

Our vision is a world without Alzheimer's disease.



## From the Desk of the CEO

When I think of spring, I think of reawakening. I think about moving forward, new beginnings and, of course, our Walk to End Alzheimer's. The past six months have brought a reawakening to our chapter. As many of you know, we not only moved into our new building, but we also opened a satellite office in Southamptn. These two major events have been on our radar screen for several years and, thanks to the generosity of The Neuwirth Foundation and additional funding from New York State, we are now able to expand our reach, providing support, programs and services to families all across Long Island. From Montauk to Mineola, from Greenport to Great Neck and everywhere north, south, east and west of Long Island, the chapter is now capable of reaching out to so many more families who need our help.

While the satellite office is up and running in Southamptn, work is just beginning in the Bay Shore office – but the plans are big and the vision is extraordinary. Demolition paved the way for the development of our new Serenity Garden – an area for those with Alzheimer's disease and their caregivers to enjoy the beauty and “serenity” of nature and perhaps find a place to reconnect in a peaceful and calming environment.

The Serenity Garden is attached to what we are calling “The Oasis,” the chapter's first-ever adult daycare program. We are currently working on bids

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## Facts About Alzheimer's Disease

- An estimated 5.4 million Americans have Alzheimer's disease, according to the Alzheimer's Association. Of that number, 5.2 million are 65 years of age and older.
- One in eight people age 65 and older have Alzheimer's.
- In New York State, 414,000 people have Alzheimer's and 60,000 of them live on Long Island.
- Nearly 15 million Americans provide unpaid care for a person with Alzheimer's or another form of dementia and 80% of that care provided at home is delivered by family caregivers.
- In 2010, these caregivers provided 17 billion hours in unpaid care at a value of more than \$202 billion. New York State has 990,490 people caring for those with Alzheimer's and dementia. These caregivers perform more than 1.1 billion hours of unpaid care per year at an annual value of more than \$13.4 billion.
- Caring for those with Alzheimer's and other dementia costs \$183 billion nationwide. The cost is expected to increase to \$1.1 trillion by 2050.
- As “baby boomers” age, the number of those with Alzheimer's disease is expected to increase.

## About the Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's research, care and support. 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.

A donor-supported organization, the Alzheimer's Association allocates its funds in an ethical and responsible manner that exceeds the rigorous standards of America's most experienced charity evaluator, the Better Business Bureau Wise Giving Alliance.

For more information about Alzheimer's Association Long Island, please contact  
Mary Ann Malack-Ragona, Executive Director/CEO at (631) 820-8068 or visit [www.alz.org/longisland](http://www.alz.org/longisland).



## From the Desk of the CEO (continued)

for the construction of this program, and it is our hope to have the work completed by late spring or early summer.

It is anticipated that The Oasis will be open from 6:30 a.m. to 6:30 p.m. and will provide breakfast and lunch. The program will serve those with Young Onset and Early Stage Alzheimer's disease. We will also develop a program that will make every day meaningful and purposeful for each and every participant. The chapter has hired Robin Lombardo as our Vice President of Programs and Services and, together, Robin and I have a vision to develop a daycare program that will serve as a model for the entire country.

However, this is not our first collaborative effort. Robin and I came together back in 2005 to develop our hugely successful college-accredited Alzheimer's disease training program for professional caregivers. To date, we have trained hundreds of professional caregivers, giving them the tools and skills necessary to ensure quality care. Plans are also underway to develop an intermediate course offering; as soon as this course becomes available, we will let everyone know.

New for 2012 is our Physician's Outreach Dinner, which was held on March 7th, on the eve of our Annual Education Conference. This is another "first" for our chapter and, if successful, will help us get important care information into the hands of practicing physicians and also provide us with the ability to identify qualified physicians for our referral listing. We have assembled a panel of experts who will share with this audience valuable information about the latest research efforts, quality care practices, pharmacological interventions, available community resources, and information about what needs to be done to ensure a legal and functional long-term care plan.

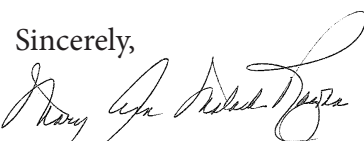
Because of the overwhelming response, the chapter will now host two monthly support groups at the Bay Shore office, and we continue to enroll participants into our Young Onset Support Group for individuals under the age of sixty-five with a diagnosis of Alzheimer's disease. The Bay Shore groups meet on the second Tuesday and Wednesday of the month. The Plainview group meets on the first Monday of the month. We have published a list of our affiliated support groups elsewhere in this newsletter, but if you have any questions or need further information, please feel free to contact our Care Consultant, Amy Oster, who can be reached at extension 302.

We will again host two Walks – one in Old Bethpage Restoration Village and one at the Atlantis Marine World Aquarium. More information about the Walks can be found on our website at [www.alz.org/longisland](http://www.alz.org/longisland). Proceeds from these Walks fund the mission of our association, so please consider participating and/or creating a team. Last year's Walk brought close to 2,100 participants to our cause and raised close to \$405,000. We would like to see the number of participants double in 2012 and, maybe, this is the year we can make this a \$500,000 Walk season. We can do this – but only with your help. If you have any questions or need help setting up a team or your website, I can be reached at extension 306.

To close, I would just like to speak briefly about some of the research studies that have recently been published. While we have much work to do to find a cure for Alzheimer's disease, the association continues to play a predominant role in funding private research and ensuring that our federal government is focused on what we consider to be a major health crisis in this country. Because of your voice, we successfully passed the National Alzheimer's Project Act (NAPA), and a NAPA Advisory Committee has been formed to develop a National Alzheimer's Plan. Because of your voice, the current administration is focused on repositioning research dollars so that we can advance promising research that could effectively find a way to prevent, slow down and/or cure Alzheimer's disease. Now is the time to act. If you are already signed up to be an advocate, we thank you. But we also ask that you continue to follow the issues and act when asked. If you have not yet signed up to be an advocate, please do so today by visiting [www.alz.org](http://www.alz.org) and click on the Advocacy link.

We are making a difference, you are making a difference and one day — together — we will see a world without Alzheimer's.

Sincerely,



Mary Ann Malack-Ragona

## Join AALI in the Walk to End Alzheimer's™!



Alzheimer's Association Long Island is holding its two Walk to End Alzheimer's™ events for 2012. The second annual Long Island East End Walk to End Alzheimer's will take place on August 25 at Atlantis Marine World, located at 431 Main Street in Riverhead. The Long Island Walk to End Alzheimer's will once again be held at Old Bethpage Village Restoration, at 1303 Round Swamp Road in Old Bethpage, on September 8, starting at 8:30 a.m.

Last year's Walk to End Alzheimer's at Old Bethpage had more than 2,000 people participating, including approximately 250 teams. It was the largest number of individuals and teams for this event since it first began at Eisenhower Park in 2002. In its inaugural East End Walk, 30 walkers joined Southampton resident Cory Leible, who walked from AALI's satellite office in Southampton to Gurney's Inn in Montauk, for the last 3.1 miles of Mr. Leible's journey. As a result of everyone's efforts at both Walks — and a number of fundraisers to benefit the Walk — AALI was able to exceed its fundraising goal of \$400,000.

The Alzheimer's Association Walk to End Alzheimer's™ is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death.

Walk to End Alzheimer's unites the entire community — family, friends, co-workers, social and religious groups and more — in a display of combined strength and dedication in the fight against this devastating disease. While there is no fee to register, each participant is expected to raise funds in order to contribute to the cause and raise awareness. The Alzheimer's

's Association provides free, easy-to-use tools and staff support to help each participant reach their fundraising goal.

When you participate in the Walk, your fundraising dollars fuel our mission-related initiatives of care, support and research. In addition, your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in your community. At a Walk event, you can learn more about Alzheimer's disease and the support programs and services offered by your local chapter. You will also have unique opportunities to get involved with the cause through advocacy initiatives and clinical trial enrollment. These experiences, in addition to other on-site opportunities, help each participant connect to their reason for walking.

Take the first step to a world without Alzheimer's by finding a Walk near you. Once you register, you will have access to a wide range of tools and support through your Participant Center, ensuring a successful and fulfilling experience.

Advance the fight against Alzheimer's disease! Support a 2012 Walk participant with a donation. The funds raised through Walk to End Alzheimer's benefit the care, support and research efforts of the Alzheimer's Association. We strive to help families across the country by continuing to provide and enhance programs focusing on education and support; advance critical research studies into methods of treatment, prevention and — ultimately — a cure; and speak up for the needs and rights of those facing Alzheimer's through our public policy initiatives.

**Our vision** is a world without Alzheimer's disease®.

Registration is currently underway. If you would like to register as an individual or as a team, or if you wish to make a monetary donation to the Walk, please contact Mary Ann Malack-Ragona, Executive Director/Chief Executive Officer, at (631) 820-8068 or visit [www.alz.org/longisland](http://www.alz.org/longisland).





## Do You Really Need A Revocable Trust?

By John M. Bigler, Esq.

Revocable trusts, often referred to as “living trusts,” are widely promoted as a way of avoiding probate, reducing estate taxes and managing assets. According to the advertisements, it seems that revocable trusts are a necessity and that everyone should have one. Despite all of the hype surrounding revocable trusts, the reality is that there is probably no good reason for most people to have a revocable trust.

A revocable trust is a legal document established during the lifetime of the grantor for the purpose of taking title to the grantor's property and giving control to a trustee. These trusts are mainly used to manage property during the grantor's life and to distribute the property to the beneficiaries upon the grantor's death. The grantor is almost always the primary trustee as well, thereby maintaining control over the assets while he is alive. One of the benefits of a revocable trust is that the grantor can nominate a successor trustee to assume the trust management responsibilities in the event that the grantor becomes disabled. It is important to note, however, that this same management function can also be accomplished by executing a comprehensive durable power of attorney.

With respect to the post-death settlement of an estate, it is generally true that settling a trust estate is quicker and more private than settling a probate estate; however, in the vast majority of cases, probate isn't nearly as expensive, complicated, public or time-consuming as most people think. In



addition, if an individual is not diligent in transferring all of his assets to the trust, the assets left out of the trust will still be subject to probate, thus undermining the reason for creating the revocable trust in the first place.

One common misconception about revocable trusts is that they can save thousands of dollars in estate taxes. In reality, a revocable trust alone cannot save estate taxes. An appropriately drafted will can save just as much in estate taxes as an appropriately drafted revocable trust.

Another misconception is that revocable trusts protect assets for Medicaid eligibility purposes. This could not be further from the truth. Because the grantor has full control over the assets owned by the revocable trust, Medicaid considers those assets to be fully available to the grantor when applying for Medicaid benefits. If an individual wants to protect assets for Medicaid purposes, he or she must create a different type of trust known as an irrevocable income-only trust or a Medicaid-qualifying trust.

In closing, revocable trusts do have some benefits, but they are limited. They are particularly useful if an individual owns property in more than one state and wants to avoid multiple probate proceedings upon death or if an individual does not have close family and, therefore, identifying his heirs after death, in the context of an estate proceeding, would be difficult. The bottom line is that each situation is unique and your attorney is best able to advise if a revocable trust makes sense for you.

*John M. Bigler is an attorney and a member of AALI's Legal Advisory Committee.*



## Latest Report on Alzheimer's Disease Released

The Alzheimer's Association recently released “Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address.” This report provides a look into the unrelenting challenges brought on by this disease by offering insights and perspectives from individuals across the country who participated in the Alzheimer's Association's public input process. The Association and over 70 of its chapters hosted 132 input sessions throughout the country to discuss the obstacles this disease forces on millions of American families each year.

Over the course of this national public input process, several key challenges emerged repeatedly in discussions. These obstacles included increasing awareness of the impact of Alzheimer's, fostering an environment that offers more effective treatments faster, providing better care throughout the disease process and ensuring better support today for caregivers.

During the month of August, Alzheimer's Association Long Island hosted three public input sessions to solicit views, comments and perspectives from stakeholders in the Alzheimer's community to assist in the development of a successful National Alzheimer's Plan.

Currently the sixth-leading cause of death, there is currently no means to prevent, cure or even slow down the progression of Alzheimer's disease. There are an estimated 5.4 million Americans living with Alzheimer's and, according to this report, nearly 16 million Americans will have the disease by 2050. Of that number, 414,000 reside in New York State and 60,000 are from Long Island.

In response to this rapidly growing problem, Alzheimer's Association Long Island has further demonstrated its commitment to raise funding for Alzheimer's research and provide support for those affected by this disease. The organization hosted its 2011 Walk to End Alzheimer's on September 10, 2011 and its inaugural East End Walk to End Alzheimer's on October 1, 2011.

“As Americans continue to live longer, this devastating disease will affect more people each year,” says AALI's Executive Director/CEO, Mary Ann Malack-Ragona. “Our goal is to raise funds for crucial research and provide additional resources to ease the emotional and financial toll on those caring for a loved one with Alzheimer's.”

The full text of the Alzheimer's Association's “Alzheimer's from the Frontlines: Challenges a National Alzheimer's Plan Must Address” report can be viewed at [www.alz.org/napa](http://www.alz.org/napa).

## Sunrise Senior Living's “Bowling for a Cause” Raises \$6,500 for AALI

On November 3, 2011, Sunrise Senior Living held a bowling fundraiser at 300 Long Island in Melville to raise money for Alzheimer's Association Long Island and the 2011 Walk to End Alzheimer's. Approximately 175 people took part in the event, which raised \$6,500. Those in attendance enjoyed an afternoon of bowling and food and took part in the raffles for a chance to win prizes.

Suffolk County Treasurer Angie Carpenter was at the event to support Alzheimer's Association Long Island and personally thanked everyone in attendance for their commitment to supporting those afflicted with Alzheimer's disease, their caregivers and their families.

Sunrise Senior Living cares for seniors who are afflicted with Alzheimer's disease and other forms of memory loss and helps them attain what Sunrise refers to as “pleasant days.” Members of Sunrise Senior Living took part in the

2011 Walk to End Alzheimer's on September 10, 2011 and raised more than \$6,000 for AALI. So far, Sunrise Senior Living raised more than \$13,000 for AALI.



Pictured (left to right): Christina Laureano, Angie Carpenter, Kathy Hooker, Mary Ann Malack-Ragona, and Debra Ferrara.



## Alzheimer's Association Long Island Raises More Than \$400,000 for 2011 Long Island Walk to End Alzheimer's

### Organization Surpasses Goal, Honors Top Fundraisers and Sponsors at Annual Luncheon

At the Alzheimer's Association Long Island's annual Walk to End Alzheimer's luncheon, Executive Director/Chief Executive Officer Mary Ann Malack-Ragona announced that the organization surpassed the goal of raising \$400,000 for the Walk. The luncheon was held December 6, 2011 at the Fox Hollow Country Club in Woodbury. The event's guest speaker was Anu Lamba, owner of Huntington Village & Nesconset Rehab & Nursing.

The Long Island Walk to End Alzheimer's was held September 10, 2011 at Old Bethpage Village Restoration and the East End Walk took place on October 1, 2011, in which Southampton resident Cory Leible started from AALI's sat-

ellite office in Southampton and walked to Gurney's Inn in Montauk. He was met by the other walkers at the last 3.1 miles of the course.

Debra Ferrara, Sunrise Senior Living's director of community relations, was recognized for spearheading "Bowling For A Cause," which took place November 3, 2011 at 300 Long Island. The event raised \$6,500 for the Walk.

The luncheon also recognized the top individual fundraisers, top fundraising teams and top mini-Walk teams. The individuals and teams and the amount they raised are listed below:

#### TOP INDIVIDUAL FUNDRAISERS:

- 1st Place:** — \$8,757  
Debra Ferrara
- 2nd Place:** — \$8,480  
Steve Zarkin
- 3rd Place:** — \$7,093  
Adam Cohen

#### TOP FUNDRAISING TEAMS:

- 1st Place:** — \$12,186  
Big Al's Crew  
(Team Captain: Dean Nichol)
- 2nd Place:** — \$9,343  
Team Zarkin  
(Team Captain: Steve Zarkin)
- 3rd Place:** — \$6,325  
Team Cohen  
(Team Captain: Adam Cohen)

#### MINI-WALK TEAMS:

- 1st Place:** — \$13,262  
Sunrise Senior Living of West Babylon  
(Team Captains: Deb Ferrara and Joanne Albanese)
- 2nd Place:** — \$5,000  
Atria of Bay Shore  
(Team Captain: Kathleen O'Connor)
- 3rd Place:** — \$3,955  
Somerset Garden Assisted Living – Plainview  
(Team Captains: Leeann Noren and Pam Winter)



Anu Lamba (right), Owner of Huntington Village & Nesconset Rehab & Nursing, accepts the sponsor's award from Mary Ann Malack-Ragona (left), Executive Director/Chief Executive Officer of Alzheimer's Association Long Island.



Team Captain Dean Nichol (left) and the members of Big Al's Crew pose with the awards they received for being the Walk's top fundraising team.

## The ABCs of Medicaid (continued)

When applying for Medicaid nursing home benefits, you have to provide all of your financial information from the past five years. If the Medicaid applicant (or his/her spouse) made transfers (gifts) during that time, Medicaid will assess a penalty based upon the value of the assets transferred. The penalty is a period of time when the Medicaid applicant is not eligible for Medicaid and thus would have to pay privately for his or her own care.

The income limits for Medicaid nursing home care are also different from Community Medicaid. The Medicaid recipient is permitted to keep only \$50 a month for his or her personal needs. If there is a spouse in the community, the community spouse is permitted (in 2012) to keep an income of \$2,841 per month and up to \$113,640 in assets (excluding the residence).

### "My mother has an IRA. Is that protected from Medicaid?"

Michael came to me recently regarding his mother, Carol. Carol was in rehabilitation after a fall and Michael was not sure if she would be able to go back home again ("and if she does, she can't be alone," he says), or if she will need to go to a nursing home. He goes on to tell me she has some savings, but she also has an IRA worth approximately \$125,000 and is wondering if it is protected if she applies for Medicaid.

Medicaid has a special set of rules for qualified retirement assets such as an Individual Retirement Account (IRA). The Medicaid applicant can choose to have the IRA treated as an asset or as income. This is a decision that is typically made at the time of the Medicaid application, since income taxes also need to be considered. It is very important to understand these options at that time, as there are several factors that should be considered in the decision making process, including the value of the IRA, other monthly income, the age of the applicant and the applicant's life expectancy. There are times when it may make sense to liquidate the IRA and other times when it makes sense to keep the IRA and have it treated as income. This is an analysis where an experienced elder law attorney can help make a difference.

### "If I am on Medicaid and move to Florida, can I keep the Medicaid?"

Alice, who I mentioned above, tells me she has a daughter in Florida and that if Alice does need help at some point, she may want to move to Florida to be closer to her family. She wants to know if the Medicaid she is receiving in New York is transferrable to Florida.

There are times when someone who is on Medicaid wants (or needs) to move to another state (or to New York from another state). Medicaid is federal- and state-specific and is not transferrable between states. Each state has its own eligibility criteria so that, if someone on Medicaid in New York moves to Florida, they will lose their benefits in New York and have to reapply in Florida.

Regardless of the particular issue, it is so important to seek the advice of an elder law attorney who knows the Medicaid laws regarding assets and income, and the asset protection planning techniques available (such as exempt assets and exempt transfers that do not create a Medicaid penalty). Planning in advance is always best, but even if no planning has been done, it is never too late to get help and peace of mind.

*Frank L. Buquicchio is an attorney and a member of AALI's Legal Advisory Board.*





## The ABCs of Medicaid

By Frank L. Buquicchio, Esq.

It is a cold, hard fact that some of us will need assistance in the future with our “activities of daily living” — that is, activities that most of us take for granted every day: getting out of bed in the morning, going to the bathroom, getting dressed, preparing and eating breakfast. And then, there is the rest of the day to get through! In the event of a catastrophic illness, such as Alzheimer's disease, it will be important to know your options as to where you can receive care and how to pay for it.

### “I want to stay in my home.”

I met with Alice, who was recently diagnosed with Early Onset Alzheimer's. She told me she is worried that she may need help with her care in the future, but she does not want to go to a nursing home. She owns her home and she and her husband (who died four years ago) were able to save some of their hard-earned money. She is getting by financially, but is concerned that, if she needs help, she would not be able to afford it and that her life savings would be wiped out.

I think it is safe to say that most of us feel the same as Alice and would prefer to stay in our own homes for as long as possible. But what happens when you need care? The cost of care at home can be up to \$75,000 per year. How can you pay for it? One possible solution is Medicaid (sometimes referred to as “Community Medicaid”). However, Medicaid has strict eligibility rules regarding assets and income. For 2012, the Community Medicaid resource level is \$14,250. That means you cannot apply for Medicaid, unless you have \$14,250 or less in total assets, not including exempt assets (for example, your residence). If someone has more than \$14,250 in non-exempt assets (i.e., bank accounts, investments, CDs or any asset that has your name on it), then planning needs to be implemented to protect one's assets.

There is currently no “look back” for Community Medicaid. This means that, if someone has more than \$14,250, they can divest themselves of the excess amount and Medicaid will not penalize them. They can then apply for Community Medicaid the following month. It is important to seek the advice of an experienced elder law attorney as to how and to whom the assets should be trans-

ferred before giving them away. There may also be gift and/or income tax issues to be discussed.

Medicaid also has limits as to the amount of monthly income the Medicaid recipient is permitted to keep. For Community Medicaid, the monthly income allowance for a single person for 2012 is \$812 (\$1,179 for a married couple). This means that any income over that amount must first be spent on health-related costs before Medicaid will pay for services. For example, if a single person has \$1,112 in monthly Social Security benefits as their only income, they would have to pay the first \$300 of healthcare expenses before Medicaid will pay. This can be an issue for someone who needs all of their income to live on. The excess income can be protected in a Pooled Income Trust, such as the Theresa Foundation Pooled Income Trust.

### “We don't think Dad can live at home anymore.”

Joe and Sally were in my office recently to discuss their father, Bill, who lives at home with their mother, Jennie. Their parents had been doing fine at home up to now, but Dad's dementia is getting worse and they felt he would need long-term nursing home care at this point because Mom cannot take care of him any longer. They were concerned about the cost of the nursing home, as well as what financial impact it would have on Mom.

There may come a time when a difficult decision needs to be made: that a loved one needs nursing home care. The cost of a nursing home in our area can be up to \$175,000 per year. All of your hard work and savings over a lifetime could be lost if nursing home care is needed.

If nursing home care is needed, we can again turn to the Medicaid program for help. However, as with Community Medicaid, there are very strict eligibility rules for Medicaid nursing home benefits regarding assets and income.

The asset level is the same as for Community Medicaid (i.e., \$14,250 for 2012, plus certain exempt assets). However, there are a number of differences between Community Medicaid and nursing home Medicaid, the most important of which are (1) there is a 60-month “look back”; (2) there is a penalty for transferring assets within the look back period that will make you ineligible for Medicaid (subject to a limited number of exceptions).

## Legal Advisory Committee Honored at AALI's 28th Annual Gala



Pictured (left to right): Frank G. D'Angelo, Esq.; John M. Bigler, Esq.; Frank Buquicchio, Esq.; Judith B. Raskin, Esq.; Nancy Burner, Esq.; Lawrence Eric Davidow, Esq.; Vincent J. Russo, Esq.; Ronald A. Fatoullah, Esq.; and Mary Ann Malack-Ragona.

Alzheimer's Association Long Island held its 28th Annual Gala on October 27, 2011 at the Fox Hollow Country Club in Woodbury. The gala honored AALI's Legal Advisory Committee Members: John Bigler, Esq.; Frank Buquicchio, Esq.; Nancy Burner, Esq.; Frank D'Angelo, Esq.; Lawrence Davidow, Esq.; Ronald Fatoullah, Esq.; Judith Raskin, Esq.; and Vincent Russo, Esq. The event also celebrated the Neuwirth

Family Care Center, located in AALI's Bay Shore office.

This year's theme was “Viva Las Vegas!” with live music performed by “Elvis” and “The Rat Pack.” Those in attendance also enjoyed dinner, dancing and silent and live auctions. All proceeds from ticket and auction sales went to benefit The Neuwirth Family Care Center, which provides services for those affected by Alzheimer's disease and their families.

## 8th Annual Distant Memories Swim Raises \$16,000

At a special presentation during the Huntington Town board meeting on November 9, 2011, Bryan Proctor presented a check in the amount of \$16,000 to Mary Ann Malack-Ragona, executive director and chief executive officer of Alzheimer's Association Long Island, that was raised from the 8th annual Distant Memories Swim, which took place on July 28, 2011. The amount exceeded the event's target goal of \$15,000.

The Distant Memories Swim was spearheaded by Mr. Proctor, a Northport resident who started the swim as a way to raise money for Alzheimer's Association Long Island and to raise awareness about Alzheimer's disease. This issue is very close to Mr. Proctor, as his grandfather and aunt passed away from Alzheimer's disease. Each year, Huntington Town Councilman Mark Cuthbertson introduces legislation which recognizes the efforts of Mr. Proctor and the Distant Memories Swim.

“Bryan Proctor has been an advocate for those affected by Alzheimer's for over nine years and, through the

successes of his annual Distant Memories Swim events, has helped to raise awareness and funding in an effort to help find the cure,” Mr. Cuthbertson said. “I would like to congratulate Mr. Proctor on behalf of this year's successful event and wish him continued success in the years to come.”



Pictured (front row): Bryan Proctor (left) and Mary Ann Malack-Ragona (right). Back row (left to right): Huntington Town Council Members Mark Mayoka and Mark Cuthbertson, Supervisor Frank Petrone, and Town Council Members Susan Berland and Glenda Jackson.



## ALZHEIMER'S ASSOCIATION LONG ISLAND SUPPORT GROUPS: NASSAU COUNTY

Day	Time	Location	Address	City	Zip	Facilitator		Phone	Type
						First Name	Last Name		
Monthly	Call Facilitator for Time	Sid Jacobson Jewish Comm. Center	300 Forest Drive	East Hills	11548	Connie	Wasserman	(516) 484-1545 ext. 135	Lets do Dinner™: Spouses of Young Onset
Monthly	Call Facilitator for Time	Sid Jacobson Jewish Comm. Center	300 Forest Drive	East Hills	11548	Connie	Wasserman	(516) 484-1545 ext. 135	Lets do Pizza™: Children of Young Onset
Mon. Wed., Thurs., Fri	10:00am & 3:00pm	Sid Jacobson Jewish Comm. Center	300 Forest Drive	East Hills	11548	Connie	Wasserman	(516) 484-1545 ext. 135	Lets do Lunch™ Caregiver
Last Sun.	4:00pm	Sunrise Senior Living at East Meadow	1555 Glenn Curtiss Blvd.	East Meadow	11554	Kelly	Flister	(516) 542-0990	Caregiver
Last Wed.	9:15am	Farmingdale Adult Day Care	407 Main Street	Farmingdale	11735	Rhea	Sommers	(516) 293-8928	Caregiver
2nd Tues.	7:30pm	Winthrop Univ. Hosp. Welcome Ctr.	1300 Franklin Avenue	Garden City	11530	Linda	Martinez	(516) 663-8220	Adult Children
2nd & 4th Tues.	2:30pm & 7:00pm	Glen Cove Senior Center	130 Glen Street	Glen Cove	11542	John	Bartul	(516) 759-9610 ask for Lucy	Caregiver
2nd Wed.	7:00pm	The Bristal at Lynbrook	8 Freer Street	Lynbrook	11563	David	Zak	(516) 593-2424	Caregiver
3rd Tues.	7:00pm	The Bristal at Massapequa	400 County Line Road	Massapequa	11758	Brian	Kelly	(516) 691-0706	Caregiver
Every other Sat.	10:00am	Curé of Ars Church	2323 Merrick Road	Merrick	11566	Elaine	Maresca	(516) 781-5876	Caregiver
2nd Tues.	10:30am	Winthrop Geriatric Medicine Assoc.	222 Station Plaza North, Suite 518	Mineola	11501	Linda	Martinez	(516) 663-8220	Caregiver
1st & last Wed.	11:00am	Granat Alzheimer's Center at Parker	271-11 76th Avenue	New Hyde Park	11040	Martha	Wolf	(718) 289-2105 ext. 2202	Caregiver Respite Provided
1st Mon.	6:00pm	Somerset Gardens	150 Sunnyside Blvd.	Plainview	11803	Amy	Oster	(631) 580-5100 ext. 302	Early Onset Clients
4th Tues.	7:00pm	Sunrise Senior Living at Plainview	1231 Old Country Road	Plainview	11803	Andrea	Schmidt	(516) 932-5151	Caregiver
1st & 3rd Tues.	6:30pm	St. Agnes Rectory	Quealy Place	Rockville Centre	11570	Maureen	O'Sullivan	(516) 546-2698	Caregiver
1st Tues.	4:00pm	Maple Point Assisted Living	260 Maple Avenue	Rockville Centre	11570	Steven	Friedman	(516) 764-4848 ext. 246	Caregiver
4th Tues.	7:00pm	Cold Spring Hills Center for Nursing & Rehab.	378 Syosset-Woodbury Road	Woodbury	11797	Mary Beth	Henicke	(516) 622-7770	Caregiver

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## ALZHEIMER'S ASSOCIATION LONG ISLAND SUPPORT GROUPS: SUFFOLK COUNTY

Day	Time	Location	Address	City	Zip	Facilitator		Phone	Type
						First Name	Last Name		
1st & 3rd Wed.	6:30pm	Atria Bay Shore	53 Ocean Avenue	Bay Shore	11706	Kathleen	O'Connor	(631) 894-0092	Caregiver
1st Tues.	6:30pm	Alzheimer's Association	45 Park Avenue	Bay Shore	11706	Amy	Oster	(631) 580-5100 ext. 302	Caregiver
Last Tues.	6:00pm	Sunrise Senior Living of Dix Hills	337 Deer Park Avenue	Dix Hills	11746	Brittini	Bartkus	(631) 385-1733	Caregiver
1st Thurs.	7:00pm	Birchwood Suites	423 Clay Pitts Road	East Northport	11731	Ray/Hillary	Olsen/Sherman	(631) 368-5252	Caregiver
1st Wed./ every other month	6:00pm	Atria East Northport	10 Cheshire Place	East Northport	11731	Jodi	Newman	(631) 757-8000	Caregiver
1st Wed.	6:30pm	Sunrise Senior Living at East Setauket	1 Sunrise Drive	East Setauket	11733	Stacy	Bodden	(631) 941-4455	Caregiver
2nd & Last Wed.	1:00pm	Hampton Bays Community Center	25 Ponquogue Avenue	Hampton Bays	11946	Pam	Giacoa	(631) 728-1235	Caregiver
1st & 3rd Wed.	7:00pm	Hampton Bays Community Center	25 Ponquogue Avenue	Hampton Bays	11946	Pam	Giacoa	(631) 728-1235	Adult Children
1st Wed.	1:30pm	Huntington Senior Center	423 Park Ave.	Huntington	11743	Lynne	Mauss	(631) 351-3253	Caregiver
Tues.	2:30pm	Huntington Senior Center	423 Park Ave.	Huntington	11743	Lynne	Mauss	(631) 351-3253	Caregiver Stress Management: Yoga/Respite Provided
3rd Thurs.	7:00pm	Huntington Senior Center	423 Park Ave.	Huntington	11743	Lynne	Mauss	(631) 351-3253	Caregivers
Last Wed.: Will re-start in Fall	6:30pm	Huntington Village Rehab. & Nursing Center	9 Hilaire Drive	Huntington	11743	Janine	Aquilina	(631) 427-0254 ext. 334	Caregiver
1st Tues.	10:00am	Universal Health	152 Islip Avenue, Suite 23	Islip	11751	Miguel	Rivera	(631) 277-6767	Spouses
1st Tues.	7:30pm	Universal Health	152 Islip Avenue, Suite 23	Islip	11751	Miguel	Rivera	(631) 277-6767	Adult Children
3rd Thurs.	1:30pm	Southold Senior Center	750 Pacific Street	Mattituck	11952	Jean	DeLorme	(631) 298-4470	Caregiver
2nd Wed.	7:00pm	Huntington Hills Center	400 South Service Road	Melville	11747	Doreen	Ottaiano	(631) 439-3008	Caregiver
3rd Thurs.	6:30pm	Sunrise Senior Living at Smithtown	30 Route 111	Smithtown	11788	Jodi	Rinaldi	(631) 724-2299	Caregiver

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