to process the news of my diagnosis. I didn't know where to turn until I discovered the Alzheimer's Association," she said.

Carol's daughter Melissa was also shocked by the diagnosis. "I didn't think Mom would be dealing with something like that now," she said. It didn't take long, though, for the family to find strength in one another. "We always had a good relationship, but I think we're even closer now," Melissa said.

Intent on helping others and raising awareness, Carol is now a member of the Alzheimer's Association National Early-Stage Advisory Group and volunteers with the organization's Peer-to-Peer Outreach Program to talk with those who have recently been diagnosed. She also attends a monthly support group for people living with Alzheimer's, and Melissa attends one for caregivers

Carol and her family members appreciate every day but are realistic about the future. Every chance Carol gets to inform others of the higher rates of Alzheimer's among people of color, she does. "I keep brochures in my car!" she said.

Learn more about the impact of Alzheimer's disease and other dementias on communities of color at alz.org/facts.

"I didn't know where to turn until I discovered the Alzheimer's Association."

THE LONGEST DAY

alzheimer's association

JUNE MEANS AWARENESS AND ACTION

Join us for Alzheimer's & Brain Awareness Month and The Longest Day®

It's not too early to start planning for June, a month when the passionate supporters in the fight against Alzheimer's disease observe Alzheimer's & Brain Awareness Month. June also means that it's time for one of the Alzheimer's Association's signature events: The Longest Day.

Worldwide, there are at least 44 million people living with Alzheimer's and other dementias. Everyone is at risk to develop Alzheimer's — but the good news is that everyone can help to fight it. Now is the time to get involved. **What can you do?**

Take action. Raise funds and awareness by participating in The Longest Day, a team event to raise funds and awareness for the Alzheimer's Association. Held annually on summer solstice, the duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

How to participate:



STEP 1 GRAB YOUR FRIENDS AND FORM A TEAM.



STEP 2 CHOOSE AN ACTIVITY YOU LOVE.



STEP 3 RAISE MONEY TO MOVE THE CAUSE FORWARD.



STEP 4 PLAN YOUR DAY.



STEP 5 CELEBRATE AT SUNSET.

To learn more, start or join a team, visit alz.org/thelongestday or call 800.272.3900.

WHAT YOU'LL FIND INSIDE

PAGE 2

- "Sundowning"
- 2015 Alzheimer's Association Advocacy Forum

PAGE 3

- Alzheimer's Association develops early diagnosis materials for physicians.

PAGE 4

- The Longest Day®

2015 Alzheimer's Association Advocacy Forum

Together, we can make history.

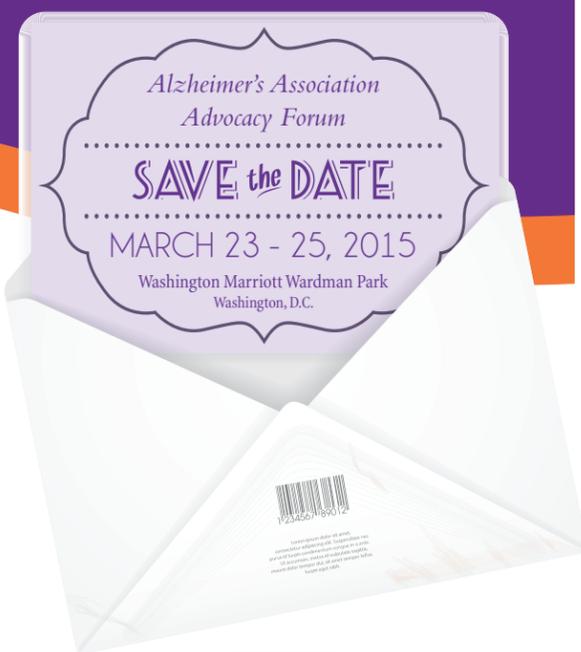
The Alzheimer's disease epidemic is here — and we have 10 years to make history by changing its trajectory.

More than 5 million people in the United States already have Alzheimer's, the nation's sixth-leading cause of death, and there's still no way to prevent, cure or slow its progression. The first goal of the National Plan to Address Alzheimer's Disease is to prevent and effectively treat Alzheimer's by 2025. Reaching that tomorrow requires our government to act today.

At the 2015 Alzheimer's Association Advocacy Forum, you'll work with other dedicated advocates to urge members of Congress to improve the lives of those already living with dementia, and to provide the funding to achieve the 2025 goal while there's still time.

The time for us to act is now — your advocacy today can help us make history tomorrow. Join us at the 2015 Advocacy Forum as we take our message to Capitol Hill.

For more information, visit alz.org/forum.



When sundown is anything but restful

For many people with Alzheimer's disease or other dementias, sunset doesn't mean that a busy day is coming to a restful close. It can mean increased agitation and insomnia, behavioral problems that begin at dusk and last into the night.

It's a condition known as "sundowning."

Imagine being completely disoriented, unable to separate dreams from reality when you're sleeping. Feeling frightened and confused as the light diminishes and shadows grow. Or living with an "upside-down body clock," where day feels like night and night feels like day.

Scientists don't completely understand why sleep disturbances occur with Alzheimer's disease and dementia. Some studies indicate as many as 20 percent of those with Alzheimer's will experience increased confusion, anxiety and agitation beginning late in the day, as well as restlessness during the night. This disruption in the body's sleep-wake cycle can lead to behavioral problems.

Fortunately, there are ways to manage this mysterious condition, including keeping the home well lit in the evening, limiting distractions such as TV, chores and loud music during the evening hours, and maintaining a regular daily routine of waking up, meals, and going to sleep.

If you have questions about sleep issues or sundowning, call the Alzheimer's Association's 24/7 Helpline at **800.272.3900** or visit alz.org/care.



Alzheimer's Association develops early diagnosis materials for physicians

Life-changing impact on those affected

Karel Samsom, 69, is an economist with a doctorate from the Nyenrode Business Universiteit in the Netherlands. He had a distinguished career teaching economics at universities around the world. While living in the United States, his wife, Cynthia Foster, 52, noticed he was having trouble running the finances of their vacation cottage rental business, and she began to suspect cognitive impairment.

Samsom and Foster shared their concerns with their primary care physician and consulted with

numerous doctors. He underwent neuro-psych testing, but the results were inconclusive. However, the couple kept searching for the cause of Samsom's symptoms; five years later, he was diagnosed with mild cognitive impairment (MCI).

Samsom had been living with the symptoms of dementia for several years and was on numerous psychiatric medications for possible attention deficit disorder, depression and post-traumatic stress disorder. The couple's finances were in ruins and their relationship was strained, causing the couple to separate. It

“Had we known from the beginning it was Alzheimer's, we could have planned better for our future, and a lot of heartache could have been avoided.”

wasn't until Samsom was screened for a potential clinical study that he was diagnosed with Alzheimer's disease.

“Had we known from the beginning it was Alzheimer's, we could have planned better for our future, and a lot of heartache could have been avoided,” says Foster. “Once Karel got the diagnosis and we reconciled, there was a lot of healing to do.”

A vision and a plan

Samsom and Foster's story — and the many others like it — is why the Alzheimer's Association developed a plan to empower physicians to deliver an accurate and timely Alzheimer's disease diagnosis. An earlier diagnosis would allow people like Samsom and Foster to prepare for the financial and emotional toll of Alzheimer's and provide them the tools to live well for as long as possible.

“Right now, about half of those with the disease are diagnosed,” said Beth Kallmyer, Alzheimer's Association vice president of programs and services. “Our vision over the next 10 years is to contribute to a significant increase in the accurate and timely diagnosis of people with Alzheimer's disease and other dementias and to ensure that people living with the disease and their families receive affordable, high-quality care and support.”

“It's essential for us to build partnerships with physicians,” added Cyndy Cordell, Alzheimer's Association director of health care professional services. Because Alzheimer's is truly a family disease, health care professionals need to be able to direct families and caregivers to resources like the Association's free 24/7 Helpline (800.272.3900),

support groups, online information and tools, and other services. But first, health care professionals must be able to confidently assess cognition in their patients.

With that need in mind, the Alzheimer's Association guided the development of the Medicare Annual Wellness Visit Algorithm for Assessment of Cognition, which offers an approachable, effective process for physicians to detect cognitive impairment in the primary care setting.

In April 2013, the Association launched its Alzheimer's Disease Pocketcard app, which, via smartphone or tablet, literally puts Association resources and cognitive assessment tools at the fingertips of health care professionals.

With sufficient funding, the Association would be able to implement its plan to reach thousands of health care providers across the country in the next three years and dramatically improve the rate of early diagnosis. And that will change lives for the better.

Learn more about how the Alzheimer's Association supports early diagnosis at alz.org/getchecked.