

WE'RE ON THE MOVE TO END ALZHEIMER'S!

OCTOBER 2008

ALZHEIMER'S ASSOCIATION - CAPITAL OF TEXAS CHAPTER

Sept 29 – Estate Planning Workshop by The Greening Law Firm (Austin)

Estate Planning Basics II Workshop, included with Estate Planning Basics I at Westlake High School, Room 283, 4100 West Bank Drive, Austin, TX from 6:30 – 8:30 pm. The cost is \$10/person. To register, go to <http://eanes.augusoft.net/>

Sept 30 – Oct 2 – Bank Days for Austin Memory Walk (Austin)

In the Chapter office, 3429 Executive Center Dr., #100, Austin from 9 am – 4 pm. Beat the lines the morning of the walk! Turn in your team money and pick up t-shirts before the walk on Saturday.

Oct 2 – Early Stage AD Educational Dinner & Forum (Buda)

If you or someone you know is in the early stage of AD, then don't miss this complementary seminar on early stage issues featuring a panel of experts discussing a variety of topics at Cabela's Longhorn Cantina, 15570 S. IH-35, Buda, from 5:30 –8:30 pm. Dinner provided. Please RSVP to txprograms@txalz.org or (512) 241-0420.

Oct 3 - FREE Lunch N' Learn: ALZ 101 (Llano)

Presented by the Capital of Texas Chapter from 11:30 am – 1 pm at Inman's Kitchen & Catering Meeting Room, 809 W. Young, Llano, Texas. This **free** educational class is for family Caregivers and anyone interested in learning the basics of Alzheimer's. RSVP (512) 241-0420 or txprograms@txalz.org

Oct 4 – AUSTIN MEMORY WALK

Austin High School, 1715 W. Cesar Chavez, Austin, TX

Registration 7:45 am; Run 8:15 am; Walk 8:30 am

Malorie Peacock at mpeacock@txalz.org or (512) 241-0420 x 15.

Oct 10 - FREE Lunch N' Learn: ALZ 101 (Harker Heights)

Presented by the Capital of Texas Chapter from 11:30 am – 1 pm ,

This **free** educational class is for family Caregivers and anyone interested in learning the basics of Alzheimer's disease. RSVP to (512) 241-0420 or txprograms@txalz.org

Oct 10 – Estate Planning Workshop by The Greening Law Firm (Austin)

An Overview of Medicaid in Texas at Westlake High School, Room 283, 4100 West Bank Drive, Austin, TX from 6:30 – 8 pm. The cost is \$10/person. To register, go to <http://eanes.augusoft.net>

Oct 14 - Introduction to Alzheimer's disease: ALZ 101 (Austin)

2nd Tuesday of every month at 3429 Executive Center Drive, Suite 100, Austin, TX 78731 Arrive at 5:45 pm; Class at 6:00 P.M. Call (512) 241-0420 to RSVP. This **free** educational class is for family Caregivers and anyone interested in learning the basics.

Oct 16 - Forget-Me-Not FREE Educational Programs (Wimberley)

"Taking the Daze Out of the Holidays: Celebrations adapted from your Family Traditions". From 12:30 – 2 pm at Wimberley Community Center's Senior Lounge (14510 RR 12) For more information contact Annette at (512)392-2847.

Oct 18 – BELL Co. MEMORY WALKS: KILLEEN & TEMPLE

Central Texas College, 6200 W. Central TX Expwy., Killeen

Registration 7:45 am; Run 8:15 am; Walk 8:30 am

Olin E. Teague Veterans' Center, 1901 Veterans Memorial Drive, Temple

Registration 7:45 am; Run 8:15 am; Walk 8:30 am

Deadline for announcements in our newsletter is the 20th of each month. Call 512-241-0420 or txprograms@txalz.org.

COMING IN NOVEMBER

Nov 6 – Early Stage AD Educational Dinner & Forum (Llano)

If you or someone you know is in the early stage of AD, then don't miss this complementary seminar on early stage issues featuring a panel of experts discussing a variety of topics at Llano Memorial Hospital's meeting room, from 5:30 –8:30 pm. Dinner provided. Please RSVP to txprograms@txalz.org or (512) 241-0420.

Nov 7 - FREE Lunch N' Learn: ALZ 101 (Hearn)

Presented by the Capital of Texas Chapter from 11:30 am – 1 pm, location TBA. RSVP to (512) 241-0420 or txprograms@txalz.org

Nov 11 - Introduction to Alzheimer's disease: ALZ 101 (Central Austin)

Call (512) 241-0420 to RSVP.

NEWS YOU CAN USE

CEDRA Clinical Research, LLC of San Antonio looking for participants in trial

If you are suffering from memory problems or have been diagnosed with Alzheimer's disease and are interested in participating in a clinical trial, please contact Daniel Hernandez with Cedra Clinical Research of San Antonio for more information at: dhernandez@cedraresearch.com or 210-563-5340

Only Two Early Stage Dinner & Forum Events Remain! Don't Miss This!

If you or someone you know is in the early stages of Alzheimer's disease (mild stage/MCI), then don't miss this complementary seminar on early stage issues featuring a panel of experts on a multitude of topics and some amazing handouts. Dinner will be served and space is limited, so please RSVP to (512) 241-0420x16 or txprograms@txalz.org.

- October 2nd at Cabela's Longhorn Cantina Meeting Room, 15570 S. IH-35, Buda.
- November 6th in the Highland Lakes area at Llano Memorial Hospital's Meeting Room, Llano.

Alzheimer's Stamp Available October 17

To draw attention to Alzheimer's disease, the United States Postal Service will issue an Alzheimer's Awareness Stamp at Post Offices nationwide beginning Friday, October 17, 2008. The availability of an Alzheimer's Awareness stamp is another sign that more and more Americans are being touched by this horrible disease. The 42-cent commemorative stamp seeks generate greater public awareness about Alzheimer's disease as part of the Postal Service's long tradition of raising public awareness of health and social issues through its stamp program. In honor of the more than 5 million Americans with Alzheimer's and their 10 million caregivers, art director Ethel Kessler and illustrator Matt Mahurin sought to illuminate the vital relationship and dynamic between those living with the disease and their caregivers.



In The News

Medicare's Troubling Drug Gap

September 2, 2008

New York Times

The notorious "doughnut hole", a gap in coverage that forces people to pay full price for their drugs for period of time. The gap began when beneficiaries purchased \$2,400 worth of drugs. Then they fell into the doughnut hold and had to pay the full cost until their out-of-pocket spending reached \$3,850, at which point they qualified for catastrophic coverage. Last year, an estimated 3.4 million beneficiaries reached the coverage gap, according to a study by the Kaiser Family Foundation, Georgetown University and the National Opinion Research Center (NORC) at the University of Chicago. Beneficiaries taking drugs to treat chronic illnesses such as Alzheimer's disease, diabetes, depression, osteoporosis and high blood pressure were especially likely to reach the gap. 15% of beneficiaries taking drugs in eight categories said they stopped taking their medications when they reached the gap. Read entire article at www.nytimes.com/2008/09/02/opinion/02tue2.html?_r=1&oref=slogin&pagewanted=print

Researchers seeking to identify Alzheimer's risk focus on specific blood biomarker

September 8, 2008

Columbia University Medical Center

A simple blood test to detect whether a person might develop Alzheimer's disease is within sight and could eventually help scientists in their quest toward reversing the disease's onset in those likely to develop the debilitating neurological condition. Results presented online in the *Proceedings of the National Academy of Sciences* during the week of Sept. 8, 2008 suggest that individuals with elevated levels of a certain peptide in the blood plasma, Amyloid Beta 42 (A β 42), are at increased risk of developing Alzheimer's disease and that the decline of A β 42 in the bloodstream may reflect the compartmentalization or "traffic jam" of A β 42 in the brain, which occurs in the brains of people with Alzheimer's. Read more at http://www.eurekalert.org/pub_releases/2008-09/cumc-rst090808.php

Change in Single Gene Causes Degenerative Brain Disease in Mice

September 10, 2008

Howard Hughes Medical Institute

Mice whose brains receive half the dose of a critical growth-regulating gene exhibit the altered behaviors and nerve cell tangles common in people with Alzheimer's disease or dementia, according to a new report by Howard Hughes Medical Institute (HHMI) scientists. The study, led by HHMI international research scholar Freda Miller, shows that changing just one copy of the *p73* gene threw off the balance between cellular life and death in the brain. Read more at <http://www.hhmi.org/news/20080910miller.html>