

ENGAGE • CONNECT • LEARN

alzheimer's   
association®

MEETING  
OF THE  
MINDS

DEMENTIA CONFERENCE 2020

**Virtual Conference**  
**Monday, June 15**  
**through**  
**Thursday, June 18**

# Welcome/Introduction

Dear Conference Participant,

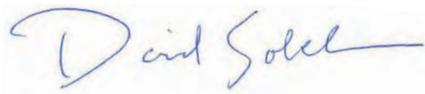
Welcome to the Alzheimer’s Association’s fifth Hudson Valley regional dementia conference.

The Hudson Valley Chapter has assembled an incredible group of educators and practitioners for the next four days, including award-winning actor and director David Hyde Pierce, who is a Celebrity Champion for the Alzheimer’s Association and Dr. Tia Powell, author of “Dementia Reimagined” and director of the Montefiore Einstein Center for Bioethics.



Whether you are a family caregiver, a professional or someone who has been diagnosed with dementia, you will be able to explore a variety of subjects over the next four days.

The Hudson Valley Chapter is delighted and honored to bring you our virtual Meeting of the Minds this week. We have created the program with you in mind — please feel free to reach out to us if you need anything at all. We hope you have a great week!



David Sobel  
Executive Director  
Alzheimer’s Association Hudson Valley Chapter

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## Staff

Jody Addeo	Debra Kagan-Birkeland	Stacey Rosenbluth
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Tina Eckert	Margaret Miller	Mary Varano
Jessica Flores	Joan Nimmo	Lauren Voorhees
Eileen Hendriksen	Nicolette Pezzullo	Debbie Warburton
Mark Holcomb	Dugan Radwin	

# Meeting of the Minds

## The Fifth Hudson Valley Regional Dementia Conference

Thank you for joining us! We are excited to include the 16th Annual Adele Rohrlich Memorial Lecture in this region-wide conference.

Our Rohrlich speaker Thursday will be Dr. Tia Powell, author of “Dementia Reimagined” and director of the Montefiore-Einstein Center for Bioethics.

Our featured speaker Tuesday will be David Hyde Pierce, who has been an advocate and supporter of our cause for many years.

The four days of webinars will include sessions for family members of people with dementia, professionals and Spanish-speaking caregivers. See a full list of presenters on pages 6-10.

Continuing education hours have been approved for the session indicated with an asterisk.

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## Thank You to Our Sponsors



## Meeting of the Minds

The Fifth Hudson Valley Regional Dementia Conference

### Agenda

#### Monday, June 15, 2020

10:00 a.m.

##### Welcome

**Meg Boyce**

Vice President of Programs and Services,  
Alzheimer's Association Hudson Valley Chapter

10:10-11:10 a.m.

##### "Understanding Alzheimer's and Dementia"

by Debbie Disbrow

11:10-11:15 a.m.

##### Break/Know the Facts

11:15 a.m to 12:15 p.m.

##### \* "Making Connections Through End-of-Life"

by Nettie Haper and Kelly Gilligan

12:15-12:30 p.m.

##### Closing

**Meg Boyce**

Vice President of Programs and Services,  
Alzheimer's Association Hudson Valley Chapter

#### Tuesday, June 16, 2020

10:00 a.m.

##### Welcome

**David Sobel**

Executive Director,  
Alzheimer's Association Hudson Valley Chapter

10:10-11:10 a.m.

##### David Hyde Pierce

Tony and Emmy award-winning actor and director  
and Alzheimer's Association Celebrity Champion

11:10-11:15 a.m.

##### Break/Know the Facts

11:15 a.m to 12:15 p.m.

##### "Paying for Long-Term Care: Understanding Medicare, Medicaid and Long-Term Care Insurance"

by Moira S. Laidlaw, Esq.

12:15-12:30pm

##### Closing

**David Sobel**

Executive Director,  
Alzheimer's Association Hudson Valley Chapter



# Program

## Wednesday, June 17, 2020

10:00 a.m.

### Welcome

**Meg Boyce**

Vice President of Programs and Services,  
Alzheimer's Association Hudson Valley Chapter

10:10-11:10 a.m.

### "Alzheimer's Care Options: Defining the Choices and When to Take Action"

by Vivian Green Korner, MA, CDP

11:10-11:15 a.m.

### Break/Know the Facts

11:15 a.m to 12:15 p.m.

### Community Speaker

**Viviana DeCohen**

Pastor,  
Mount Vernon Heights Congregational Church

12:15-12:25 p.m.

### Closing English Part of Session

**Meg Boyce**

Vice President of Programs and Services,  
Alzheimer's Association Hudson Valley Chapter

12:25 - 1:15 p.m.

### "Pronósticos sobre el Alzheimer y su impacto en la comunidad Latina/ Impact of Alzheimer's disease in the Hispanic Community"

By Jessica Flores and  
Teresa Santos, LCSW, MSW

1:15-1:30 p.m.

### Closing Spanish Part of Session

**Jessica Flores**

## Thursday, June 18, 2020

10:00 a.m.

### Welcome

**Meg Boyce**

Vice President of Programs and Services,  
Alzheimer's Association Hudson Valley Chapter

10:10-11:10 a.m.

### Keynote Speaker

**Dr. Tia Powell**

Director of the Montefiore-Einstein Center for  
Bioethics, author of "Dementia Reimagined"

11:10-11:15 a.m.

### Break/Know the Facts

11:15 a.m to 12:15 p.m.

### "Ambiguous Loss: Living with Uncertain Grief"

by Gillian Rittmaster, LCSW

12:15-12:30 p.m.

### Closing

**Dozene Guishard**

Board Chair,  
Alzheimer's Association Hudson Valley Chapter

## Monday, June 15, 2020

**10:10-11:10 a.m.**

### **“Understanding Alzheimer’s and Dementia”**

by Debbie Disbrow



**Deborah Disbrow** is a caregiver support group facilitator, volunteer community educator and volunteer at the Alzheimer’s Association’s Sunday Socials. Disbrow has volunteered for the Alzheimer’s Association for the past seven years. A retired educator, she worked for 37 years with the New York City Department of Education as a special education teacher, science coordinator, UFT Teacher Center Specialist, regional mentor and adjunct professor. Disbrow earned a bachelor’s degree in speech education from Emerson College, a master’s degree in environmental science from City College and a graduate certification in thanatology from the College of New Rochelle.

While working with Hospice and Palliative Care of Westchester, Disbrow spent most of her time with people with Alzheimer’s at end-of-life. Her interest in dementia, grief and bereavement led her to become involved with the Alzheimer’s Association.

**11:15 a.m to 12:15 p.m.**

### **\* “Making Connections Through End-of-Life”**

by Nettie Harper and Kelly Gilligan

\* Eligible for credit hour



**Nettie Harper** was unexpectedly inspired to work with elders while rounding out an application to law school with volunteer work. Her focus has been to highlight elders’ strengths and self-worth through well-designed programming. She holds a bachelor of arts degree in sociology and a master’s of science in therapeutic recreation from the University of Florida. Harper is a certified therapeutic recreation specialist, a certified Montessori dementia-care professional and a certified online training professional. For more than 20 years, she has been a leader in memory care and recreation therapy, securing New York State grants to improve the quality of dementia-

care services in skilled nursing facilities, developing globally-implemented training programs and holding the position of vice president of operations, director of recreation, Alzheimer’s unit director and dementia specialist for some of the most well-regarded memory care programs in Florida and New York. She has worked in a variety of settings including home care, nursing homes, adult day cares, assisted living residences and managed long-term cares. Her goal is to continue to offer programming to elders living with memory impairment and encourage them to live a full life within their community.



**Kelly Gilligan** began her career in eldercare early - as care partner to two generations of live-in grand- and great-grandparents. She has always found older adults to be a source of advice, energy and inspiration. Gilligan has a degree in English and psychology from Fordham University and a certification as a validation worker through the Validation Therapy Institute. She has extensive experience training family, front-line and professional team members in evidence-based techniques and approaches to memory care that support quality-of-life and aging in place. She has served as director of programming, case manager, memory care director, executive director,

consultant and company trainer. Her portfolio includes projects and partnerships in home care, assisted living, skilled nursing, in- and out-patient rehabilitation, adult day care and managed long-term care. In each of these settings, Gilligan has strived to build and enhance connections between caregivers and individuals living with dementia, encouraging them to work from one another's strengths and passions.

## Tuesday, June 16, 2020

**10:10-11:10 a.m.**

**David Hyde Pierce**



**David Hyde Pierce** is a Tony and Emmy winning actor and director, best known for his portrayal of Dr. Niles Crane on the long-running television series "Frasier." A veteran of Broadway, off-Broadway and regional theater, he most recently starred opposite Bette Midler in "Hello Dolly" on Broadway, and had been appearing in the musical "The Visitor" at New York's Public Theater. Pierce lost his grandfather and his father to Alzheimer's and dementia, and for the past 25 years he has been an advocate and national spokesperson for the Alzheimer's Association. He has testified multiple times before Congress to press for increased funding for dementia research,

treatment and care, and he was a member of the Federal Advisory Council of the National Alzheimer's Project Act, serving on the subcommittee on Long Term Services and Supports. In 2010, David received the Isabelle Stevenson Award, a special Tony Award for his work in the fight against Alzheimer's Disease.

**11:15 a.m to 12:15 p.m.**

**“Paying for Long-Term Care:**

**Understanding Medicare, Medicaid and Long-Term Care Insurance”**

by Moira S. Laidlaw, Esq.



**Moira Laidlaw, Esq.**, is a senior partner at Shambert Marwell Hollis Andreyck & Laidlaw, P.C. She is an executive committee member of the Westchester County Bar Association’s Trusts & Estates Committee and an executive committee member of the New York State Bar Association’s Elder Law and Special Needs Section. Laidlaw is also a certified elder-law attorney from the National Elder Law Foundation, an American Bar Association-accredited program. She earned her bachelor’s degree from the University of California Berkeley and her law degree from Rutgers Law School.

**Wednesday, June 17, 2020**

**10:10-11:10 a.m.**

**“Alzheimer’s Care Options:**

**Defining the Choices and When to Take Action”**

by Vivian Green Korner, MA, CDP



**Vivian Green Korner** has dedicated her career to enhancing the lives of individuals with Alzheimer’s disease and offering support and guidance to their caregivers for the past 25 years. Korner has an active private practice focused on family caregiver issues. In addition, she provides dementia-care training seminars to home health professionals throughout New Jersey. She is a caregiver support group facilitator, serving as a guest speaker for community groups and offering presentations on caregiver issues. Korner’s commitment to raising Alzheimer’s awareness led her to create and organize seven community-based Alzheimer’s Awareness Weeks in communities throughout New Jersey. She holds positions in county and hospital advisory boards. She has a master’s degree from New York University and is certified as a dementia practitioner. Prior to her current work, she was director of The Kaplen Adult Reach Center, a social adult daycare program, for 17 years.

## Sessions

**11:15 a.m to 12:15 p.m.**

### **Community Speaker**

by Pastor Viviana DeCohen



**Viviana DeCohen** has certification and training in various areas of caregiving. She is a trainer and consultant to caregivers and staff at home health care agencies and a developer of senior wellness programs. She is Vice President of Visiting Development Care Group, LLC, which helps families find qualified companions and caregivers for short- and long-term goals. She and her husband are pastors at Mount Vernon Heights Congregational Church in Mount Vernon.

**12:25 - 1:15 p.m.**

### **“Pronósticos sobre el Alzheimer y su impacto en la comunidad Latina/ Impact of Alzheimer’s disease in the Hispanic Community”**

by Jessica Flores and Teresa Santos, LCSW, MSW



**Jessica Flores**, community engagement manager and diversity specialist for the Alzheimer’s Association Hudson Valley Chapter, works to integrate multicultural outreach efforts, develop networks within diverse communities to reach community leaders, families, health and social services professionals to raise awareness, education and support. Prior to joining the association, Flores worked for New York City Housing Authority-Brooklyn Social Services and NYC Health and Hospitals in New York City. During her tenure with these agencies, she attained experience serving the most vulnerable members of the community (the elderly and those with mental health issues).

She attended City College of New York-Center for Worker Education in 2005. In 2017, Jessica lost her father to Alzheimer’s. Her personal experience gave her a deep appreciation for how the Association seeks to improve the quality of life of people living with Alzheimer’s and their caregivers.



**Teresa Santos, LCSW, MSW**, is a bilingual (English/Spanish) behavioral health care manager for the Memory Disorders Center and Montefiore Health System’s Center for the Aging Brain. Since joining Montefiore Medical Center in 2008, her areas of practice have included child physical/sexual abuse, HIV/AIDS program initiatives, utilization and case management. Most recently, she attained certification from the Alzheimer’s Association in dementia basics and advanced care. She earned her undergraduate degree in social work at Marist College in Poughkeepsie and her master’s in social work from Fordham. She is certified in medical interpretation and has trained in forensic interviewing with

the FBI and the National Child Advocacy Center as well as in the psycho-medical intervention and dialectical behavioral therapy with Dr. Alec Miller.

## Thursday, June 18, 2020

**10:10-11:10 a.m.**

### **Keynote Speaker**

by Dr. Tia Powell



**Dr. Tia Powell** holds the Trachtenberg chair in bioethics at Albert Einstein College of Medicine, where she is professor of epidemiology and psychiatry. She directs the Montefiore Einstein Center for Bioethics and the master's programs in bioethics. She is recognized for her bioethics scholarship related to dementia, LGBT issues, end-of-life care and health policy. She chairs a committee for the National Academy of Medicine (NAM) to recommend the next decade of social science research to support those with dementia and their caregivers. She has served on several other NAM workgroups and has provided bioethics expertise for CDC, NIH, HHS and New York City and state health departments. She previously founded the bioethics consultation service at Columbia Presbyterian Hospital and served as executive director of the New York State Task Force on Life and the Law, New York State's bioethics commission. She is a fellow of the Hastings Center, the American Psychiatric Association and the New York Academy of Medicine. She is a frequent public speaker at medical schools, professional society meetings, universities and in the media. She graduated magna cum laude from Harvard-Radcliffe College and AOA from Yale Medical School. She is a Next Avenue 2019 Influencer in Aging and was named as a Crain's 2019 Notable Woman in Healthcare. Her book, *Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End*, was published by Penguin Random House in April 2019.

**11:15 a.m to 12:15 p.m.**

### **“Ambiguous Loss: Living with Uncertain Grief”**

by Gillian Rittmaster, LCSW



**Gillian Rittmaster, LCSW**, is coordinator of the Pathways to Care (PTC) program at Westchester Jewish Community Services (WJCS). PTC provides support to individuals and their families facing life-limiting and chronic illness through counseling, group work and resource referrals. Rittmaster serves as a bereavement coordinator for WJCS, where she facilitates support groups and provides individual counseling. Gillian is also a care consultant who works with family members caring for loved ones with Alzheimer's and other dementias. She is a member of the Partners in Caring (PIC) team that works with more than 40 synagogues, Jewish day schools and Jewish Community Centers to meet the needs of the local Jewish community. Rittmaster is an active member of the Bereavement Professionals Group of Westchester and Fairfield Counties and the Cancer Coalition of Westchester. She has a master's of social work from Fordham University and a bachelor of arts degree from the University of Michigan, Ann Arbor.

## Alzheimer's Association Statement: Our Work For a Different Future

The senseless killings of George Floyd, Ahmaud Arbery, Breonna Taylor and so many others, over so many generations, are unacceptable and abhorrent. Their deaths are wrong. The Alzheimer's Association believes we must create a society in which people feel safe, cared for and valued.

This isn't just a matter of those violent deaths that have recently occurred. Systemic racial and social injustice permeate all aspects of society and are intertwined with the causes of health disparities for African American, Latinx and other diverse communities. This has been all too apparent in COVID-19 outcomes. All of this must end.

We must all work to end inequity and injustice. None of us — neither any one individual nor any single organization — can do it alone. At the Alzheimer's Association, we know we must do our part and must work even harder to achieve lasting changes we can impact.

The facts are clear: Systemic inequities are fundamental reasons for health disparities experienced by African American and Latinx communities related to Alzheimer's and other dementias. Studies indicate that Blacks are about twice as likely and Hispanic/Latinos are about one and one-half times as likely to have Alzheimer's or other dementias. It is also clear that these disparities are related to less access to important health-protecting resources such as quality care and social networks that provide valuable health information and support. The lack of those resources, as well as social and environmental factors, lead to disparities in other health outcomes such as cardiovascular disease and diabetes, increasing risk for Alzheimer's and other dementias.

The Alzheimer's Association is deeply committed to addressing such inequities. Our board of directors, our volunteers and staff are committed for the long term through the work we do every day to deliver our mission. We have made diversity and inclusion a key driver of our strategic plan to focus our entire organization on these issues because we know we need to do more, to achieve more in all of our work. We are focused on advancing science specific to diverse communities and on improving risk reduction as well as support for families who are disproportionately affected by Alzheimer's and all other dementias.

Together, our commitment to diversity, inclusion and equity, in all of our work, in communities today and in the future, will contribute to a nation where all people feel safe, cared for and valued.

### **Alzheimer's Association**

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.™ For more information, visit [www.alz.org](http://www.alz.org) or call the 24/7 Helpline at 800.272.3900.

# FACTSHEET

MARCH 2020

alzimpact.org

## Race, Ethnicity, and Alzheimer's

**Whites make up the majority of the over 5 million people in the United States with Alzheimer's. But, combining evidence from available studies shows that African Americans and Hispanics are at higher risk.**

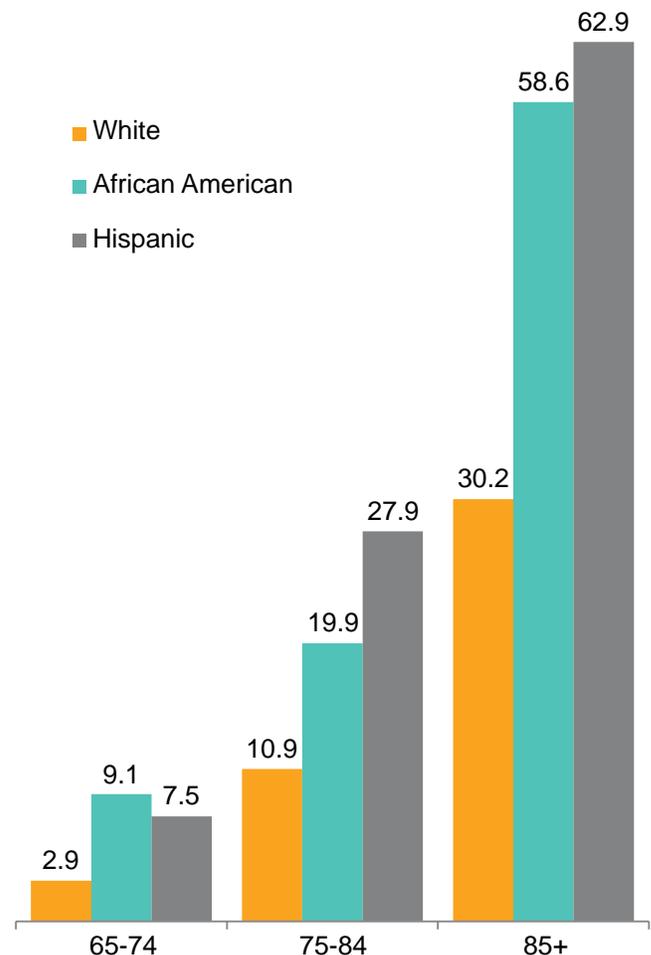
- African Americans are about two times more likely than white Americans to have Alzheimer's and other dementias.
- Hispanics are about one and one-half times more likely than whites to have Alzheimer's and other dementias.

**Although the rate of Alzheimer's and other dementias in African Americans and Hispanics is higher than in whites, they are *less likely* than whites to have a diagnosis of the condition.**

- While African Americans are about two times more likely than whites to have Alzheimer's and other dementias, they are only 34% more likely to have a diagnosis.
- Hispanics are about one and one-half times more likely than whites to have Alzheimer's and other dementias, but they are only 18% more likely to be diagnosed.

### Proportion of People Aged 65 and Older with Alzheimer's and Other Dementias

Washington Heights-Inwood Columbia Aging Project

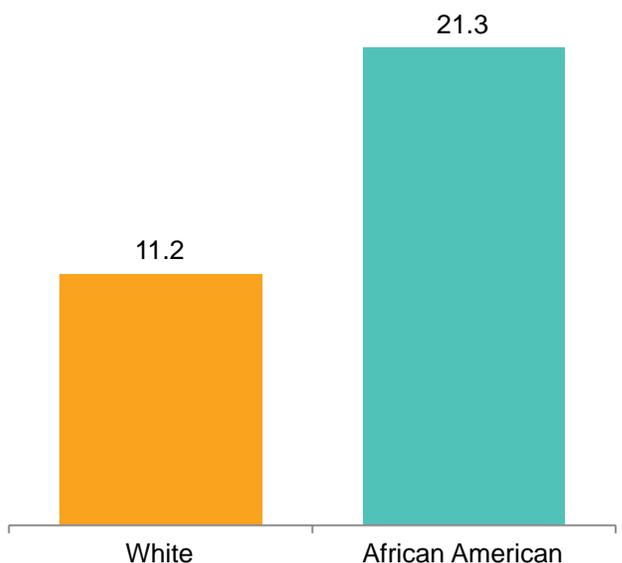


**When they are diagnosed, African Americans and Hispanics are typically diagnosed in the later stages of the disease, when they are more cognitively and physically impaired — and therefore in need of more medical care.**

- As a result, African Americans and Hispanics diagnosed with Alzheimer’s use substantially more hospital, physician, and home health services — and incur substantially higher costs for those services — than whites with Alzheimer’s.
- In 2014, average per-person Medicare payments for African Americans with Alzheimer’s and other dementias were 35% higher than those for whites with Alzheimer’s and other dementias. Medicare payments for Hispanics with Alzheimer’s and other dementias were 7% higher than those for their white counterparts.

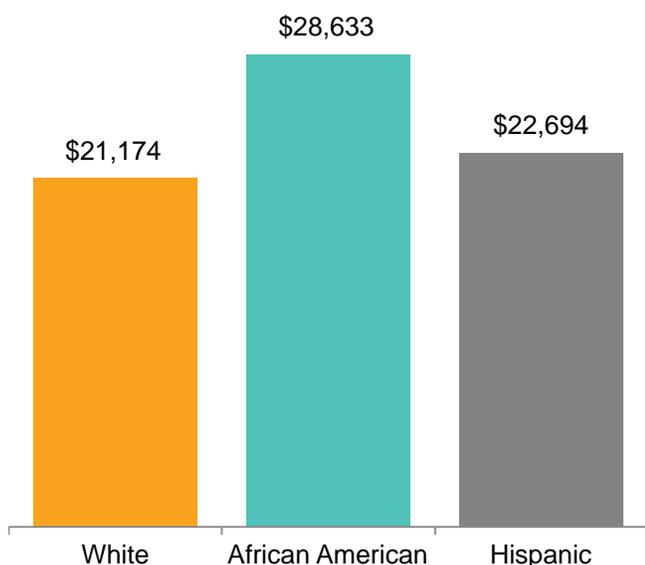
**Proportion of Americans Aged 71 and Older with Alzheimer’s and Other Dementias**

Aging, Demographics, and Memory Study (ADAMS)



**Total Average Medicare Payment per Beneficiary 65 and Older with a Dementia Diagnosis, 2014**

(in 2019 dollars)



**Genetic factors do not appear to account for the greater prevalence of — or the greater risk for developing — Alzheimer’s.**

- High blood pressure and diabetes — suspected risk factors for Alzheimer’s and other dementias — are more prevalent in the African American community, and diabetes is more prevalent in the Hispanic community. These conditions, among others, may contribute to the greater prevalence of Alzheimer’s among these groups.
- In fact, some studies suggest that after adjusting for health and socioeconomic risk factors, no differences in Alzheimer’s prevalence exist.
- As a result, better management of risk factors — particularly high blood pressure and diabetes — may help reduce the risk of Alzheimer’s and other dementias among African Americans and Hispanics.

# The Alzheimer's Association

The Alzheimer's Association Hudson Valley Chapter is part of a nationwide organization providing services in Westchester, Dutchess, Orange, Rockland,



Jerome Stone, 1913 - 2015; founding President and Honorary Chair of the Alzheimer's Association

Putnam, Ulster and Sullivan counties. As the world's leading voluntary health organization in Alzheimer's care, support and research, our vision is a world without Alzheimer's. The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving

risk reduction and early detection, and maximizing quality care and support. Its vision is a world without Alzheimer's and all other dementia

## Our history

In 1979, Jerome H. Stone and representatives from several family support groups met with the National Institute on Aging to explore the value of a national, independent, nonprofit organization to complement federal efforts surrounding Alzheimer's disease. That meeting resulted in the April 10, 1980, formation of the Alzheimer's Association with Stone as founding president.

## We enhance care and support

The Alzheimer's Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and other dementias. We are here to help.

Our 24/7 Helpline at 800.272.3900 offers information and guidance to more than 2,000 callers in the Hudson Valley alone each year, and provides translation services

in more than 200 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer's and other forms of dementia. Call us if you have questions about:

- Alzheimer's disease or memory loss, medications and treatment options, brain health and care options
- How the Association can help you
- Caregiving tips and respite care options
- Services available in your community and referrals
- Finding emotional support

Our Alzheimer's Association Care Consultations are provided by our professional staff, dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's and their families face at every stage of the disease. We can provide care consultation services to you by telephone, email or in person.

Our Alzheimer's Association Support Groups are held in person and number more than 35 throughout the region. Comprehensive online resources and





information are provided through our Alzheimer's and Dementia Caregiver Center, which features sections on early-stage, middle-stage and late-stage caregiving. Our free online tool, Alzheimer's Navigator<sup>®</sup>, provides individuals with Alzheimer's and their caregivers with step-by-step guidance and customized action plans, and our online Community Resource Finder provides instant access to community resources and services.

Our message boards and chat rooms provide an online community for persons with Alzheimer's, caregivers and care providers, and have thousands of registered members from around the United States who refer to the stories and information that are available 24 hours a day.

Through our Alzheimer's Association TrialMatch<sup>®</sup> program, another free resource, we help people find clinical studies and make it easy to search opportunities to be involved based on personal criteria.

Our education programs provide information to and interaction with caregivers, community groups and

professionals. We deliver 20,000 education programs annually across the United States.

### **We advance research**

As the largest nonprofit funder of Alzheimer's research, the Association is committed to accelerating progress of new treatments, prevention and ultimately, a cure. Through our partnerships and funded projects, we have been part of every major research advancement over the past 30 years. Visit our online Research Center at [alz.org/research](http://alz.org/research).

### **We advocate**

The Association is the leading voice for Alzheimer's disease advocacy, fighting for critical Alzheimer's research, prevention and care initiatives.

We diligently work to make Alzheimer's a national priority. Our advocates participate in our annual Alzheimer's Association Advocacy Forum, to meet with elected representatives in Washington, D.C. We hold a yearly Alzheimer's Advocacy Day in Albany, where we work to pass legislation at the state level. Join our effort and lend your voice to the cause. Visit [alz.org/advocacy](http://alz.org/advocacy).

### **We assemble**

Our annual Walk to End Alzheimer's<sup>®</sup> is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. The 2017 Walk to End Alzheimer's in the Hudson Valley brought together more than 4,000 people.



Alzheimer's Association Advocacy Forum participants in Washington, DC.

# 2020 Alzheimer's Disease Facts and Figures



6th

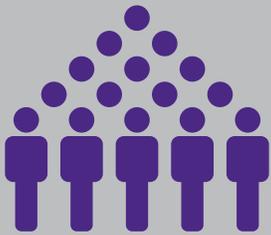
Alzheimer's disease is the leading cause of death in the United States

50%

of primary care physicians believe the medical profession is not ready for the growing number of people with Alzheimer's or other dementias



More than 5 million Americans are living with Alzheimer's



1 in 3 seniors dies with Alzheimer's or another dementia

It kills more than breast cancer and prostate cancer combined



16 million Americans provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated 18.6 billion hours valued at nearly

\$244 billion



In 2020, Alzheimer's and other dementias will cost the nation \$305 billion — By 2050, these costs could rise as high as \$1.1 trillion

Between 2000 and 2018 deaths from heart disease have decreased

7.8% ↓

while deaths from Alzheimer's disease have increased

146% ↑



# 65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S BY AGE\*

Year	65-74	75-84	85+	TOTAL
2020	58,000	170,000	190,000	410,000
2025	61,000	200,000	200,000	460,000

\* Totals may not add due to rounding

## Estimated percentage change



# NEW YORK

## ALZHEIMER'S STATISTICS

## # OF DEATHS FROM ALZHEIMER'S DISEASE (2018)

# 3,755



## GERIATRICIANS

# of geriatricians in 2019 **605**

**35%** increase needed to meet Alzheimer's population needs in 2050

## CAREGIVING (2019)

**1,011,000**  
Number of Caregivers

**1,151,000,000**  
Total Hours of Unpaid Care

**\$15,089,000,000**  
Total Value of Unpaid Care

## HOSPITALS (2017)

**1,446**

# of emergency department visits per 1,000 people with dementia

**23.9%**

increase in emergency department visits since 2007

**23.7%**

dementia patient hospital readmission rate

## HOSPICE (2017)

**7,669**

# of people in hospice with a primary diagnosis of dementia

**16%**

of people in hospice have a primary diagnosis of dementia



## MEDICARE

**\$31,353**

per capita Medicare spending on people with dementia (in 2019 dollars)

## MEDICAID

**\$5.453 BILLION**

Medicaid costs of caring for people with Alzheimer's (2020)

**15.6%**

change in costs from 2020 to 2025



More than **5 million Americans** are living with Alzheimer's. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$305 billion** in 2020, increasing to more than **\$1.1 trillion** (in today's dollars) by mid-century. Nearly **one in every three seniors** who dies each year has Alzheimer's or another dementia.

For more information, view the **2020 Alzheimer's Disease Facts and Figures** report at [alz.org/facts](http://alz.org/facts).

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# Advocacy: Join us today!

Learn how you can get involved.  
Contact Associate Director of Advocacy  
Debbie Warburton at 845.639.6774 or  
[dwarburton@alz.org](mailto:dwarburton@alz.org)



# Wear Purple on June 20

Show your support for people living with Alzheimer's and their families



Take selfies of yourself  
in purple and post on  
social media! Tag us  
with your post  
**#ENDALZ**

**ALZHEIMER'S  
& BRAIN**  
awareness month

alzheimer's  association®

Alzheimer's Association • [alz.org](http://alz.org) • 800.272.3900



@nysalz



@actionalz



@alzassociation



**People living with Alzheimer's and other forms of dementia need your support more now than ever.**



**Register at [HudsonValleyWalks.org](https://HudsonValleyWalks.org)**

# DO WHAT YOU LOVE TO FIGHT ALZHEIMER'S



**1** GRAB  
YOUR  
FRIENDS



**2** DO WHAT  
YOU LOVE



**3** RAISE MONEY  
TO MOVE THE  
CAUSE  
FORWARD



**4** PLAN  
YOUR  
DAY



SUNSET  
**5** CELEBRATE  
AT  
SUNSET

Start a team today  
to honor those living with  
Alzheimer's at  
[alz.org/thelongestday](http://alz.org/thelongestday).



## THE LONGEST DAY<sup>®</sup>

alzheimer's  association<sup>®</sup>



# PURPLE SUNDAY

Purple Sunday is a community event to promote Alzheimer's awareness, the importance of early detection and helpful programs offered by the Alzheimer's Association. Contact us for details!

Help your place of worship  
“Go Purple”

- ◆ Be a liaison for your house of worship.
- ◆ Education programs are offered for families and caregivers interested in learning more.

If you live or worship in Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster or Westchester counties, contact the Hudson Valley Chapter at 800.272.3900 or [jmflores@alz.org](mailto:jmflores@alz.org) to learn how your church can get involved.

# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

**Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.**

## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

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THE BRAINS BEHIND SAVING YOURS.™

# CARE CONSULTATIONS

High quality dementia care requires planning.  
Our experts can help get you started.



## CARE PLANNING CUSTOMIZED TO MEET YOUR NEEDS

Caring for a person with dementia is a life-encompassing experience. Many people may be involved — the person with dementia, family members and friends — in the care team. It requires thought, strategy, and — most importantly — a plan.

During a care consultation, Alzheimer's Association staff can help you:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We don't teach or tell you what to do. We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's and his or her family. And the service is free.

To schedule a meeting with your local  
Hudson Valley care consultants, call 800.272.3900.



## Early-stage support group for people with dementia

**Presented by the  
Alzheimer's Association  
Hudson Valley Chapter**

For people with dementia living in Dutchess, Putnam, Orange, Rockland, Sullivan, Ulster and Westchester counties.

A pre-screening process is required to participate. Contact the Alzheimer's Association at **800.272.3900**.

Visit [alz.org/hudsonvalley](http://alz.org/hudsonvalley) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

### **Build a support system with people who understand.**

Alzheimer's Association® early-stage support groups, conducted by trained facilitators, are a safe place for people living with dementia:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

# Memory Cafe

*Join us for a series of free virtual sessions to socialize, and enjoy various forms of entertainment including laughter yoga, music therapy and more. For people with early-stage dementia and their family caregivers.*



**12:30-1:30 p.m.  
Thursdays**

**July 9  
July 16  
July 23  
July 30  
Aug. 6  
Aug. 13  
Aug. 20  
Aug. 27**

**Preregistration is required.  
Call 800.272.3900 for pre-screening and registration.**

# AlzWell Social Club

Join us from 1-3 p.m.  
every weekend for some creative fun.

A free virtual program for people with early- and middle-stage dementia and their caregivers to get out, socialize and enjoy a variety of activities in a warm and understanding environment.



Call 800.272.3900.  
to register. Registrants  
will be provided  
information on how to  
participate.



**Activities include:**

**Creative writing, trivia games, singing, clay art projects, light yoga, dance, art projects and socializing as well as stress-relief exercises.**



# Wellness Retreats

Free relaxing getaways for family caregivers of people with Alzheimer's and other forms of dementia with respite care.



Activities include art therapy, music therapy, yoga, dance, mansion tours, massage for caregivers, garden walks, flower arranging and more. Includes breakfast and lunch.



Visit [alz.org/hudsonvalley](http://alz.org/hudsonvalley) or call 800.272.3900 to learn more.



# Something for Alz: *Musical Moments*

*An virtual music program for people with dementia and their family caregivers*

*With N.Y. state-licensed creative arts therapist and board-certified music therapist Jeffrey Friedberg, MT-BC, LCAT*



**Held at 10:30 a.m.  
on Wednesdaydays:  
June 10, 17, 24  
July 1, 8, 15**



**RSVP is required. To register, contact the Alzheimer's Association at 800.272.3900. Registrants will be provided information on how to participate.**

# Boost your skills, build your resume while helping fight Alzheimer's!

have fun  
do Good  
end alzheimer's  
benefiting the alzheimer's association



## The Hudson Valley Chapter needs your help

**Be a support group facilitator:** Trainings are provided for people interested in helping oversee support groups for caregivers of people with dementia.

**Cover an information table:** Help us get the word out about the programs and services we offer at health, community and employee resource fairs.

**Be an office assistant:** Help us at one of our offices by answering the phones, doing data entry, looking up information or preparing mailings. (We have offices in Poughkeepsie, Middletown, New City and Purchase).

**Work on a fundraiser:** Assist with the planning and support for fundraisers such as the Walk to End

Alzheimer's, the Longest Day or Subzero Heroes.

**Be an advocate:** Share your story with legislators and public officials to promote legislation to help fund research and help families living with dementia.

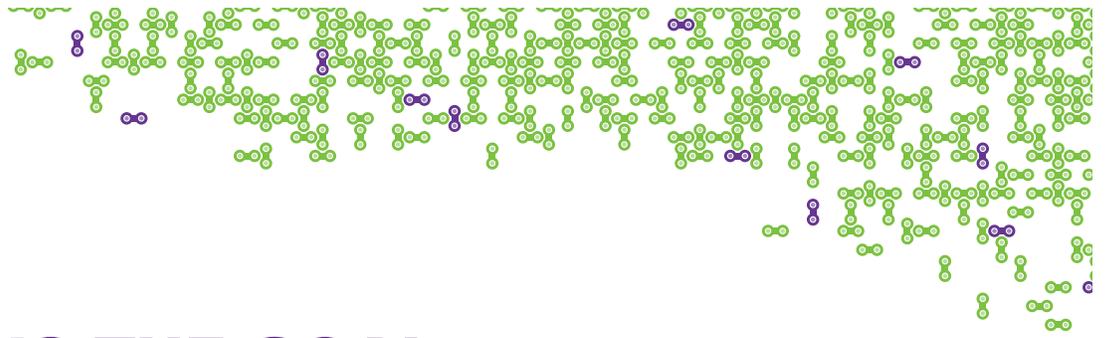
**Be a community educator:** Volunteers are needed to talk about Alzheimer's around the community. Public speaking training is available.

**Volunteer at Music Social, Memory Cafe or Wellness Retreat:**

Assist with social programs for people with dementia and their family caregivers. Help with set up/breakdown (heavy lifting may be required), sign-in and refreshments for groups.

alzheimer's   
association

To learn more, contact the Alzheimer's Association  
at 800.272.3900



# 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 an estimated 5.4 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 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](http://alz.org/trialmatch).

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trialmatch™

[alz.org/trialmatch](http://alz.org/trialmatch) | 800.272.3900

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## Qualify for Medicaid with a Pooled Trust

Using a **pooled trust** people with Alzheimer's and other dementias can qualify financially for Medicaid benefits to cover home care and other vital health services, while providing helpful relief to family caregivers.

The goal of this program is to enable your loved one to remain safely and comfortably at home for as long as possible while preserving your family's income and assets.

Contact us to learn more:



(518) 439-8323  
[nysarctrustservices.org](http://nysarctrustservices.org)



westchester family care  
our family caring for yours

Serving Families in Westchester, Putnam, Dutchess, Rockland, Bronx, Nassau, & Suffolk Counties



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# Your neighborhood partner in dementia and memory care.



Learn More



## Caring for someone with dementia? We're here to help

The Alzheimer's Association Hudson Valley Chapter offers free programs and services:

- Consultations with professional social workers to help your family find community resources and make plans.
- Groups where you can share experiences and find emotional support.
- Online and in-person classes with tips on how to handle challenges at every stage of the disease.
- Information on legal and financial issues to consider.
- Social programs to help people with the disease and loved ones get out and interact.
- Financial aid to pay for respite care.

alzheimer's association®

800.272.3900 • [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley)

This advertisement is supported in part by a grant from the New York State Department of Health.

# You can start here

- 24-hour Helpline
- Local resources and referrals
- AlzWell Social Club
- Caregiver and early-stage support groups
- Community education
- Professional staff trainings
- Complimentary care consultations
- Memory Cafes
- Music Socials
- Complimentary paralegal consultations
- State and federal advocacy
- Wellness Retreats

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association®

## Hudson Valley Chapter

with offices in:

Dutchess/Ulster • 2649 South Road, Ste. 101 • Poughkeepsie, NY 12601  
Orange/Sullivan • 384 Crystal Run Road, Ste. 102 • Middletown, NY 10941-4013  
Rockland • 301 N. Main St., Ste. 7 • New City, NY 10956-4021  
Westchester/Putnam • 2900 Westchester Ave., Ste 306 • Purchase, NY 10577-2552

24/7 helpline: 800.272.3900 • Website: [alz.org/hudsonvalley](http://alz.org/hudsonvalley)  
Trialmatch: [alz.org/trialmatch](http://alz.org/trialmatch): 800.272.3900 • Caregiver Center: [alz.org/care](http://alz.org/care)  
Community Resource Finder: [communityresourcefinder.org](http://communityresourcefinder.org)  
Navigator: [alzheimersnavigator.org](http://alzheimersnavigator.org) • Message Board: [alzconnected.org](http://alzconnected.org)

Walk to End Alzheimer's: [HudsonValleyWalks.org](http://HudsonValleyWalks.org)  
The Longest Day: [alz.org/tld](http://alz.org/tld)  
Email us at: [info@alz-hudsonvalley.org](mailto:info@alz-hudsonvalley.org)



@ALZHudsonvalley



EndAlz\_HV



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