



Massachusetts Communications Supervisors Association

“Developing Dispatchers & Dispatch Centers”

Hastings
WESTCOMM
President

Peter Kinnas
State 911 Department
Vice-President

Gregory Lynskey
SWCCC
Secretary

Warren Gould
Boxford Communications
Treasurer

Katrina Shamshak
North Shore Regional 911
Keenan Leonard-Solis
Georgetown Police
Essex County VP's

Patrick Feeney
SEMRECC
Michael Gethin
State 911 Department
Southeast Regional VP's

Corey Swift
Wilmington Public Safety
Anne Camaro
Nashoba Valley RECC
Middlesex-Suffolk County VP's

Chris Carleton
Northborough Communications
Daniel Walsh
Clinton Police
Worcester County VP's

Khristy Lord
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Johnathan Danek
Wilbraham RECC
Hampden/Berkshire Cty VP's

Donald Tryon
MSP RECC Northampton
Franklin/Hampshire County VP

Katrina Shamshak
North Shore Regional 911
Training Coordinator

Kevin Lessard
Northern Middlesex RECC
911 Commission Representative

Board@ma911.org

November 13, 2024, Monthly Meeting - Hybrid meeting held at Southwick Fire Station and via Microsoft Teams. 36 Total Attendees, 17 in person and 19 virtual
Minutes Submitted by: Secretary Gregory Lynskey

1. Welcome and Introductions

- a. Vice President Kinnas called the meeting to order at 10:02am and welcomed all attendees. President Hastings was participating remotely.
- b. In person attendees introduced themselves.
- c. Vice President Kinnas informed all attendees that the meeting is being video and audio recorded for record keeping and historical purposes and will be posted on the website.
- d. Video Link: <https://ma911.org/2024/11/15/november-2024-monthly-meeting-video/>
- e. Vice President Kinnas noted that there were several legislative representatives present and thanked them for coming. In attendance were Mark Messer from Senator John Velis's office and Jonathan Gould from Senator Paul Mark's office. VP Kinnas took the Legislative Committee Update out of order and it was presented at this time.

2. Monthly Training / Presentation

- a. Vice President Kinnas introduced Mark Nutting, Community Educator for the Alzheimer's Association for our monthly presentation.
- b. Mark introduced himself. He is a community volunteer for the association and he also does work with caregiver support groups. He stated he would be talking about the differences between Alzheimer's and Dementia, explaining some of the risk factors, going over some of the FDA approved treatments, and providing details on the resources that are available.
- c. The 24/7 Alzheimer's support line is 800-272-3900
- d. Mark noted that more than 6 million people in the USA are living with Alzheimer's and more than 11 million people provide unpaid care for Alzheimer patients. He provided a video of a bunch of statistics to include that 1 in 3 senior citizens die from Alzheimer's and it kills 2 times the number of people as prostate and breast cancer combined.
- e. He noted that Alzheimer's is not a normal part of aging. It is a progressive brain disease and people under 65 can get it as well. There is however genetic differences between early onset and late onset Alzheimer's.



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- f. He stated that Dementia is an umbrella term for changes in memory to the degree that it disrupts daily life. Alzheimer's just happens to be the most common cause of dementia. Other common causes include vascular injuries, Lewy Body, Frontal Temporal, and Huntington's. There can also be a mix of causes. He also noted that individuals with Down's Syndrome are living longer and as a result are being seen to often have early onset Alzheimer's.
- g. Mark stated that early and accurate diagnosis is important to properly treat and plan for how to handle the disease.
- h. He noted that some dementia symptoms can be completely reversed, such as those called by dehydration, UTIs, medication changes, etc.
- i. Irreversible dementia does have treatment options that can mitigate symptoms for some period of time.
- j. He stated that a healthy brain typically weighs about 3lbs where as an end stage Alzheimer's patient's brain is typically 2-2.5lbs and sometimes even less.
- k. He stated that Alzheimer's was first described in 1906 by Dr. Alvis Alzheimer's.
- l. He noted the following risk factors:
 - i. Age is the greatest risk factor.
 - ii. Other factors are genetics and family history.
 - iii. It affects 1 in 9 people at age 65
 - iv. It affects 1 in 5 people at age 75
 - v. It affects 1 in 3 people at age 85
 - vi. He noted that some populations are at greater risk with black people being 2 times more likely than white people and Hispanics being 1.5 times more likely than white people.
 - vii. He noted that 2/3 of those living with Alzheimer's are women.
- m. He stated that studies have shown that the difference in risk among different ethnicities is partially socioeconomic as health living and proper nutrition reduces risk by 50%. Socialization and cognitive stimulation helps reduce risk too.
- n. He went over the stages of Alzheimer's
 - i. Living with Dementia – not being able to function at the same level and being able to recognize the change
 - ii. Losing the works – you start to sit and stare, have trouble reading and writing, and have a lack of ability working with numbers.
- o. He went over the continuum of Alzheimer's



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- i. Asymptomatic – no cognitive symptoms but biological changes in the brain. Can be up to 10 years before showing symptoms.
- ii. Mild Cognitive Impairment due to Alzheimer's – Early stage cognitive loss begins.
- iii. Dementia due to Alzheimer's:
 1. Mild – symptoms interfere with daily activities
 2. Moderate – symptoms interfere with many daily activities
 3. Severe – symptoms interfere with most daily activities
- p. He stated that many people die of something else before reaching the severe phase, sometimes due to not recognizing other issues due to the cognitive decline.
- q. No two individuals experience Alzheimer's symptoms in the same way.
- r. The FDA has approved treatments going back to 1996. Some of the treatment options have evolved over the years and some new treatments are underway. Currently, there are no treatments that stop or slow down progression of the disease, only mitigate symptoms.
- s. A new type of drug that has recently begun testing is showing potential ability to possibly slow progress. If interested in being party of a study, an individual can go to www.alz.org/TrialMatch. The study is open to all.
- t. Terri Osborne asked if Alzheimer's can be detected with bloodwork. Mark stated there is a brand new test that is showing markers in blood. He stated however he is uncertain if it is available to the public yet.
- u. Mark suggested that when taking a call from someone and you begin to suspect cognitive decline, get their name and continue to address them by name to get and keep their attention.
- v. Mark was thanked for his informative presentation. A copy of the presentation is attached.

3. Update from State 911 Department

- a. Monna Wallace stated the number in the PSAP directory for transferring calls to Canada was found to no longer be valid. They just obtained a new one and will be updating ASAP. She stated they will be auditing all out of state directory numbers over the next few weeks.
- b. Katrina Shamshak was on the meeting but unavailable at the time. She provided a written report which is attached. Johnathan Danek explained what TERT is for the legislative representatives who were present.

4. Appointee Reports



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- a. SIEC – Corey Swift stated there was a meeting last week, although nothing major to report except for a request being made for FEMA to provide training for the communications related classes they offer. He also noted that the MIFOG working group is meeting today and there will be another meeting next Wednesday. He also stated the statewide radio project is still moving forward.
- b. State 911 Commission –Kevin Lessard stated the next 911 Commission meeting is December 6 at 1pm in Middleborough. He noted the State 911 Department has been receiving comments for the FY26 development grant guidelines for a vote at the meeting. He stated the survey for the new 911 Call Handler system is still currently open but will be closing any time. The other annual grants are expected to be reviewed at the following meeting which is currently TBD.

5. Treasurer's Report

- a. Warren Gould provided the Treasurer's report for November.
- b. Beginning balance was \$11,714.91.
- c. Total expenses were \$3,528.86 as follows:
 - i. \$15.94 for the Intuit QuickBooks monthly expense
 - ii. \$1,064.55 to Olivia's Market for the October Training Lunch (covered by a \$1,250.00 donation from LB Comms)
 - iii. \$408.12 to Panera Bread for the October Training Breakfast (covered by a \$500.00 from MPI)
 - iv. \$40.25 for the Microsoft Office 365 monthly expense
 - v. \$2,000.00 to Brian S. Hickey Associates for the October lobbyist retainer
- d. Total income was \$5000.00 as follows:
 - i. \$500.00 for FY25 Dues payments (\$2,750.00 deposits pending)
- e. There were 79 paid members for FY2024. So far there are 23 paid members for FY2025. FY25 memberships are going out alphabetically and to date, agencies A through M should have received invoices. If you did not, reach out to Warren.
- f. New members: None
- g. Renewed members are listed on the attached report.
- h. Corey Swift made a motion to accept. Second by Rick Rossi. Unanimous vote.



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6. Secretary's Report

- a. Secretary Lynskey presented the minutes from the October 16 meeting and stated they are posted on the website, sent out with today's meeting invite, and provided in person today. He recommended they be approved as written. Motion to approve by Alexa Owen. Second by Corey Swift. Unanimous vote.

7. Regional Vice President Reports

- a. Essex – Katrina Shamshak and Keenan Leonard-Solis both provided written reports which are attached.
- b. Middlesex/Suffolk – Anne Camaro reported no major updates. She has been reaching out to agencies looking for info but not getting any updates. She is looking forward to a great year with both MCSA and APCO Atlantic. Corey Swift reported on the numerous major wildfires throughout the area and that they have had task forces responding from all over the state daily. He also had the opportunity to talk to several agencies at the recent dispatch academy graduation to try to get them to join as members.
- c. Southeast – Mike Gethin provided a written report which is attached.
- d. Worcester – Chris Carleton stated there are multiple agencies hiring. He also stated that Westborough is hosting Halcyon Frank for numerous classes in early February. Greg Lynskey added that he is hosting Denise Amber Lee Foundation for two classes in March.
- e. Hampden/Berkshire – Johnathan Danek stated that Wilbraham RECC is hosting the Denise Amber Lee Foundation on December 9. Will Santiago addressed the meeting and announced that he would be leaving Springfield EC on November 18. He thanked everyone for always coming together for the industry and helping him in numerous ways. He stated this will be his last MCSA meeting and he has accepted a position with Motorola.
- f. Franklin/Hampshire – Don Tryon stated multiple agencies are hiring. He also stated there is a dispatch CIT class on January 23 and the minimum attendees has been met to hold it however there are still open seats. Monna Wallace reminded everyone to send trainings and postings to State 911 to promote.

8. Committee Reports



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- a. Training & Events Committee – Katrina Shamshak provided a written report which is attached. The Annual Meeting is scheduled for June 18.
- b. Newsletter – Katrina Shamshak provided a written report which is attached.
- c. Legislative – Johnathan Danek provided a background on the bills that MCSA has in process and stated to the legislative representatives that we are hoping for their support and guidance to get through the process. He stated there were no other new updates on the bills at the state level. On the federal side, he stated the 911 SAVES Act is the furthest it has gotten but there are no new updates. Kevin Lessard noted that MCSA has engaged a lobbyist who has been in contact with the legislative leadership. The report is they are willing to listen to our position on the bills. They understand the problems we are facing and are open to talking more with us for more details. Mark Messer stated he appreciated the invite. He noted it is really important to engage local Reps and Senators for their support. Jonathan Gould asked if the federal bills do a similar reclassification to the state bills. Johnathan Danek explained the difference between the reclassification bills and the retirement group bills. Jonathan Gould asked who would be covered by the change. Johnathan Danek explained the different titles that exist in Mass doing the same job. Greg Lynskey added that the language in the retirement bills is written such that it would cover 911 certified telecommunicators who were not otherwise covered in another retirement group (such as sworn officials who are certified). Jonathan Gould asked if it covered both state and municipal employees. Greg Lynskey stated yes, both, and also special districts. Pete Kinnas explained that dispatch has long been considered clerical however the job has changed over the years into a profession and dispatchers are regularly subjected to vicarious trauma and often suffer PTSD. He noted it is time to official recognize it as its own profession. Alexa Owen noted that there are technological advances where 911 personnel will be able to see the scene when people call and noted that will change everything about the job. Pete Kinnas noted that there are studies showing the trauma and how it works differently than for police and fire who have the opportunity for the adrenaline dump after the call ends where as 911 has to immediately move on to the next call. Will Santiago explained how you have to move on and pretend like nothing happened so you can be ready to handle the next call.



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- d. Emerging Technologies – Rob Verdone was not present and there was no report.
- e. Historical Committee – Butch Garrity was not present and there was no report.
- f. Outreach/Membership – Pete Kinnas did not have anything to report
- g. Book Club – Khristy Lord was not present and there was no report.
- h. Peer Support Committee – Khristy Lord was not present and there was no report.
- i. Generic Training Manual Committee – Corey Swift stated he has 3 trainees currently so they are using that opportunity to work out the kinks that he thought were already worked out with the manual but he has been continuing to receive feedback on it.

9. President's Report

- a. President Hastings provided an update on the E-Board meeting that took place after the October monthly meeting. She noted that the E-Board voted to allow Mike Gethin to remain in his position for the remainder of the year. She noted that Mike has changed agencies to a different region but has remained in the profession. She noted that part of the consideration was that there were no other candidates on the ballot for the Southeast region at the annual meeting. She also added the E-Board has requested to hold future payments to the lobbyist during the remainder of the informal session as no progress is expected on the bills and then resume payments upon refiling. She stated we are still waiting to hear back from the lobbyist as to whether or not he is agreeable to that.

10. Other business

- a. It was noted that the next meeting is a joint meeting with MA NENA.

11. Adjournment

- a. Corey Swift made a motion to adjourn at 11:50am, second by Johnathan Danek.



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Meeting Attendees:

Michael Amidon (Virtual)
Nina Barszcz (In Person)
Stephanie Brown (Virtual)
Anne Camaro (Virtual)
Anthony Capone (In Person)
Chris Carleton (Virtual)
Johnathan Danek (In Person)
Cam Dunbar (In Person)
Sarah Flaherty (Virtual)
Johnathan Gordon (Virtual)
Jonathan Gould (In Person)
Warren Gould (In Person)
Brendan Gray (Virtual)
Erin Hastings (Virtual)
Chris Herrstrom (Virtual)
Natalie Hunt (Virtual)
Laura Kilgour (Virtual)
Peter Kinnas (In Person)
Kevin Lessard (Virtual)
David Luciano (Virtual)
Greg Lynskey (In Person)
Mark Messer (In Person)
Caitlin Mroczek (Virtual)
Donald Nagle (Virtual)
Mark Nutting (In Person)
Tom O'Brien (Virtual)
Terri Osborne (Virtual)
Alexa Owen (In Person)
Dan Poutras (In Person)
Rick Rossi (In Person)
Will Santiago (In Person)
Katrina Shamshak (Virtual)
Corey Swift (In Person)
Don Tryon (In Person)
Marlyn Velazquez
Nicholas Waleszczyk (In Person)
Monna Wallace (Virtual)



November 12, 2024 – Southwick Fire Station

Name	Agency/Business	Email
Don Tryon	MSP-shelburne	on file
Cam Dunbar	MSP	on file
Peter Kinneas	State 911	on file
Rick Rossi	Gardner PD	on file
Nina Barszcz	Westfield Regional	
Greg Lynsky	SWCCC	on file
Warren Gould	Boxford	on file
Alexa Owen	WRECC	
Nicholas Woleszczyn	State 911	on file
Dan Pournas	Newton	D.Pournas@newtonma.gov
Anthony Capone	Newton	ACapone@newtonma.gov
Mark Messer	Senator Velis	Mark.Messer@mass.gov
LOREY SWIFT	Wilmslow	on file

MCSA Treasurer report through 11/10/2024

Beginning balance (10/09/24) = \$ 11,714.91

Expenses:

Intuit Quickbooks (monthly)	= \$ 15.94 (10/11/24)
Oliva’s Market (October Training lunch <LB Comms \$1250>)	= \$ 1,064.55 (10/24/24)
Panera Bread (October Training breakfast <MPI \$500>)	= \$ 408.12 (10/25/24)
Microsoft Office 365 (monthly)	= \$ 40.25 (10/28/24)
Brian S. Hickey Associates (September lobbyist retainer)	= \$ 2,000.00 (11/05/24)

Expenses (total) = \$ 3,528.86

Income:

FY25 Dues payments	\$ 500.00
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Income (total) = \$ 500.00

BALANCE = \$ 8,686.05

72 FY21 Members

70 FY22 Members

89 FY23 Members

79 FY24 Paid Members

23 FY25 Paid Members to date (\$2750 in deposits pending)

RENEWED MEMBERS: Acton, AMR Ambulance, Belmont, Cambridge, Carver, Charlton, Clinton, Dukes County, Gardner, Georgetown, Greenfield

NEW MEMBERS: none this month

52 FY25 Membership have gone out to date (alphabetically). Agencies A through the beginning of M should have received invoices already.

Respectfully submitted,

Warren Gould

Treasurer MCSA

Reference for yearly expenses

Constant Contact (yearly)	= \$ 490.92 (08/23/23) (\$40.91/month)
Siteground Webhosting (yearly)	= \$ 275.76 (05/28/24)
Johnson & Johnson (1 year) Eboard Insurance	= \$1,460.00 (08/01/23) (was \$1,416.00)

Gregory Lynskey (SWCCC)

From: Shamshak, Katrina C. (911) <Katrina.C.Shamshak@mass.gov>
Sent: Friday, November 8, 2024 12:32
To: Gregory Lynskey (SWCCC)
Subject: [External]Updates

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Katrina Shamshak Updates

I'm sorry I can't attend in person I'm on vacation in Florida! I plan on trying to login on my phone

TERT Update:

Northeast team deployed to Malden on 11/8 to provide coverage for the funeral of a Malden LT.

Regional VP Update:

Fires: As you've probably seen on the news, massive wildfires have been burning in the state and many on the North Shore. Wanted to give a special shout out to Georgetown, North Shore Regional, Saugus, Danvers, and Salem who have been handling many calls about smoke and fire—and I'm sure there are many other surrounding towns.

APCO: APCO Atlantic Conference in Portland Maine is coming up, Nov 18-20, Joshua Graham of North Shore Regional will be honored with the Telecommunicator of the Year award.

TERT: As mentioned TERT was deployed to Malden 11/8- 3 out of 4 sent were from Essex County Crowley of Georgetown, Higgins of Andover, and Gilliland of Marblehead

Training:

Workshop: Thank you to all of those that participated in the October workshop. The feedback was overwhelmingly supportive. Everyone very much likes the discussion based format.

March: The March training day is set for March 12th in Foxboro. Confirmed presenters are Kris Inman and Adam Timm of the Healthy Dispatcher. Working on securing one more to give people more options and to utilize all the spaces we have. There is a room block for anyone interested in staying the night before cost of \$199. Room block will close Feb 18th. Heads up for board members to start thinking who will be attending so we can secure your rooms—stay tuned for an email on that. Hoping to get registration out and live by the last week of November.

Newsletter: Would like to challenge all committees and all Regional VPs to send me something for the next newsletter. If your center is decorating for the Holidays I'd love to showcase that as well!

P.S. If you're reading this after hours, remember that work-life balance is key! I sent this when it suited me, so please feel free to reply when it suits you best.

Katrina C. Shamshak, RPL
Public Safety Dispatcher III
Training & QA Coordinator
Massachusetts TERT Coordinator
North Shore Regional 911 Center
Massachusetts State 911 Department
18 Manning Ave., Middleton, MA 01949
Main: 978-801-4911 x4163
katrina.c.shamshak@mass.gov
www.mass.gov/NSR911

Gregory Lynskey (SWCCC)

From: Keenan Leonard-Solis <KLeonardsolis@GeorgetownMa.gov>
Sent: Saturday, November 9, 2024 13:15
To: Gregory Lynskey (SWCCC)
Cc: Shamshak, Katrina C. (911)
Subject: [External]Essex County VP Report for November's MCSA Meeting

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Hi Greg,

Unfortunately, I won't be able to attend this month's MCSA meeting, but I wanted to pass along my Essex County VP report. Could you please share this during the meeting?

Essex County Representation at the ENP Bootcamp

On Wednesday November 6th, MassNENA hosted an ENP Bootcamp at the State 911 Training Center in Milford. Four (4) telecommunicators from Essex County attended, including myself and Katrina.

In total, I also counted nine (9) MA-TERT members present, along with eight (8) MCSA Executive Board members, many of whom helped coordinate the event. It was a productive day of learning, and I strongly support ENP certification -- not just for individual telecommunicators, but for the communities they serve and our industry as a whole. That being said, the cost of certification can be a barrier for many, so I will keep my eyes open for scholarship opportunities, future bootcamps, and study groups. I'll share any relevant updates for Essex County either here at MCSA or on social media pages.

Social Media Outreach

We're working to maintain a strong presence in dispatch-focused Facebook groups like "*Massachusetts Public Safety Dispatchers*" and "*911 in Essex County, MA*". Through these platforms, we're sharing training opportunities (such as the ENP Bootcamp) and other relevant information that may be useful for Essex County dispatchers. Anyone interested in staying up-to-date can follow these groups for the latest information.

Known Essex County Dispatcher Hirings

- *Hamilton* is looking for a Full-Time Dispatcher.
 - Contact Captain Scott Janes for details: sjanes@hamiltonma.gov.
- *Haverhill* is hiring a Full-Time Dispatcher.
 - Applications are available online, and applicants can send their cover letter, application, and resume to Haverhill's Human Resources Department: HRD@HAVERHILLMA.GOV.

Katrina Shamshak's Candidacy for APCO Atlantic Chapter First Vice-President

This is really Katrina's news to share, but I wanted to make sure the news gets out because it's incredibly exciting: For those of you who didn't know, our very own Katrina Shamshak is running for APCO Atlantic Chapter First Vice-President for the 2024–2025 Chapter Year, with the election taking place during this month's APCO Atlantic Chapter Conference. Having worked closely with Katrina both as MCSA Co-VP as well as MA-TERT, I can personally attest to her unwavering dedication and passion for our profession. She would be an outstanding representative for us in the APCO Atlantic Chapter.

Keenan Leonard-Solis

Dispatch Supervisor at Georgetown Police Department

47 Central Street, Georgetown, MA 01833

Work Phone 978-352-5700 **Fax** 978-352-5709

Web www.georgetownmapd.com

Email kleonardsolis@georgetownma.gov

Gregory Lynskey (SWCCC)

From: Gethin, Michael (911) <Michael.Gethin@mass.gov>
Sent: Wednesday, November 13, 2024 09:27
To: Gregory Lynskey (SWCCC)
Subject: [External]MCSA Report

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe. If unsure, please consult your administrator before proceeding.

Good Morning,

I was unable to attend in person due to some scheduling conflicts today. and may have to jump out of the meeting a little early. Here is my report should i not be able to give it.

Nothing terribly new to report in the Region that has not already been noted.

Yarmouth Police are hosting Denise Amber Lee Foundation classes January 6 and 7
January 6 Domestic Violence; Why They Stay
January 7 A Helping Hand: Peer Support in Your Communication Center

This is all I have for the moment. Have a good day!

Respectfully,

Michael Gethin
Operations Manager
Massachusetts State 911 Department
PSAP Operations, Division 1
31 Maple St, Milford, MA 01757
Cell: 774-218-7982
Office: 508-350-7005
michael.gethin@mass.gov

Gregory Lynskey (SWCCC)

From: Chris A. Carleton <ccarleton@town.northborough.ma.us>
Sent: Wednesday, November 13, 2024 11:52
To: Gregory Lynskey (SWCCC)
Cc: aowen@holdenma.gov
Subject: [External]November 13th MCSA Worcester County VP report

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe. If unsure, please consult your administrator before proceeding.

Good morning!

Hiring: Douglas Police Department are hiring part-time dispatchers. Wachusett Regional is currently seeking both full time and part time emergency telecommunicators. Both positions are posted on CJIS Extranet with instructions how to apply.

Training: Westboro will be hosting Under The Headset with Halcyon on Tuesday, February 4th, Wednesday, February 5th and Thursday, February 6th, 2025. She'll be presenting Being an encourager & bridging the gap, Combating complacency, and providing caller focused service.

Outreach: Dan and I continue to do outreach but we're not getting much traction from non-members. We're going to continue the effort.

Thank you,

Chris Carleton
Supervisor of Communications and Records

Northborough Police Department
211 Main Street
Northborough, MA 01532

Phone: 508-393-1515
Cell: 978-621-4885
Email: ccarleton@town.northborough.ma.us

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Understanding Alzheimer's and Dementia

ALZHEIMER'S  ASSOCIATION®

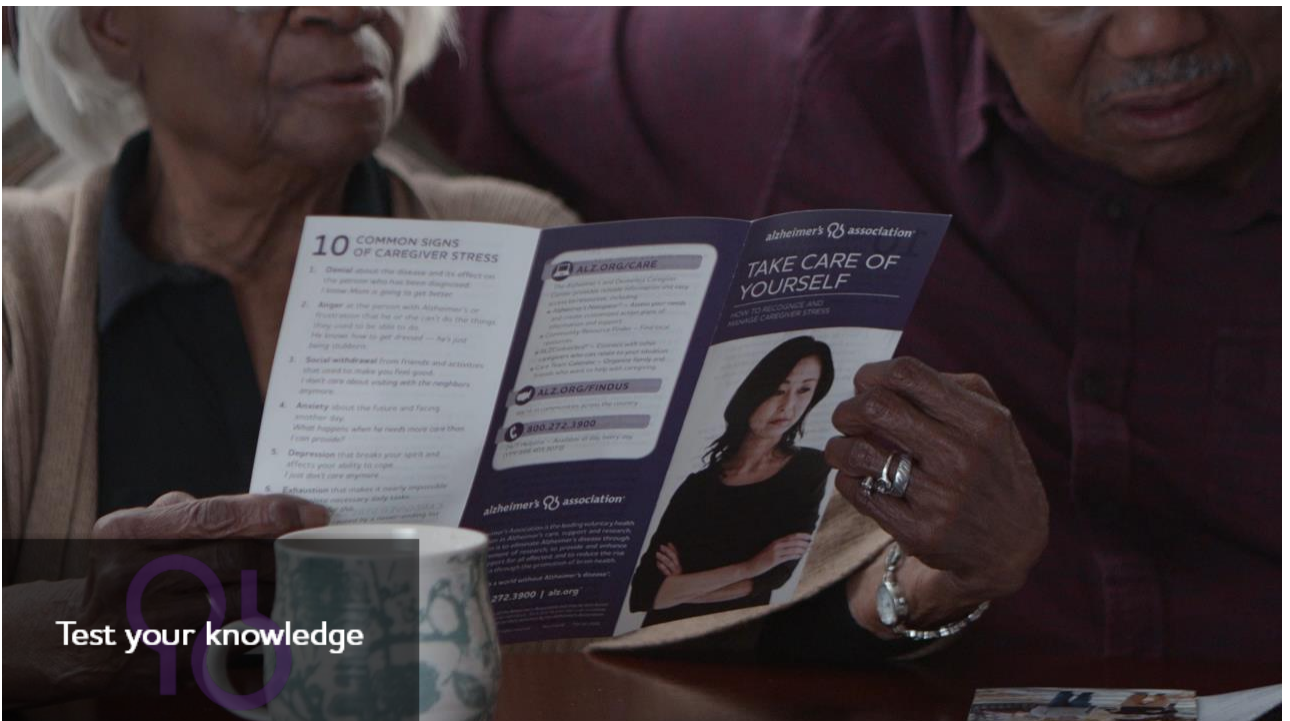


Understanding Alzheimer's and Dementia

Learning Objectives

ALZHEIMER'S  ASSOCIATION®

- Compare Alzheimer's and dementia.
- Recognize how Alzheimer's disease affects the brain.
- List the risk factors of Alzheimer's disease.
- Identify the stages of the disease.
- Recognize current FDA-approved treatments.
- Describe how scientists are working to advance research.
- Name the resources available through the Alzheimer's Association.





**MORE THAN 6 MILLION
AMERICANS ARE LIVING WITH
ALZHEIMER'S**

Approximately how many Americans
are currently living with Alzheimer's?

Over 3 million

More than 6 million

About 8 million

About 11 million



**OVER 11 MILLION AMERICANS
PROVIDE UNPAID CARE FOR PEOPLE
WITH ALZHEIMER'S OR OTHER DEMENTIAS**

About how many Americans provide
unpaid care for people living with
Alzheimer's or other dementias?

About 8 million

Over 11 million

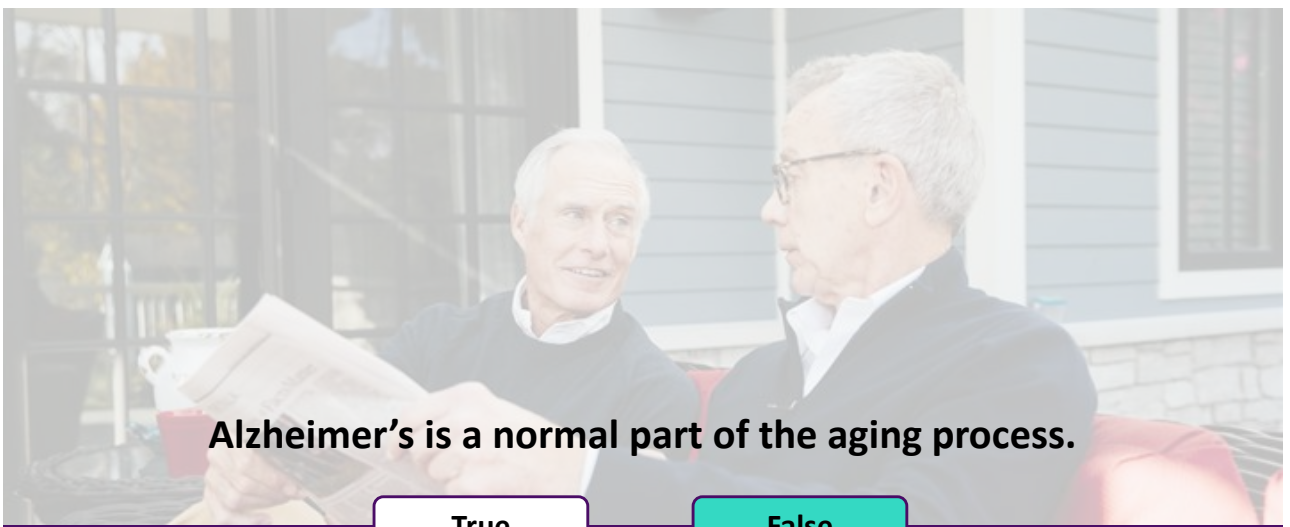
Over 14 million

More than 18 million

Know the facts



Alzheimer's and Dementia

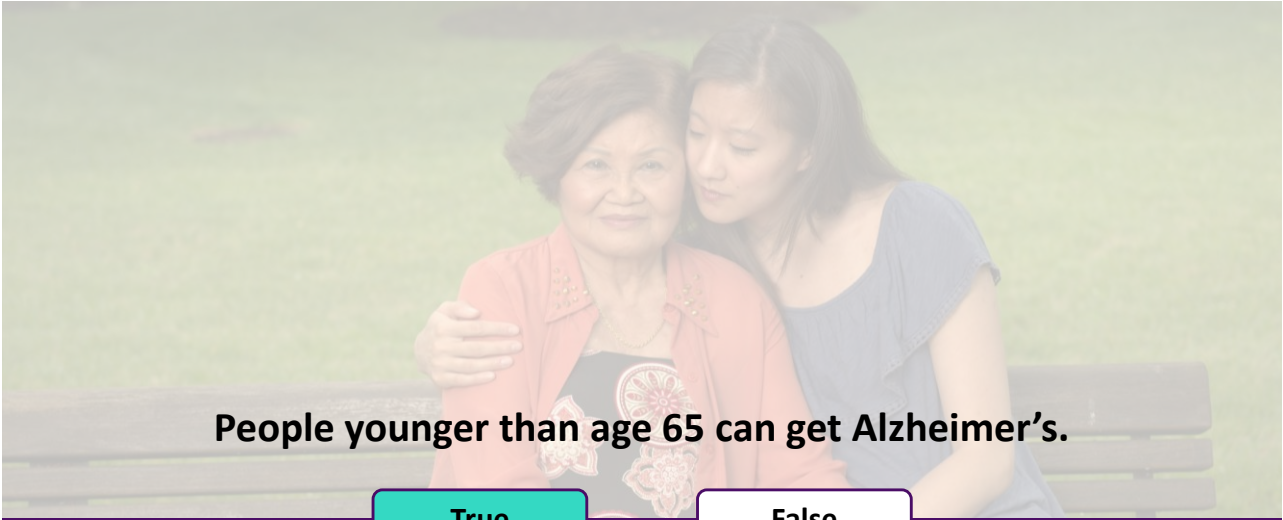


Alzheimer's is a normal part of the aging process.

True

False

Alzheimer's is a brain disease that causes problems with memory, thinking and behavior. It is not a normal part of aging.

A photograph of an older woman with short brown hair, wearing a red jacket over a black top with a floral pattern, being embraced from behind by a younger woman with long dark hair wearing a blue top. They are sitting on a wooden bench outdoors.

People younger than age 65 can get Alzheimer's.

True

False

Although it is much less common, people younger than 65 can also develop Alzheimer's.'



AND EARLY
↓

Why is an accurate diagnosis important?



Alzheimer's and Dementia Recap

- Dementia is a general term for a collection of symptoms that are severe enough to interfere with daily life.
- Alzheimer's is the most common cause of dementia.
- Alzheimer's is not a normal part of aging; it is a progressive brain disease.



Alzheimer's in the Brain

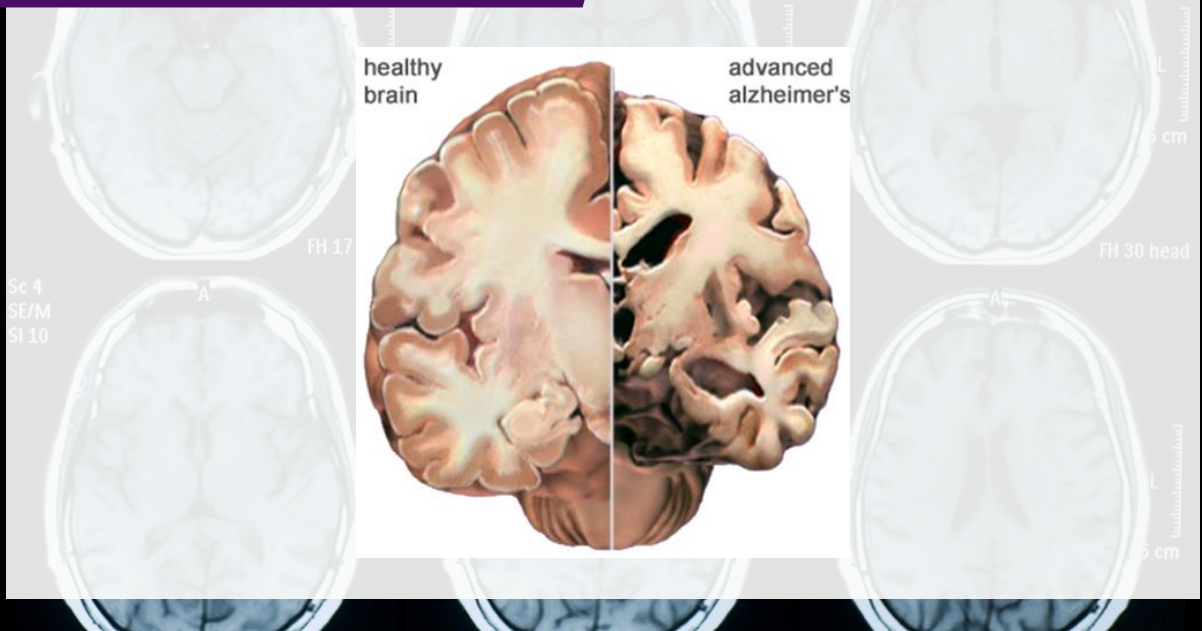


Hear from the expert



Dr. Maria Carrillo
Alzheimer's Association

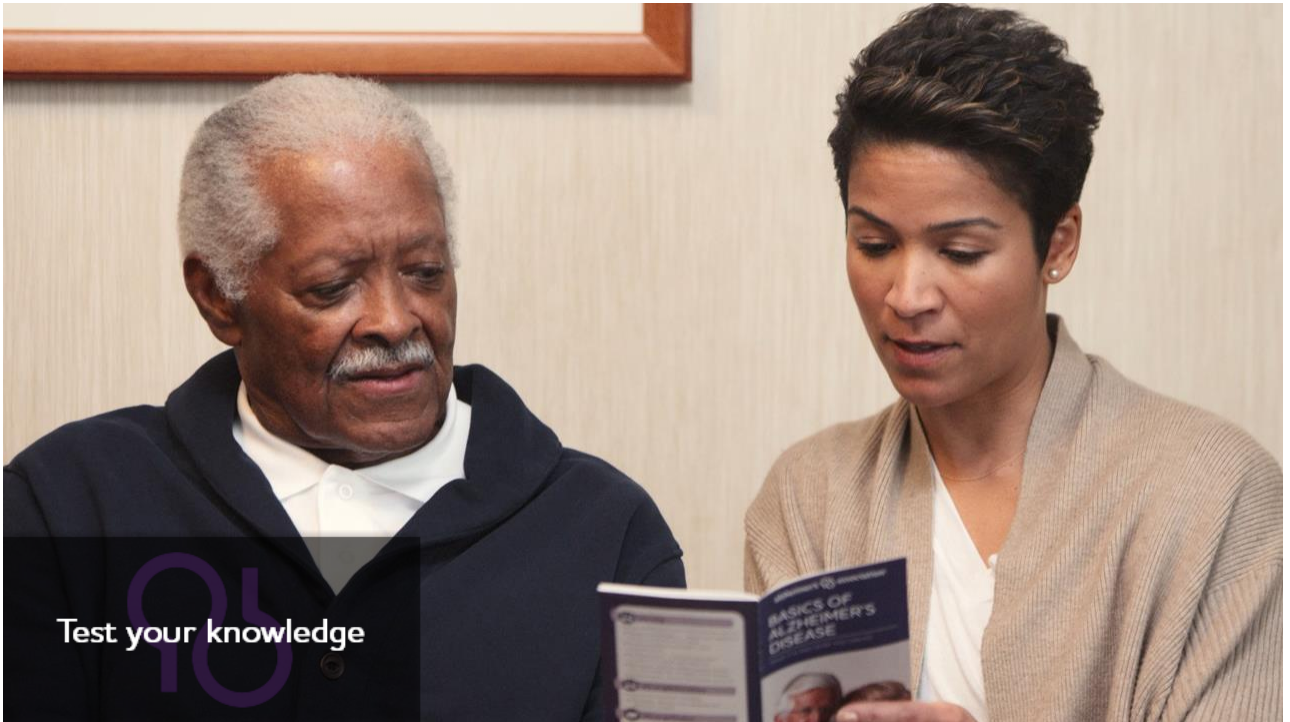
Alzheimer's in the Brain



Alzheimer's in the Brain Recap

- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- The brain changes result in changes in memory, thinking and behavior.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.





Age

Although Alzheimer's is not part of normal aging, age is the greatest risk factor for the disease. After age 65, the risk of Alzheimer's doubles every five years. Thirty-four percent of people 85 and older have Alzheimer's.

What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age



Hear from the expert



Heather Snyder, Ph.D.
Alzheimer's Association



Populations at higher risk

Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.

Hispanic Americans are one and a half times as likely to have the disease as White Americans.

Almost two-thirds of Americans living with Alzheimer's are women.

Risk Factors Recap

- Age is the greatest known risk factor for Alzheimer's. An individual's risk for developing the disease increases at age 65
- Family history is also a known risk factor — having a parent or sibling with the disease increases an individual's risk.
- Risk genes and deterministic genes are the two types of genes associated with Alzheimer's.
- Black Americans, Hispanic Americans and women are at an increased risk for Alzheimer's.



Stages of Alzheimer's Disease

Living with Dementia



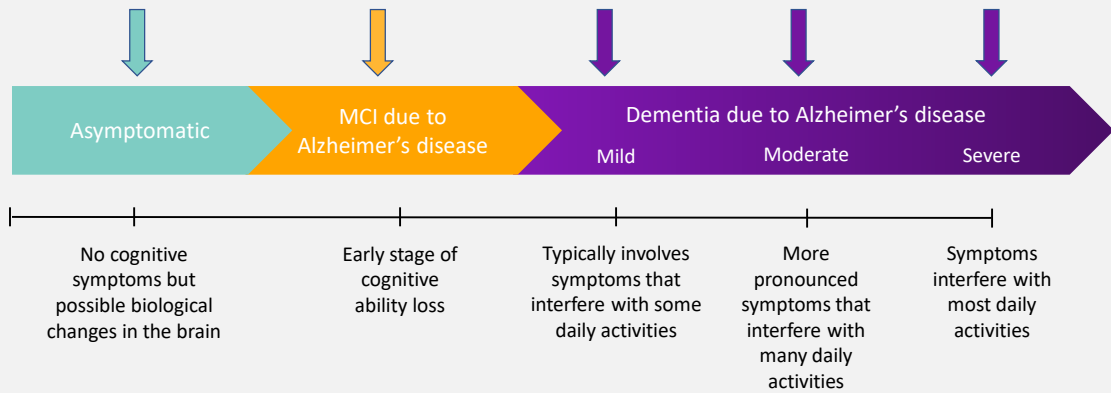
Facing the frustration



Losing the words

Living for today

Alzheimer's disease is a continuum



Stages of Alzheimer's Disease Recap

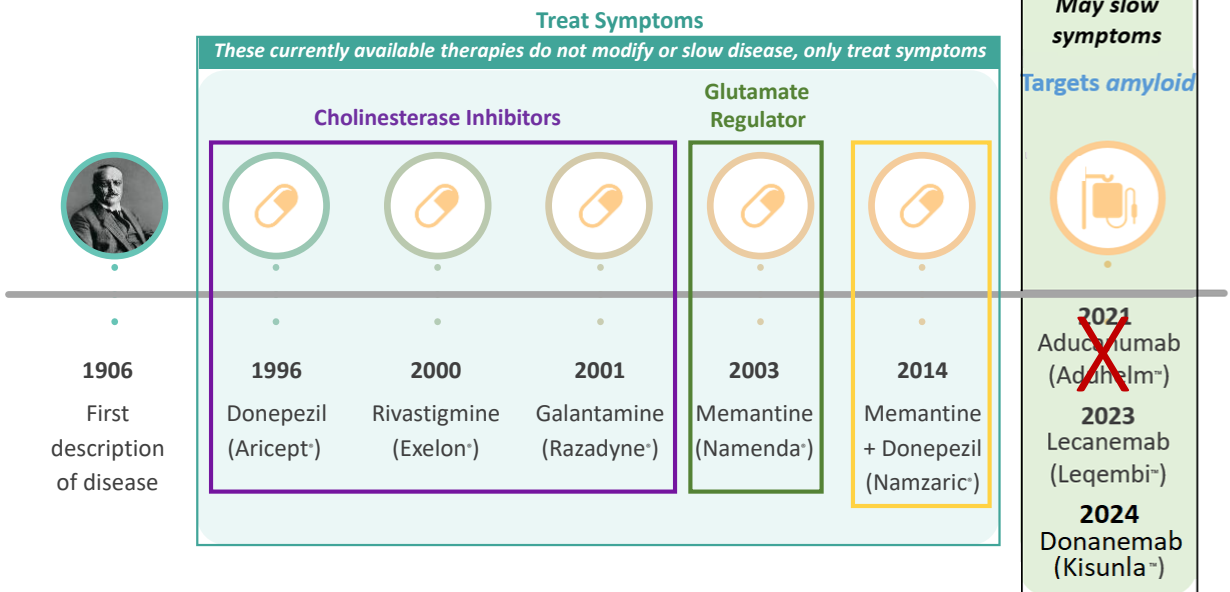
- The three broad phases of the disease are asymptomatic, MCI due to Alzheimer's disease, and dementia due to Alzheimer's disease.
- The dementia phase is further broken down into three stages — mild, moderate and severe.
- No two individuals experience the symptoms and progression of Alzheimer's disease in the same way.
- While symptoms worsen over time, people progress through stages at different rates as their abilities change.

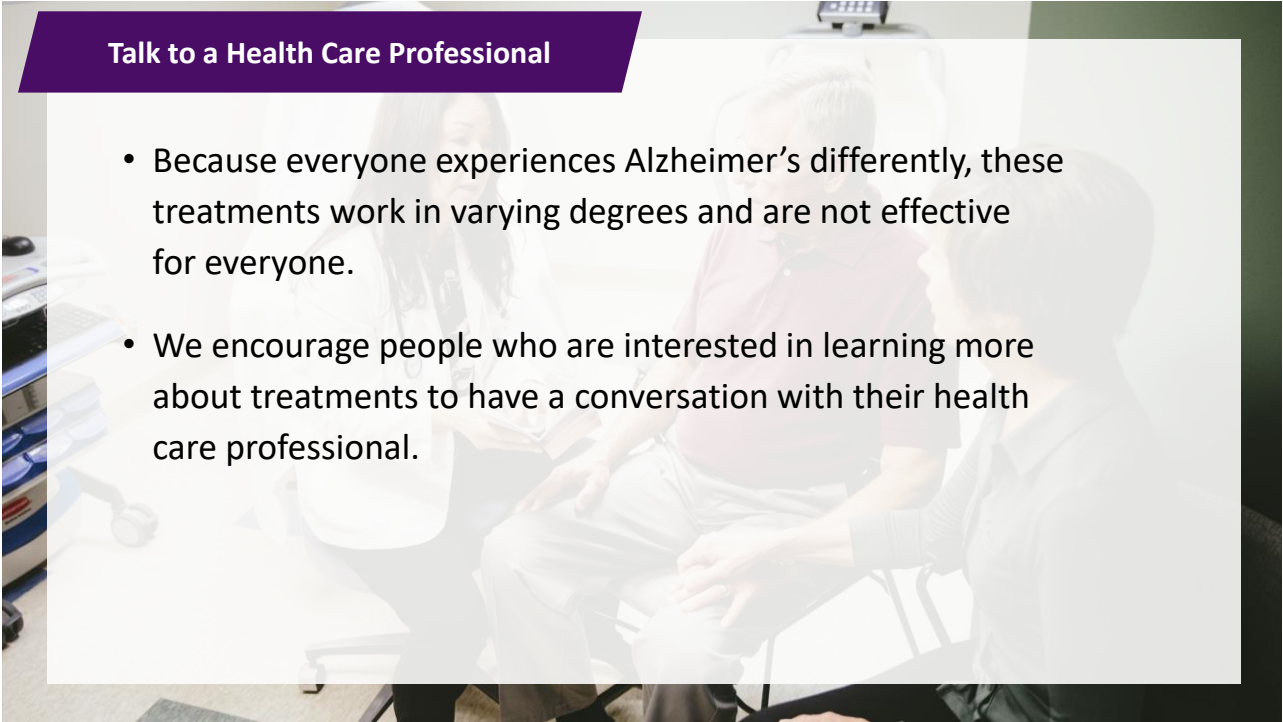


FDA-Approved Treatments

FDA-Approved Therapies for Alzheimer's

Anti-Amyloid Antibodies





Talk to a Health Care Professional

- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- We encourage people who are interested in learning more about treatments to have a conversation with their health care professional.



Advancing Alzheimer's Research



Hope for the Future

Moving toward a cure

Securing the funds

Advancing Alzheimer's Research Recap

- Scientists have increased their understanding of Alzheimer's significantly over the past decade.
- People living with dementia, caregivers and healthy volunteers without dementia are needed for clinical studies in order to find methods of prevention, treatment and, ultimately, a cure.
- Both drug and non-drug studies are taking place across the country and online.
- TrialMatch (alz.org/TrialMatch) is a free clinical studies matching service.



Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.



On the phone – 24/7 Helpline, 800.272.3900



Online – alz.org



In communities nationwide – alz.org/CRF



ALZHEIMER'S  ASSOCIATION®

800.272.3900 | alz.org®

Questions?