

## Early Stage

# Support Group Newsletter

MARCH, 2011

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### QUOTE OF THE DAY

“You could just lie down and die, but I don’t think there’s any honor in that. I’d rather go out fighting and I can’t think of anything better right now than to fight against Alzheimer’s disease and to fight for research and funding.”

*Alan Romatowski, 58*

*\*taken from the Alzheimer’s Association Insite Intranet*

## Senator Stabenow introduces “HOPE” for Alzheimer’s

**The  
More  
You  
Know!**

On April 6, U.S. Senators Debbie Stabenow (D-MI) and lead cosponsor Susan Collins (R-ME) introduced bipartisan legislation to help combat Alzheimer's disease and support those suffering with this devastating illness. The "Health Outcomes, Planning, and Education (HOPE) for Alzheimer's Act" (S.738) will help doctors detect Alzheimer's disease in their patients earlier, and ensure patients and families coping with the disease are better equipped with knowledge of treatment options and support programs available to them. Stabenow worked closely with the Alzheimer's Association, America's leading voluntary health organization for Alzheimer's, on this bill.

"Alzheimer's affects a growing number of Americans, including one out of eight seniors," said Senator Stabenow. "Too many elderly people suffering with this dreaded illness do not get diagnosed or know all of the treatment options available to them. The HOPE for Alzheimer's Act helps ensure earlier diagnosis and equips Alzheimer's patients and their families with better tools to cope with this heartbreaking disease."

"The Alzheimer's Association applauds Senator Debbie Stabenow for her continued commitment to Alzheimer's issues and her foresight in crafting the HOPE for Alzheimer's Act. When enacted this legislation will improve diagnosis of Alzheimer's and provide these newly diagnosed Alzheimer's patients and their families with access to information, resources and supportive services

Once diagnosed, the bill would also ensure patients and their families had access to a care planning session with their doctor to help them understand the diagnosis, treatment options available, and what medical and community services and supports are available.

*\*Taken from the Alzheimer's Association— Greater Michigan Chapter website— [www.alz.org/gmc](http://www.alz.org/gmc)*

# GET INVOLVED!



The 20<sup>th</sup> Annual Walk to End Alzheimer's is a 2K fun walk to benefit the Metro Detroit Region of the Greater Michigan Chapter Alzheimer's Association. Walk to End Alzheimer's is the National Signature Fundraising Event for the Alzheimer's Association.

Saturday, August 27th, 2011  
Detroit Zoo  
8450 W 10 Mile Rd  
Royal Oak, MI 48067

7:30am Registration  
8:30am Opening Ceremonies begin  
9:30am Food & Fun at the Finish Line

For more information or to register, visit  
<http://walktoendalz.kintera.org/detroitzoo>

Or call our local office at 248-351-0280

## **EARLY STAGE RESOURCE NEWS!**

### **Introducing the Early Stage Social Club!**

The Alzheimer's Association Greater Michigan Chapter is proud to announce the launch of the Early Stage Social Club!! The social club is a recreational program in which a variety of different activities are planned for individuals with early stage memory loss. Activities include creative writing, photography, tai chi, yoga, donation projects for individuals in need, and much more. This club is a great way to get to know others in the community while engaging in opportunities that promote social and cognitive well being.

**PRE-ASSESSMENT REQUIRED!**

### **Next Early Stage Lecture Series!!**

Our Early Stage Lecture Series is a 6 week series that offers educational speakers, as well as support. Topics include communication changes, family dynamics, and more!

Our next 6 week Early Stage Lecture series will be from Tuesday, July 12 until Tuesday, August 16th from 6:30-8:30 p.m. at Henry

Ford

Hospital West Bloomfield.

**PRE-ASSESSMENT REQUIRED!**

***FOR MORE INFORMATION OR TO PRE-REGISTER FOR ANY OF THESE PROGRAMS, CONTACT OUR TOLL FREE HARRY L. NELSON HELPLINE AT 800-272-3900***

# BRAIN CHALLENGE!



## SUDOKU

9	8		7	1	2			4
7		2				5	1	
2				7			4	
6	5	1				7	9	3
	4			9				5
5	6							
	2	4				1		6
1			3	6	4		5	2

**COMING SOON!**  
**Living With Alzheimer's Educational Series!**

This 3 session workshop is designed for individuals with early stage memory loss and their companions. This educational workshop will contain presentation, as well as video vignettes from individuals who have been diagnosed with early stage memory loss. We will talk about a variety of topics, including coping with grief and loss, telling others about the diagnosis, safety, and more!  
(NOTE– this is different from the Early Stage Lecture Series)

Tuesday, August 30th  
Wednesday, August 31st  
Thursday, September 1st  
9:30-11:30 a.m.  
At the Alzheimer's Association– GMC

**FOR MORE INFORMATION OR TO REGISTER, CONTACT**

**Early Stage Support Groups**

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 1:00-2:30 p.m. at the  
Birmingham Senior Center (BASCC)  
2121 Midvale,  
Birmingham, MI

2<sup>nd</sup> Wednesday from 6:30-8:00 p.m. at Henry Ford  
Hospital in West Bloomfield,  
6777 W. Maple Road,  
Bloomfield Hills, MI

Younger Onset Support Group- The 3rd Tuesday of every month from  
5:30-7:00 p.m. at Bloomfield Township Senior  
Services (for individuals with memory loss under the age of 65 years)  
4315 Andover  
Bloomfield Hills, MI



20300 Civic Center Drive

Ste. 100

Southfield, MI 48076

Phone: 248-351-0280

[www.alz.org/gmc](http://www.alz.org/gmc)

**24/7 Harry L. Nelson Helpline**

**1-800-272-3900**

## **Vision Statement**

Our vision is a world without Alzheimer's disease

## **Mission Statement**

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