

alzheimer's association™

Rhode Island Chapter Winter 2009 Newsletter
245 Waterman Street, Suite 306, Providence, RI 02906
(401) 421-0008 (f)401-421-0115 www.alz.org/ri



24/7 Helpline—A Most Valuable Resource

When you have questions about Alzheimer's disease, caregiving or brain health, the Alzheimer's Association 24/7 Helpline has the answer. Staffed around-the-clock by professionals who understand the disease and its impact, our 24/7 Helpline connects callers to information and support whenever they need it.

The 24/7 Helpline is a partnership between the Alzheimer's Association national office and the Rhode Island chapter. Callers are linked directly to trained staff at the Rhode Island chapter during our regular office hours which are Monday through Friday from 8:00 am to 5:00 pm.

After hour and weekend calls are handled by the national office and reports are sent to the Rhode Island chapter for follow up.

It's very reassuring that regardless of the time of day, if you have a question there is someone who will assist you. At the Rhode Island Chapter, we can provide you with resources and support that will help you care for your loved one.

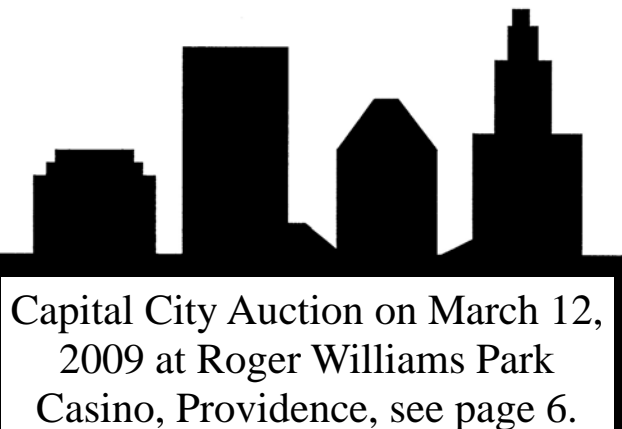
Our Helpline serves:

- People with memory loss
- Caregivers
- Health care professionals
- The general public
- Diverse populations

If you have any questions or concerns just call our confidential Helpline at 800-272-3900



*Thanks to our 2008 and 2009
Memory Walk Platinum Sponsor*



Capital City Auction on March 12,
2009 at Roger Williams Park
Casino, Providence, see page 6.

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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.

Letter from Executive Director

In March, 1989, a group of dedicated family members and health care professionals incorporated an Alzheimer's affiliate in the State of Rhode Island. Named, at first, the Alzheimer's Association-Narragansett Bay Chapter, the all volunteer agency set up a Helpline and referral service to address the basic concerns of dementia families. Those caring for a loved became the focus. Within time, the first staff person, Rona Flaherty, coordinated a one room office in the building attached to St. Paul's Lutheran Church in Warwick. The name was changed to the Rhode Island Chapter a few years later, so that there would be no confusion as to whom we served--people in the State of Rhode Island.

During these twenty years, the services of our Chapter have grown, and we have expanded our vision of whom we serve. Families utilize our Helpline, care consultation, educational programs, support groups, and Medic Alert/Safe Return. Persons with dementia participate in our activities programs. The health care community benefits from the staff trainings we offer. Since we raise the revenue necessary for these programs, our signature events-- Memory Walk, the Capital City Auction, and the Golf Tournament--present the opportunity for the Rhode Island Community to contribute to the Chapter, so we can help those afflicted with dementia.

The advocacy efforts of the Rhode Island affiliate have impacted laws and regulations. We were successful in getting RIPAE dollars used for Alzheimer's drugs. We changed the definition of Special Care Units, and we were an integral part of updating laws/regulations governing assisted living, and disclosure descriptions of facilities' dementia care units. We continue to play a unique role in the development of a new long term care system for the State. We work closely with the Congressional delegation to promote the visibility of Alzheimer needs in the U.S. Congress.

The Rhode Island Chapter celebrates the impact that the staff, Board, and many volunteers have had towards progress in dementia care. But we also grasp the new challenges that we see these twenty years later. With limited resources yet growing numbers, Alzheimer's disease is truly the health care challenge of the 21st century. We must have better treatments. Alzheimer's needs to become a disease that is manageable. More research funding is essential now!

The Rhode Island Chapter goals involve new ways to address better quality of life for early stage and early onset people, yet continue a high quality of support for the families caring for loved ones at any stage of this difficult disease.

Every one of our events this year has a special 20th Anniversary flavor! We hope all of you will support the Rhode Island Chapter. Together we can offer an optimistic approach, and alter the devastation of Alzheimer's disease.

Sincerely,

Elizabeth Morancy

Executive Director

Does Your Will Reflect What is Important to You

Every year people like you make provisions in their estate plans to support organizations like the Alzheimer's Association. The Association relies on these generously donated funds to support various programs and services for those with Alzheimer's disease and their families. These funds also support important scientific research that we hope will someday lead to an end of the disease.

Like most people, making a gift through your will allows you to continue your support of the Alzheimer's Association more significantly than you could during your lifetime. Such thoughtful planning can be done by making a bequest of a specific dollar amount, a percentage of your estate, or by leaving the remainder of your estate to the Association after other distributions have been made. Your bequest gift can be made in memory or honor of a loved one, making a most meaningful tribute to their life.

A gift through your will is simple and has no current financial impact, leaving your current lifestyle unchanged. Your estate will also receive a deduction, which helps to reduce any death taxes that may be due. A good estate plan should not only reflect dollars and taxes, but also the people and organizations that are important to you! A gift through your will gives you the opportunity to do just that. For more information, please contact Karen McAllister, Assistant Director of Planned Giving, at (860) 570-0787 or Karen.mcallister@alz.org.

If Only We Had Known...We Could Have Said, "Thank You"

Through the years, the Alzheimer's Association has received bequests and other deferred gifts that we didn't anticipate. These gifts have been greatly appreciated and assist us in our fight against Alzheimer's disease. We can only hope that the thoughtful and generous benefactors who had the forethought to include the Association in their estate plans could know how grateful we would be.

And so we ask our many generous and involved friends to consider letting us know when they include the Alzheimer's Association in their estate plans. By doing so, they give us the opportunity to recognize them for their thoughtfulness. And just as important, they are setting an example that may inspire others to give to the Association.

Leading the way in setting such an example is a group so special, so thoughtful and so committed to the Alzheimer's Association that they have their own society – the Founders Society. As the name implies, history and a tradition of caring are what set this group apart. From the Association's founding, we have been fortunate to have so many individuals think of the Association's future and put their thoughts into action.

Have you named the Alzheimer's Association in your estate plans? If so, won't you consider helping us further by letting us know? If you would like to speak to someone personally about your giving plans, please contact Karen McAllister, Assistant Director of Planned Giving, at (860) 570-0787 or Karen.mcallister@alz.org. There is no better way to act now and give forever!

Visit Click N' Learn on our Website—www.alz.org/ri

The topic changes every 2 months—Currently, the topic is "Can Alzheimer's Disease be Prevented?" Look for a new educational subject on March 1st.

Helpline

Your Direct Line To:

- Supportive Listening
- Resource Materials
- Support Groups
- Latest Research
- Public Policy News
- and more!

Consultation

Your Direct Link to:

- In-office meeting with Program Staff
 - Help in developing a plan and direction for care
 - Problem solving
 - On-going guidance
 - Connection with community resources
- 401-421-0008
1-800-272-3900

**Call our
800 number
24 hours/7days
a week
to talk directly
with someone
who can help.**

Caregiver Tips

Caring for the Caregiver

Alzheimer's caregivers typically take care of themselves last, according to a recent survey of caregivers conducted by the Alzheimer's Association. They sleep less, exercise rarely, and eat poorly. On top of that, they experience higher levels of physical and emotional strain. These stressors combined put Alzheimer's caregivers at a greater health risk than non-caregivers. Follow these tips to maintain your own health while providing adequate care for your loved one:

Plan ahead

Literature online at www.alz.org or the resource library at the Rhode Island chapter can help you predict the progression of the disease. Setting a plan for care before it is needed allows the individual with Alzheimer's to be involved while able and will alleviate stress down the road.

Maintain your support network

Keep in touch with friends and family. It is healthy for both you and the person suffering from Alzheimer's to have a regular social interaction. To lessen the strain changing roles can cause in your relationship, be open and honest about the effects of the disease on you and your loved one.

Don't be afraid to ask for help

If friends and family ask how they can assist, take them up on the offer. Develop a list of tasks and allow them to choose one that fits their interest and schedule. Community programs can also provide some respite. The most common type of respite care are adult day services, home care, and short-term overnight care. Never say never. You should keep an open mind to all of the resources that are out there. At a certain point, resources that did not seem like an option before might be the best solution.

Schedule time for yourself

Use the free time that assistance affords you to maintain involvement in the things you love, even if it is scaled down. Make up your mind that you count too. It doesn't do your loved one any good to see you collapsing.

Keep yourself healthy

Get adequate rest, especially if you are ill. Get the recommended eight hours of sleep per night. Eat a healthy, balanced diet rich in whole grain, fruits & vegetables.

Reduce your stress

Regular physical activity will keep your body strong and reduce stress and depression. Avoid caffeine and nicotine, which aggravate insomnia and anxiety and reduce alcohol intake as it decreases natural coping mechanisms for depression.

Get emotional support

Finally, seek emotional support. You may want to consider counseling or support groups. The Alzheimer's Association offers support groups throughout Rhode Island. These groups offer a place to share your emotion, to receive empathy from others in similar circumstances, and seek solutions to specific problems.

If you would like a hard copy of our newsletters, please call Donna at 421-0008 or if you are not on our email list, email Donna at Donna.Costa@alz.org to receive the newsletter.

Professional Staff Education Opportunities

The Alzheimer's Association is dedicated to the education of all those touched by Alzheimer's Disease. Our educational programs are designed specifically for professional health care staff.

The programs are applicable to all health care settings: nursing homes, assisted living centers, home care agencies, and adult day centers. The programs are tailored to the staff and the type of facility in which they work. They are interactive programs, with input encouraged from those participating in the sessions.

Program Options

T.E.A.M.—6 hours provided *at your facility*, either in three 2-hour blocks or two 3-hour blocks. A minimum of 15 staff are required for this program. The cost of \$350 includes a recommended 30-minute pre-program meeting with the Administrator and Nursing Director.

T.E.A.M. also can be provided at one location *for combined staff* from two or more facilities. The cost of the training can be shared, but the total number of participants cannot exceed 25.

T.E.A.M. also is provided 3-4 times per year *at our office*. The same program is offered for a cost of \$25 per person. This is particularly appropriate for smaller facilities that cannot reach the 15-person minimum for a class. This also is open to individuals.

In-services on various topics also can be offered at facilities for a minimum of 10 staff. For assisted living facilities the in-service fee is \$75 for up to one hour. For nursing homes and other agencies, the fee is \$50 for up to one hour.

Dual diagnosis education for group home staff at a residence consists of a two-hour consultation and education. The fee is \$50. Dual diagnosis education for staff in larger programs has the same fee structure as for T.E.A.M.

All fees noted above are effective March 1, 2009

Rhode Island Chapter Welcomes Annie Murphy

We are happy to have Annie Murphy join our staff. Annie lives in Kingston, RI with her husband, Wayne, Son TJ and dog Millie. She last worked for Cathleen Naughton Associates Home Health Care. Prior to that, Annie worked as a vocational rehabilitation case manager for non-profit organizations for the last 15 years. Annie Murphy's new position is sponsored by a grant from the Department of Elderly Affairs. "I'm excited to be out in the community marketing the Live and Learn Program. It's a vital social program for people in RI who have been diagnosed with early memory loss."



*Capital City Auction
March 12, 2009*



Sponsorships Available for \$1000/\$100
Showcase your business with a sign
Tickets \$60 for Preview & Auction
\$50 for Auction only—\$70 at the Door

Capital City Auction

Please join us for this premier event

March 12, 2009

**Roger Williams Park Casino
Providence, RI**

Preview Party 6:00 – 6:30 p.m.

6:30 p.m.—Silent Auction

8:00 p.m.—Live Auction

MC—Channel 12's Tony Petrarca

Lots of great auction prizes

Food catered by Carrabba's Italian Grill

Cash Bar—Wine and Beer

Some items featured at Auction will be:

Visit the site of the next winter Olympics - Vancouver, Canada

Block Island Gateway

2-night stay at Resort & Spa in Phoenix, AZ

Explore the Wine Country in Sonoma, CA

Chef's Dinner in your home

Vacation in the Sunshine State

Golf Foursomes

Mystic, Ct. Bed and Breakfast

Dinner and a Play

Caribbean Island stay

Please call for your tickets

401-421-0008

All proceeds to benefit the
Alzheimer's Association – RI Chapter

*Alzheimer's Golf Tournament
June 22, 2009*

NEW DATE AND LOCATION

Monday, June 22, 2009

8:30 a.m. Start

Annual Golf Tournament
Crestwood Country Club
Rehoboth, MA

Morning shotgun, Lunch, raffle items

Golf foursomes/sponsorship opportunities available
We are in the planning stages and looking for new
committee members. For details, call 421-0008.

Memory Walk

October 4, 2009

Congratulations to Gino's Team – They are the first team to sign up for Memory Walk this year. The team signed up in January and they already have four team members recruited. Go Team!

Memory Walk is scheduled for Sunday, October 4th at a new location – Slater Memorial Park in Pawtucket. Newport Walk will be held at Salve Regina Univ.

You too can sign up for the walk at
www.providencememorywalk.kintera.org for the Slater Park Walk and
www.newportmemorywalk.kintera.org for Newport.

*Lots of Great Items for Sale at the
Rhode Island Chapter
Call 421-0008 or www.alz.org/ri*

Lovely forget-me-not pin made in Rhode Island for Rhode Islanders with Alzheimer's disease. Pins are available for \$20.

Purchase a wonderful cookbook filled with great recipes from our friends and family. Just \$15 for 1 or \$25 for 2.

Bookmarks made by early stage participants at the Live and Live programs in Providence and Warwick-\$5 each.

Alzheimer's Specific Support Groups

What is a support group? Support groups are regularly scheduled, free gatherings of persons who are providing care for persons with Alzheimer's disease or a related disorder. The groups are facilitated by persons trained by the Alzheimer's Association and are held throughout the state in community-based settings. The primary purpose of these groups is to provide education/knowledge about the disease and caregiving skills. The combination of education and emotional support should enable caregiver to feel better at the end of the meeting. Groups remind caregivers they are not alone, give them a chance to say what they are feeling in a supportive environment, learn new strategies and resources in the community and foster support networks. Each group has its own character and each meeting is different. It may take some time to find the right group. The schedule of groups is listed below. ***Be sure to contact the group leader before attending group.***

Alzheimer's Specific Support Groups: These groups focus *exclusively* on the challenges and concerns of caregivers of persons with Alzheimer's disease or a related disorder.

Setting	Group leader(s)	Phone	Day/Time
Cranston- Hope Alzheimer's Center Adult Day Care provided	Dottie Poveromo & Ellen Grizzetti	946-9220	2 nd Wednesday 2:30-4:00 p.m.
East Greenwich –Law Offices of Laura Krohn	Charlene Leveillee	474-4844	Every Thursday 6-8:00 pm
East Providence- RI Mood & Memory Clinic Adult Day Care Provided	Holly Adams & Donna Cimini	435-8950	4 th Monday 1:30 pm
Greenville- Dora C. Howard Adult Day Ctr.	Kathy Biddle	949-3890	4 th Wednesday 1:00-3:00 p.m.
Johnston- Johnston Senior Center	Ann Glew	944-3343 Ann	3 rd Wednesday 1:30-2:30 p.m.
Lincoln-Lincoln Senior Center	Lois Durkin	723-3270	3 rd Thursday 10:30 a.m.
Newport-Newport Hospital	Kerry Murphy Child & Family Services	848-4119	4 th Thursday 5:00-6:00 pm
North Kingstown –Beechwood House	Kathleen Carland Kathleen Rigney	268-1590 Kathleen	3 rd Tuesday 2:30p.m. -4:00 p.m.
North Providence - Sal Mancini Ctr.	Jennifer Kilroy	553-1031 Ext. 1095	4 th Tuesday 8:30 –10:00 a.m.
Pawtucket-Lachapelle Funeral Home Center for Grief & Healing	Christine Lachapelle-Miller	365-7264 Chris- tine	Every Thursday 7:00-8:30 p.m.
Pawtucket- Leon Mathieu Senior Center	Tracey Weeden	722-3560 ext 352 Tracey	3 rd Tuesday 8:30 a.m.
Portsmouth - Multi- Purpose Senior Center	Judy Travis	683-4106	Every Tuesday 9:30 a.m.
Portsmouth - VNS of Newport & Bristol Counties	Susan Dugan & Connie Palumbo Nicky Piermont	682-2100 Susan	2 nd Thursday 6:30 p.m.
Providence - Alzheimer's Association Office (Room 506)	Marge Angilly & Susan Vin- hateiro	421-0008 Marge	1 st & 3 rd Tuesday 6:30 -8:00 p.m.
Providence- St. Martin dePorres Senior Center Bilingual – English & Spanish	Estela Perez	274-6783 Estela	1 st & 3 rd Fridays 1:00pm
Warren - First Baptist Church	Elaine Jones MD & Joan Miller	396-5200	4 th Wednesday 6:30 p.m.
Warwick-Odyssey Health Care	Rebecca Hornby & Jody Josephson	738-1492	3 rd Thursday 2:30-3:30 p.m.
Westerly - Westerly Adult Day Services	Karen Hawthorn	596-1336	2 nd Tuesday 7:00 p.m.
Woonsocket —Alternative Care	Chris Sauro	766-0516	1 st Wednesday 6:00p.m.

Memorials and Donations

Aldina M. Agostini
John Agostini
Aurora Almeida
Gloria Costa Amaral
Keith R. Aune
Robert W. Barlow
Beatrice E. Bellwood
Carrie V. Bernier
Rita Biron
William R. Bisson
Alfreena Blanchette
Barbara A. Bousquet
John C. Brown
Charlene D. Burbank
Murry Burrows
Gino Calandrelli
Lawrence Champion Sr.
Elizabeth Capurso
Gloria Cortelleso
Edith Cote
Conrad Depot
Annette M. Desmarais
Elizabeth J. Dickson
Albert DiGreggio
Elizabeth Dixon
George A. Dodge
Phyllis W. Douglas

Raymond H. Duclos Sr.
Claire F. Dupont
Dot Durning
Ernest D. Ferrelli
Jennie Ferri
Rose Ann Fiore
Marjorie G Fitz-Simon
Dorothy L. Flock
Kenneth Franklin
Salvador Freitas
Angela Gagnon
Concetta Galinelli
Juanita Handy
Billie Hart
Clare A. Hassell
Helene Hemighaus
John F. Hosch
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Irwin Kantor
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Edith Lagarto
Armando D. Lalli
Bibianne Leduc
Anna M. Lemire
Joseph Lewis
Vivienne Lipps

Leonora C. MacDougall
Bernadette Kelly MacIsaac
Norman Douglas MacLeod
Helen Carroll Madeiros
Eduardo Mancini
Cecelia Maxey
Virginia M. McIntyre
Franklin Meyer
Louise L. Michaud
Sarah A. "Sally" Misco
Leona Moore
Shirley L. Morin
Billy Morris
Paul "Joe" Morrison
Peggy Murphy
Gunter Neumann
Kenneth Nicholson
Mary Lou O'Neil
Kenneth J. Pacey
Kenneth Parness
Amelia F. Pearl
Jack Pearl
Rose Plitt
Simone Pomes
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Priscilla R Tague
Hilda Valerio
Rachel J. Waltz
Dorothy Ann "Dottie" Weinberg
Sanford White



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Providence, RI 02906

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