

alzheimer's association

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*Celebrating 36 Years of Service*

Edward A. Myerberg Center  
3101 Fallstaff Road  
Baltimore, MD 21209

410-358-6856 Fax: 410-358-1816  
www.myerbergseniorcenter.org

# Is It *Your* Greatest Fear?



## The 36-Hour Day at the Myerberg Center

An exploration of issues concerning Alzheimer's-  
including diagnosis, prevention and the latest  
studies about caring for those afflicted

*Presented in partnership with the Alzheimer's Association, The  
Johns Hopkins Alzheimer's Disease Research Center & Johns  
Hopkins Memory & Alzheimer's Treatment Center*

Sponsored by Woodholme Gardens



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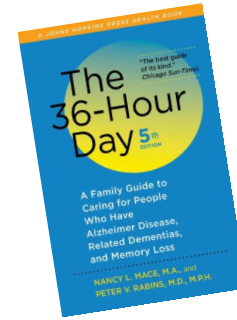


As the Myerberg Center begins its 36th  
year of service to the community, we are  
proud to bring you this essential  
informational program.

Did you know that

- over 5 million people aged 65 and older have Alzheimer's disease or other dementias?
- 200,000 people under age 65 have this condition?
- 80% of care provided at home is delivered by family caregivers?

There is help available. The Myerberg Center is presenting a **FREE** lecture series on memory loss and caregiving based on The 36-Hour Day by Dr. Peter Rabins and Nancy Mace.



**The 36-Hour Day:**  
*A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss*  
by Nancy L. Mace, M.A. & Peter V. Rabins, M.D., M.P.H.

*"When something new happens, I think I can't stand it. Then I get used to it, and something else happens. And I keep hoping- for a new doctor, a new treatment, maybe a miracle. It seems like I'm on an emotional treadmill going around and around, and it's slowly wearing me down."*

This best selling book is the "bible" for families caring for people with Alzheimer's disease. Its practical and compassionate guidance provides comfort and support to millions worldwide.

Pick up a **FREE** copy of this book at the Myerberg Center. A limited number of books are available.

Join our book club for a short review of the book on Friday, January 20 at 10:30am at the Myerberg. Discussion facilitated by Myerberg Executive Director, Arnold Eppel.

Books generously provided by

Woodholme  
Gardens  
Assisted Living and Memory Care

# The 36-Hour Day

## Schedule of events

All events will be held at the Myerberg Center  
3101 Fallstaff Road, Baltimore, MD 21209

FREE Admission

**TUESDAY, MARCH 20, 2012 at 7:00pm**

### EARLY ONSET: OPTIONS, LEARNING & SUPPORT FOR FAMILIES

*Presented by Carol Wynne,  
The Alzheimer's Association*

Understand Alzheimer's Disease, treatment  
and best practices for care.

**TUESDAY, APRIL 17, 2012 at 7:00pm**

### "MIND AT HOME STUDY"

*Presented by  
Dr. Deirdre Johnston, Dr. Constantine Lyketsos  
& Dr. Quincy Samus, Johns Hopkins*

Johns Hopkins' Dr. Constantine Lyketsos will  
discuss the "Mind at Home Study" funded by  
the Hoffberger Foundation. Topics include  
treatment options, statistics, benefits of home  
care, institutional trends and services.

*An expert in the treatment of patients with Alzheimer's and  
dementia, Dr. Lyketsos is the Elizabeth Plank Althouse  
Professor in Alzheimer's disease research and Chair of  
Psychiatry at Johns Hopkins Bayview. He directs the Johns  
Hopkins Memory & Alzheimer's Treatment Center which  
provides cutting edge, interdisciplinary care to large  
numbers of patients while facilitating the translational  
research mission for the field.*

**TUESDAY, MAY 8, 2012 at 7:00pm**

### FUNDAMENTALS OF HEALTH

*Presented by Jacqueline Kreinik, R.N., M.S., CMC  
Jewish Community Services*

Learn what causes disease and how many of  
today's chronic diseases may be underlying  
causes of cognitive dysfunction.

*Jacqueline Kreinik is a Nurse Gerontologist and Manager,  
Geriatric Care Services at Jewish Community Services of  
Baltimore. She holds a Master's degree in Gerontology from  
the University of California, San Francisco and completed her  
studies as a Certified Geriatric Care Manager with the  
National Academy of Certified Geriatric Care Managers.*

**TUESDAY, JUNE 12, 2012 at 6:30pm**

### ARE THERE 36 HOURS IN A DAY?

*What families and caregivers should know about  
Alzheimer's and other dementias  
Presented by Dr. Peter Rabins, Johns Hopkins*

This program will focus on "being and  
understanding where the loved one resides."  
Issues such as end of life and modality for care  
and treatment will be discussed.

*Dr. Peter Rabins has focused his career on the study of  
psychiatric disorders in older persons. His current research  
centers on the effectiveness of current therapies for  
Alzheimer's disease, the development of measures of quality  
of life in persons with Alzheimer's disease, and care of  
patients with late stage dementia. He is Professor in the  
Department of Psychiatry at the Johns Hopkins School of  
Medicine and has joint appointments in the Departments of  
Medicine Health Policy & Management and Mental Health.*

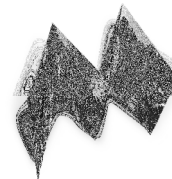
## SAVE THE DATE

### "An Evening with Daniel Silva & Jamie Gangel"

Tuesday, May 15, 2012  
Beth El Congregation

Join us for an intimate conversation with  
one of President Clinton's favorite  
authors, Daniel Silva, and his wife,  
NBC Today National Correspondent,  
Jamie Gangel.

For sponsorship information or  
to purchase tickets,  
call 410-358-6856



The Edward A. Myerberg  
Center is an independent,  
non-profit, non-sectarian  
activity center. For thirty-  
six years, the Center has  
been dedicated to providing  
quality programs and services to older adults  
in the community. The Center offers over  
40 different classes each week, including  
aerobics, yoga, poetry and an entire  
schedule of high level art classes with  
renowned instructors. In addition to  
classes, the Center holds book discussions,  
special events, health lectures and trips on a  
regular basis throughout the year. The  
Center provides information and assistance  
(tax help, safe driving, Medicare assistance),  
kosher lunch five days per week and an  
onsite social worker. Our state-of-the-art  
fitness center is designed specifically for  
those 55+.

## Registration

Program	Date/ Time
<input type="checkbox"/> Early Onset: Options, Learning & Support for Families	March 20, 2012 7:00pm
<input type="checkbox"/> Mind at Home Study	April 17, 2012 7:00pm
<input type="checkbox"/> Fundamentals of Health	May 8, 2012 7:00pm
<input type="checkbox"/> Are There 36 Hours in a Day?	June 12, 2012 6:30pm

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Name

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Address

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Phone

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E-mail

### Return to:

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