

Lifestyle Changes May Help Prevent Alzheimer's

While research into the causes of Alzheimer's continues, medical professionals encourage the following lifestyle changes to help in the prevention of Alzheimer's:

- Participate in intellectually engaging activity such as doing crossword puzzles or learning a new language,
- Exercise and regular physical activity of at least moderate intensity may help preserve cognitive function,
- Stay socially active,
- Eat a heart-healthy and brain-healthy diet,
- Maintain a healthy weight.

Important Phone Numbers

WNY Chapter Alzheimer's Association
24/7 Hotline 1-800-272-3900
Local Office 716-626-0600

Veterans Administration – Buffalo
Memory Care Coordinator.... 716-862-3244

Alzheimer's Disease & Memory Disorders
Center / University of Buffalo Division of
Neurology 716-859-3484

Alzheimer's Disease Assistance
Center of Western New York
Dent Neurologic Institute 716-250-2000



*Helpful Information from
Assemblyman
Robin
Schimminger*

60
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Volume XXXI

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Dear Friend,

Alzheimer's disease is the sixth leading cause of death in the United States and the only one of the top 10 causes of death that cannot be prevented or cured. For many years, New York State has been focused on helping seniors, their families and caregivers deal with this devastating disease. This issue of 60 Plus! looks at our ongoing efforts in this regard.

Sincerely yours,

A handwritten signature in black ink that reads "Robin".

New York's Focus on Alzheimer's Disease

Alzheimer's Disease is a major public health concern in New York and across the nation. Statistics provided by the U.S. Alzheimer's Association indicate that 1 in 8 people age 65 and older, and nearly 1 in 2 people over age 85, suffer from Alzheimer's. With no cure in sight and an expanding aging population, these numbers will no doubt continue to grow.

New York State has a long and proactive history of addressing the challenges of Alzheimer's. A Blue Ribbon Panel, convened by

Governor Mario Cuomo in 1986, studied the Alzheimer's problem in New York and the data gleaned from this report prompted the State Legislature to create nine Alzheimer's Disease Assistance Centers (ADACs) in 1987. For more than 28 years, these centers of excellence, which are affiliated with universities and hospitals, have provided diagnosis and assessments, patient management and care, training and education, and have served as clearing houses for information on the disease. In our area, the Dent Neurologic Institute, which is affiliated with the University at Buffalo's Division of Geriatrics and Palliative Care, is the clinical service provider for the ADAC of WNY.

In 1998, the Legislature also began funding the Alzheimer's Community Assistance Program (AlzCAP). AlzCAP provides statewide services for patients and caregivers through the Coalition of New York State Alzheimer's Association Chapters. Services include a 24-hour helpline, respite services, care consultation and outreach, and training and education for family, caregivers, volunteers and home health care personnel. The following year, a check-off was added to the State tax form that enables individuals to contribute to



the Alzheimer's Assistance Service Program as a result of legislation that I authored (Chapter 590 of the Laws of 1999).

Also, the New York State Council for Services Related to Alzheimer's Disease and Other Dementias was established by the State Legislature in 2009. The Council, comprised of a team of experts on aging and state officials, was charged with reviewing services offered by public and private agencies to meet the needs of persons with Alzheimer's and other forms of dementia and to

compile recommendations in regard to future needs and services for this population in a report that is to be given to the Governor and Legislature every two years. The Council was also commissioned to draft the state's formal Alzheimer's plan, one of the first state plans in the nation.

In 2011, the University at Buffalo opened the Alzheimer's Disease and Memory Disorders Center, the region's first comprehensive center devoted to Alzheimer's disease and related disorders. Based

in the University's Department of Neurology, multidisciplinary care teams offer comprehensive clinical services for patients. In addition, the center conducts research to identify Alzheimer's biomarkers and genetic makeup in order to develop new treatments.

New York State has come a long way in the fight against Alzheimer's, but we recognize that more needs to be done. Toward that end, we need to increase public awareness, focus on early detection, provide additional workforce and caregiver training, develop additional in-service educational opportunities for health care professionals, and improve linkages between the clinical and caregiver communities.

New York State Commits \$50 Million for Alzheimer's Care

The State Legislature recognizes the importance of providing more resources to assist the more than 400,000 New Yorkers afflicted with Alzheimer's. As a result, the Legislature appropriated an unprecedented \$50 million in funding for Alzheimer's programs in the 2015-16 state budget. The New York State Alzheimer's Association Chapters reported that this appropriation is the single largest amount committed by any state in our nation to Alzheimer's patients and their families.

Organizations that work with Alzheimer's and other forms of dementia will be eligible for \$25 million in funding this year and \$25 million next year. The money will help pay for a 24-hour helpline, respite care, support groups, training for family caregivers and will provide financial assistance to the state's nine Alzheimer's Disease Assistance Centers. Our local WNY Alzheimer's Association, that serves more than 55,000 patients, will be receiving approximately \$1 million from this two-year allocation.

