

alzheimer's  association®

Rhode Island Chapter

NEWS MAGAZINE
FALL ISSUE 2019



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alz.org/ri



FROM THE DESK OF...

Donna McGowan, Executive Director

Our 2019 Walk to End Alzheimer's season is behind us, and I am pleased to report that all four of our walks, Westerly, Newport, Block Island and Providence, were a big success. Our walks, by design, are held in locations that showcase Rhode Island's scenic beauty, and when Mother Nature cooperates, it truly makes for a wonderful experience to be shared with co-workers, friends and loved ones.

I want to send a heartfelt thank-you to everyone who participated this year, from sponsors and walkers to volunteers and staff. A special shout-out to our emcees, Mike Montecalvo of WPRI-TV/Fox Providence, a longtime supporter of the Providence Walk; State Representative Deborah Ruggiero, who rallied the crowd in Newport, Lieutenant Governor Dan McKee, who helped us with our first-ever Block Island Walk, and "Crazy Chris" DiPaola from radio station WBLQ, who pumped up the participants in Westerly. I also want to extend my appreciation to the people who took part in our Promise Flower ceremony. This is always such a poignant and touching moment in the walk program, and the participation of people with real-life experiences with Alzheimer's disease is what makes it so.

Most importantly, I want to thank everyone who donated to this year's walks. So far, we have raised a significant amount of money for Alzheimer's support, programs, and research, and are well on our way toward reaching our goal. It's not too late to help - donations are still being accepted through December 31st, 2019. These walks enable our mission: to one day live in a world without Alzheimer's.

This fall has also brought an exciting partnership with CVS Health, which is helping us with an in-store fundraising campaign in honor of National Family Caregivers Month. The campaign is part of a three-year, \$10 million commitment to aid in our mission. CVS Health also donated gift bags for caregivers, courtesy of the CVS Charity Classic.

On the education front, this year's Brian R. Ott, M.D. Research Symposium was held on November 7th, featuring Jonathan D. Drake, M.D. as guest speaker. His presentation, "A Discussion of Recent Evidence of Lifestyle Risk Factors for Dementia," focused on healthy brain aging and modifiable risk factors for dementia, including prevention strategies based on diet, exercise and mindful-based practices.

This educational symposium is among numerous other free programs and services that the Rhode Island Chapter provides for both those living with Alzheimer's disease and their caregivers. Highlights about some of our new programs are provided inside.

We also held our 10th annual Culinary Challenge on November 13th at Rhodes on the Pawtuxet in Cranston. This is always a fun event, where chefs from assisted living and healthcare facilities get to flex their culinary muscles and compete in a gourmet food competition. Like all of our fundraising events, the Culinary Challenge generates dollars that help support the educational programs and support services we provide for people living with Alzheimer's and their caregivers here in the Ocean State.

Most importantly, with the holiday season upon us, I want to thank all of our volunteers, donors, sponsors, and staff for everything they do throughout the year in the mission to end Alzheimer's. I wish everyone peace and joy for themselves and their families, and a very Happy New Year!

Sincerely,

Donna M. McGowan
Executive Director

OUR TEAM

24/7 Helpline

Call us day or night

1.800.272.3900

TTY: 1.866.403.3073

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1 IN 3

seniors dies with Alzheimer's or another dementia

It kills more than breast cancer and prostate cancer

COMBINED



Celebrating Our 2019 Walk Season!



This fall, we at the Alzheimer's Association Rhode Island Chapter hosted four 2019 Walks to End Alzheimer's. To date, all of our Walks raised more than \$600,000 total to benefit Alzheimer's support, education, and research. These Walks have been a longstanding tradition of the Alzheimer's Association as our signature events. Originally having just one walk in Providence, we now host four. In addition to Providence, we hold Walks in Westerly and Newport, and, for the first time this year, on Block Island.

The Westerly Walk took place on Saturday, September 14th at Misquamicut State Beach, with over 450 people participating. This was the second year in Westerly, and it has now become an annual event. The day began rather windy, making the early morning set up a bit tricky for the staff and volunteers, but thankfully, it did not last, and we were given a beautiful day for the Walk later on. The event raised over \$72,000 in donations from our \$60,000 goal.

The next day, on Sunday, September 15th, the Newport Walk took place at Fort Adams State Park. It had over 700 participants who have so far raised more than \$155,000, and with donations still coming in, we aim to reach our \$183,800 goal by the end of the year. It was warmer than expected, for being so close to fall, with Fort Adams providing a lovely backdrop of boats in the harbor. We were lucky enough to be given another beautiful day for a Walk.

We then sailed away on the Block Island ferry for a Walk at Fred Benson Town Beach on Sunday, September 22nd. This was *(Continued on next page)*



2019 WALK SEASON CONTINUED

the first year a walk was held on Block Island. Despite being the last day of summer, it felt just as sunny and warm as the first, making for a perfect beach day. An enthusiastic crowd of over 100 participated in the walk, some of whom were beachgoers who signed up that morning when they learned of the event, and donations far exceeded our expectations. We raised over \$50,000 in donations from an original goal of \$25,000 (with the tally still climbing), and we thank everyone on the island who made that possible.

Bella Garcia, Special Events Coordinator, described the inaugural walk on Block Island as “truly amazing. We were so inspired and moved by everyone that showed up to attend the walk. We are so grateful to the outstanding group of volunteers that made this walk a success!”

Garcia added, “We realized from the very beginning that Block Island residents were looking for support and services from the Alzheimer’s Association, and we will make it part of our mission to have an increased presence on the island.”

Annie Murphy, Program Manager, added, “We had over 100 people there at the walk. Block Island was completely bathed in purple that weekend we were there.”

Last, but certainly not least, the final Walk to End Alzheimer’s took place on Sunday, October 6th at Roger Williams Park. The Providence Walk, our biggest fundraiser of the year, has been held the longest, and has always been by far the biggest in terms of attendance. This year’s walk brought in nearly 3,000 participants and drew a huge crowd to the park. The festivities kicked off at the stately Temple of Music, and the route followed the roadway throughout the park. Although we had to contend with gusty winds early on that toppled some signage, the sunny and crisp fall day was perfect for our final walk of the year. *(Continued on next page)*



TOP TEAMS 2019

PROVIDENCE WALK

STEPS OF HOPE- \$25,279
 TEAM CITIZENS- \$20,046
 SIGMA KAPPA PHI- \$18,010

NEWPORT WALK

MCCARTHY BRAINWAVES-
 \$23,340
 JOHN CLARKE NURSING
 CENTER- \$10,000
 CURE WHAT ALEZ YA- \$8,100

WESTERLY WALK

BRIGHTVIEW COMMONS
 WALKING IN MEMORY OF
 RUTH RAPOSA- \$6,586
 WASHINGTON TRUST- \$5,040
 WALK FOR LUKE JOURNEY
 WITH MARC- \$4,390

BLOCK ISLAND WALK

PETER AND SANDY- \$38,600
 KELLY'S BRIGADE- \$4,265
 PHILLIPS REAL ESTATE
 MEMORY MAKERS- \$2,688

2019 WALK SEASON CONTINUED

Most importantly, the Providence Walk raised more than \$319,000 for fundraising thus far, with donations continuing to come in.

Robert LeBlanc, a co-chair for the Providence Walk, was inspired by the sheer number of people in attendance for such a cause. "Gatherings of people that size most often occur with many looking to ultimately 'get something' - i.e., an entertaining performance from an artist. How encouraging and remarkable that the 'something' thousands of people came to get at Roger Williams Park on Sunday, October 6th was a sense of togetherness and the desire to create an event that strengthened and bound our surrounding communities," stated LeBlanc.

Donna McGowan, Executive Director of the Alzheimer's Association Rhode Island Chapter, said, "We would like to thank every single person who attended these Walks and those who generously donated to our cause. Thanks to you, our goal of living in a world without Alzheimer's becomes more obtainable each and every day." She further noted, "Our Walks may be over for the season, but that certainly does not mean you can't still be a part of our fight to end Alzheimer's disease."

Donations for the Walks will be accepted through December 31st through our website, at alz.org/ri/walk.

Written by Nathan Smith, Communications Intern, Rhode Island College



Westerly Walk



Newport Walk



Block Island Walk



Providence Walk



Alzheimer's Association and CVS Health Join Forces in the Fight Against Alzheimer's



The Alzheimer's Association and CVS Health recently announced a three-year corporate partnership aimed at fighting Alzheimer's disease – a disease impacting more than five million Americans and 16 million caregivers across the country.

The partnership is launching with an in-store fundraising campaign that will provide \$10 million to support Alzheimer's Association programs, including those aimed at caregiver education, care and support, and disease research.

"I know from my own experience caring for my mother as she battled Alzheimer's how important it is to support both the patient and the caregivers in that patient's life," said

Kevin Hourican, Executive Vice President, CVS Health and President, CVS Pharmacy. "Our partnership with the Alzheimer's Association will fund important programs to help our customers who are caring for a loved one with Alzheimer's or another dementia, while also connecting them to needed resources and services that can support them."

The in-store fundraising campaign, which launched Sunday, November 3rd, will run at the 8,800 CVS Pharmacy locations nationwide through November 23rd. During these three weeks, CVS Pharmacy customers will have the opportunity to contribute to the Alzheimer's Association at the register in CVS Pharmacy locations nationwide. The in-store fundraising campaign will repeat the next two Novembers, coinciding with National Alzheimer's Disease Awareness Month and National Family Caregivers Month.

Throughout November, the Alzheimer's Association and CVS Health will communicate with customers about tips and resources available to support family caregivers. *(Continued on next page)*

3-year corporate partnership will raise \$10 million to support Alzheimer's Association mission; campaign will help connect caregivers

Currently, more than 16 million family members and friends are serving as Alzheimer's caregivers. Nearly half of all caregivers (48 percent) who provide help to older adults do so for someone with Alzheimer's or another dementia. Some of the proceeds from the campaign will be used by the Alzheimer's Association to develop a new caregiver education program for in-person and online delivery in English and Spanish.

"CVS Health is a respected leader in championing important health issues impacting society as a whole," said Donna McCullough, Chief Development Officer, Alzheimer's Association "Their committed support of our work will make a huge difference to millions of Americans impacted by this devastating disease."

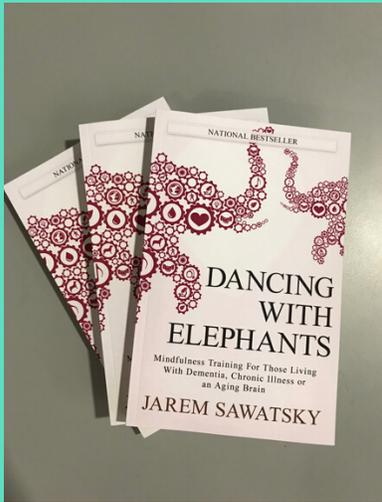
In conjunction with the partnership, beginning in 2020, CVS Health will also serve as a national presenting sponsor of the Alzheimer's Association Walk to End Alzheimer's, held annually in more than

600 communities across the country. CVS Health will also participate in the event, joining the National Walk Team Program, providing its 295,000 employees across the country an opportunity to join in the fight against Alzheimer's.

"The Alzheimer's Association is grateful for the commitment and enthusiasm CVS Health brings to the fight against Alzheimer's," McCullough said. "The funds raised through our partnership will bolster our efforts to support families facing Alzheimer's and advance much needed research that will one day change the future for millions."



CVS and Alzheimer's Association in Partnership to Support Caregivers



November is National Family Caregivers Month, and thanks to a generous donation from the CVS Health Charity Classic, hundreds of caregivers in Rhode Island received gift bags designed to remind them of the importance of taking time for their own health and well being.

The gift bags, assembled by employees at the CVS headquarters in Woonsocket and volunteers from the Alzheimer's Association, were filled with items selected to enhance personal care and promote better understanding about the disease. The bags will be given to caregivers known through support groups, senior centers, and adult day centers throughout the state.



Jim Medd, Sr. AD, Corporate Initiatives, National; Donna McGowan, Exec. Dir., RI Chapter; Kevin Hourican, President, CVS Pharmacy; Donna McCullough, Chief Development Officer, National; Katie Evans, Sr. Dir., Corporate Partnership, National; Kate Spinella, Development. Dir., RI Chapter; and Allison Bradley, Manager, Corporate Initiatives, National.



Volunteer Donna Porter receives a caregiver gift bag from Program Manager Annie Murphy.



Pawtucket Caregivers Support Group with their gift bags.

Alzheimer's Association Doubles Investment to \$60 Million for "Part The Cloud" Grant Program

Bill Gates funds \$10 million grant in match challenge

"I've seen **FIRST HAND** just how difficult this disease truly is. It's critical that we find an **EFFECTIVE TREATMENT**"

-Bill Gates



It was announced this month that Bill Gates is joining the Alzheimer's Association Part the Cloud global research grant program led by visionary philanthropist Mikey Hoag. Gates' award of \$10 million will stimulate an additional \$20 million in funding to the Alzheimer's Association, through Part the Cloud, doubling the total seven-year clinical research investments to \$60 million in just one year. This strategic funding will help propel high-risk, high-reward research aimed at uncovering underlying brain cell changes, timely diagnosis and new treatments for Alzheimer's and all dementia.

With dementia affecting 50 million people worldwide, there is an urgent need to identify therapies capable of preventing or reversing brain cell damage inflicted by Alzheimer's and other causes of dementia. Part the Cloud awards are specifically designed to accelerate translation of findings from the laboratory, through trials, into possible therapies — filling the gap in Alzheimer's drug development by providing essential support for early-phase clinical studies.

"Like millions of others, I have witnessed the devastating effects of Alzheimer's disease firsthand.

Finding a treatment or cure is an enormous scientific challenge that needs increased and continued research investments," Bill Gates said. "The Alzheimer's Association Part the Cloud program is impressive and accelerating early clinical phases of drug development to slow, stop and ultimately cure the disease."

Through Part the Cloud, Gates is participating in an Alzheimer's Association research initiative that has already awarded \$30 million in grants to 39 state-of-the-art research projects. Part the Cloud has driven significant additional funding to grant recipients who have gone on to receive more than \$259 million in follow up funding from the National Institutes of Health, the National Institute on Aging, venture capital firms and other sources.

"After losing my father to this disease, I needed to champion cutting-edge and innovative approaches to Alzheimer's research, and I couldn't do it alone," said Mikey Hoag. "Part the Cloud is the realization of that vision and is a global movement sparking philanthropic investment to advance promising Alzheimer's and dementia drug development research."

To learn more about the research funded by art the Cloud, visit: alz.org/speed.

10th Annual Culinary Challenge Was a Tasteful Affair!

More than 300 people attended the Alzheimer's Association Rhode Island Chapter's 10th annual Culinary Challenge held on November 13th at Rhodes on the Pawtuxet in Cranston.

It was a night to meet, mingle, and sample creative dishes prepared by the chefs competing in this year's gourmet food cook-off. Eight chefs from healthcare and assisted living facilities from around the state participated, sharing not only their favorite recipes, but artistry with their food station displays.

The sweetest news: more than \$12,000 was raised for our programs and services. We appreciate the chefs and their sponsors, our judges, and everyone who came out to make this evening such a success!



Benchmark Senior Living won the "Best Taste" award. Pictured (l-r): Chefs Steve Morrisette and David Silva with Donna McGowan, Executive Director, Alzheimer's Association Rhode Island Chapter.



The Villa at St. Antoine earned the "People's Choice" award. Pictured (l-r): Tammy Silvia, Maria Munsch, Cynthia Strode, Executive Chef Manager; Donna McGowan, Executive Director, Alzheimer's Association Rhode Island Chapter; and Bethany Chase.



Smithfield Woods Senior Living took home the award for "Best Display." Pictured (l-r): Justin Napolitano, dietary server; Catherine Rodrigues, sous chef; Ivonne Otero, Director of Dining Services; Angela Hebert, Smithfield Woods Executive Director, Brittany Tremblay, Director of Financial Services; and Donna McGowan, Executive Director, Alzheimer's Association Rhode Island Chapter.

Our 2019 Culinary Challenge



FROM THE DESK OF...

Annie Murphy, MA, Program Manager



Programs for Fall and Early Winter

At the Alzheimer's Association, we believe no one should have to take on the challenges of the disease alone. Because of this, we offer many programs to assist people living with Alzheimer's as well as their caregivers. I'm excited to talk about some of the new programs we will be hosting in the coming months.

In December, the Alzheimer's Association, in partnership with Catholic Social Services through the Diocese of Providence, will be introducing its first combined program called **"The Importance of Taking Care of Both of You."** This will essentially be two programs—one for the caregiver and one for the person with the disease—conveniently held at the same time and place. The program will be offered both in English and Spanish. Funding is made possible through a grant from the Administration for Community Living and the Rhode Island Office of Healthy Aging.

In this three-part program, the person who is recently diagnosed will hear from other individuals living with Alzheimer's on what to expect, how to build a care team, and planning for the future diagnosis of Alzheimer's disease.

For the caregiver, this program is designed to help them take care of themselves while caring for a friend or loved one with the disease. Topics will include: self-care behaviors, management of emotions, self-efficacy, and use of community resources. We're working with Catholic Social Services on establishing the dates, times and locations. Our first program offered in English will be held on December 3, 10, 17 and January

7, 14, and 21 at East Bay CAP, 100 Bullocks Point Ave., Riverside, RI. To register, please call 421-7883, ext. 202; or 421-0008, ext. 9704. Watch our website for more details.

Dementia and Alzheimer's Caregiver Support Groups

I'm also very pleased to announce our continuing partnership with HopeHealth Dementia and Alzheimer's Services to offer support groups for caregivers of those affected by either disease. These support group meetings are held regularly across several locations including Newport and Providence.

Janet Isserlis, a support group facilitator for the Alzheimer's Association Rhode Island Chapter at Steere House Nursing and Rehabilitation Center, says these meetings "strive to combine both education and are generally open-ended, at least initially."

Isserlis adds, "The overarching purpose is to provide support to caregivers in the form of information, general education about dementias and memory impairment, and especially opportunities for participants to share their struggles, challenges, and joys (yes, those too) within a safe and caring space."

The dates, locations, and times for the HopeHealth support groups and the many other support groups that we offer throughout the state are listed on the following pages. To locate a support group closest to you, visit communityresourcefinder.com. Our next Support Group Facilitator Training is taking place Friday, December 6, 2019. Register by calling 1-800-272-3900 or at communityresourcefinder.com.



Rhode Island Chapter
2019 Support Group Calendar

Day and Time	Support Group Location	Details
Bristol County		
Every 1st Monday of each month 1:00 p.m. to 2:30 p.m.	Barrington Senior Center 281 County Rd Barrington, RI 02806	Please call Ann Murphy and Alice Kane at 401.374.8361 to confirm date and time.
3rd Monday of the month 6:00-7:30 p.m.	Atria Bay Spring Village 147 Bay Spring Ave., Barrington, RI 02806	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Every 4th Wednesday of each month 6:30 p.m. to 8:00 p.m.	Warren Baptist Church 407 Main St, Warren, RI 02885	Please email Joan Miller at joanmalz814@gmail.com to confirm date and time.
Kent County		
2nd Monday of the month 2:30-4:00 p.m.	All American Assisted Living at Warwick 55 Tollgate Hill Farm Rd, Warwick, RI 02888	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
1st Saturday of each month 10:00 - 11:30 a.m.	West Greenwich Public Library 274 Victory Highway W. Greenwich, RI 02817	To register or for more information contact the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Newport County		
Every 1st and 3rd Tuesday of each month 10:00 a.m. to 11:00 a.m.	Calvary United Methodist Church 200 Turner Rd, Middletown, RI 02842	LBGT Support Group. Please call Janet Grapentine at 401.848.4119 to confirm date and time.
Every 3rd Tuesday of each month 6:00 p.m. to 7:30 p.m.	Newport Hospital 20 Powel Ave, Newport, RI 02840	Please call Stewart Burchard or Mary Hansen-Joyce at 520.275.8818 or 508.280.7983 to confirm date and time.
Every 4th Friday of each month 4:30 p.m. to 6:00 p.m.	Newport Hospital Library 20 Powel Ave, Newport, RI 02840	Early Stage Support Group. Please call Mary Hansen-Joyce at 508.280.7983 to confirm date and time.
2nd Tuesday of the month 11:00 a.m.- 12:30 p.m.	Hambly House 30 Red Cross Ave., Newport, RI 02840	To register or for more information contact Hope Health at 401.415.4664 or info@HopeDementia.org.
Every 2nd and 4th Monday of each month 2:30 p.m. to 4:00 p.m.	Tiverton Senior Center 207 Canonicus St, Tiverton, RI 02878	Please call Janet Grapentine at 401.848.4119 to confirm date and time.
Every Tuesday 9:30 a.m. to 10:30 a.m.	Portsmouth Senior Center 110 Bristol Ferry Rd, Portsmouth, RI 02871	Please call Kerry Murphy at 401.846.0727 to confirm date and time.

Updated 10.22.19



Rhode Island Chapter 2019 Support Group Calendar

Day and Time	Support Group Location	Details
Providence County		
Every 2nd Thursday of each month 9:30 a.m. to 11:00 a.m.	Hope Alzheimer's Center 25 Brayton Ave, Cranston, RI 02920	Please call Melanie Beaton and Dorothy Poveromo at 401.946.9220 to confirm date and time.
Every 3rd Thursday of each month 10:00 a.m. to 11:30 a.m.	Lincoln Senior Center 150 Jenckes Hill Rd, Lincoln, RI 02865	Please call Lois Durkin at 401.753.7000 to confirm date and time.
Every 2nd Saturday of each month 4:00 p.m. to 5:00 p.m.	St. Thomas Episcopal Church 1 Smith Ave, Greenville, RI 02828	Please call Gigi Uttley and Reverend Susan Carpenter at 401.829.0255 to confirm date and time.
1st Thursday of the month 2:00 p.m. to 3:30 p.m.	The Village at Waterman Lake 715 Putnam Pike, Greenville, RI 02828	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Every 1st Wednesday of each month 5:30 p.m. to 7:00 p.m.	Bliss Properties 245 Waterman St, Providence, RI 02906	Please call Beverly Whitman at 401.714.3962 to confirm date and time.
Every 1st Thursday of each month 5:30 p.m. to 7:30 p.m.	Bliss Properties 245 Waterman St, Providence, RI 02906	For Care Partner & Person with Disease. Call Jodi DiRaimo and Stewart Berchard at 401.302.2894 or 520.275.8818 to confirm date and time.
2nd Thursday of the month 4:30-6:00 p.m.	Steer House Nursing and Rehabilitation Center 100 Borden St., Providence, RI 02903	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
2nd and 4th Tuesday of each month 1:00-2:30p.m.	Tockwotton on the Waterfront 500 Waterfront Dr. East Providence, RI 02914	To register or for more information contact the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Last Wednesday of each month 10:00 to 11:00 a.m.	Leon Mathieu Senior Center 420 Main Street, 2nd Floor, Pawtucket, RI 02860	Please contact the Senior Center to confirm date and time at 401.728.7582
3rd Friday of each month 10:00-11:00 a.m.	Progresso Latino 626 Broad Street, Central Falls, RI 02863	Latino Dementia Support Group. For additional info call 401-728-5920 Ext. 317
Washington County		
Every 3rd Tuesday of each month 6:00 p.m. to 7:30 p.m.	North Kingstown Public Library 100 Boone St, North Kingstown, RI 02852	Young-onset Support Group. Please call Annie Murphy and Jane Korb at 401.421.0008 to confirm date and time.
Every 1st Wednesday of each month 6:00 p.m. to 7:30 p.m.	St. Francis de Sales Church 381 School St, North Kingstown, RI 02852	Please call Annie Murphy at 401.421.0008 to confirm date and time.
Every 1st Monday of each month Email for time	Phone Support Group	LBGT Phone Support Group. Please email bamscats@gmail.com for details.

Save the Date:

Caregiver's Journey Conference

Thursday, April 23, 2020

Crowne Plaza Hotel, Warwick, RI

Registration opens mid-February. Call 1-800-272-3900



Keith N. Fargo, Ph.D.



Alex Zima, MS Ed.

Keynote Speaker: Keith N. Fargo, Ph.D, Vice President, Medical Science Relations at the Alzheimer's Association; and special presentation by Alex Zima, MS Ed., Grief Counselor/Mindfulness Coach at HopeHealth.

Dr. Drake Outlines Lifestyle Risk Factors For Dementia at Research Symposium



We were pleased to welcome Dr. Jonathan Drake as guest speaker at our Brian R. Ott, MD Research Symposium held recently at the Radisson Hotel in Warwick. Dr. Drake presented some recent evidence of lifestyle risk factors for dementia, and promising prevention strategies based on diet, exercise, and mindfulness-based practices.

Dr. Drake's presentation will be available for viewing by early December by visiting alz.org/ri.

Seven Ways to Manage Caregiver Stress



Caregiving for a family member with dementia may involve a lot of “juggling” to manage the demands of caregiving as well as your personal responsibilities. Feeling stress is natural, but if left unchecked, continuous can negatively impact your physical and mental health and hinder your ability to provide proper care. Here are some tips to help manage the stress associated with caregiving:

Self-care is crucial

Prioritizing the well-being of the person you are caring for while sacrificing your own is noble but can be detrimental. Failing to care for yourself increases risk of caregiver burnout, which compromises your ability to provide quality care and negatively impacts the person for whom you are caring. Self-care is critically important. Find ways to reduce stress: Working out and breathing exercises are helpful. Make time for yourself, too. Even short breaks go a long way to recharge your mind and your body.

Ask for help

Support is vital. Family, friends, community and professional caregivers can all lend a helping hand in different ways, but only if you ask. Don't be hesitant to ask someone to assist with errands, help with transportation to medical appointments or spend time with the person you are caring for, so that you have a break. Distance isn't always an obstacle, either. Family, friends, and people in your community can assist with coordinating appointments and making phone calls—all you need to do is ask! Of course, AFA's Helpline (866-232-8484) is here for you, too.

Prepare as much as possible

Caring for someone with dementia often involves a complex array of long-term medical, legal and financial issues. Deal with these decisions as early as possible, with strong

consideration for personal wishes, to help reduce stress later. Addressing these matters early also gives the individual the opportunity to have a more active role in their care and the decision-making process.

Build your skills

Key skills for any care partner include communication, understanding safety considerations, recognizing behaviors as a form of communication, and managing activities of daily living. Get to know doctors and other care team members. Ask questions, express concerns and be involved.

Be flexible

While you can't control every situation, you can work to better manage your reactions. While it may seem impossible at times, try to have a positive and accepting attitude; be flexible and understand the need to adapt. Take things one day at a time and handle challenges as best you can. Don't feel that you have to deal with everything at once.

Connect with others

Hugs, gentle touch and compassion help you and the person you are caring for feel connected and loved. Kindness, humor and creativity are essential. Manage your expectations and remain patient. Find your support network and surround yourself with positive connections, both old and new!

Build Empathy

Building empathy and maintaining compassion is essential for both you and the person you care for. Try to comprehend what it is like to have this type of illness. Putting yourself in their shoes, while also recognizing your own losses, can help place things in perspective and alleviate stress.



Get the emotional support you need!

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.

For a full listing of support groups in Rhode Island please visit:

communityresourcefinder.org

EDUCATION CALENDAR

Know the 10 Signs

Learn the 10 signs of dementia to determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about.

November 19, 10:00 a.m.-11:00 a.m., Meshanticut Vista, 225 New London Ave., Cranston, RI

November 20, 11:00 a.m.-12:00 p.m., Centennial Towers, 35 Goff Ave., Pawtucket, RI

November 21, 2:00 p.m.-3:00 p.m., Scituate Vista, 115 Scituate Vista Dr., Cranston, RI

Understanding Challenging Behaviors

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

January 14, 10:30 a.m.-12:00 p.m., Care New England Primary Care, 315 Toll Gate Rd., Warwick, RI

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

December 17, 10:30 a.m.-12:00 p.m., Care New England Primary Care, 315 Toll Gate Rd., Warwick, RI

December 9, 10:30 a.m.-12:00 p.m., Jamestown Senior Center, 6 West St., Jamestown, RI

LGBTQ Phone Support Group

Join other LGBTQ spouses and partners to support one another while receiving information and resources on Alzheimer's disease and related dementias.

Held the first Monday of every month for partners and spouses of people living with dementia. For details on timing and call-in information, please contact the facilitator, Barb Meehan at 508.291.0660 or bamscats@gmail.com.

EDUCATION CALENDAR CONTINUED

Living With Alzheimer's for Person with Disease/Powerful Tools for Caregivers (joint program)

For the person living with Alzheimer's disease, the diagnosis is life-changing. In this series, you will hear from others who have been where you are, what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

For the caregiver, this educational program will help you take care of yourself while taking care of a friend or loved one with Alzheimer's disease. Topics include: self-care behaviors, management of emotions, self-efficacy, and use of community resources.

All sessions will be held at East Bay CAP, 100 Bullocks Point Ave., Riverside, RI

December 3, 10:00 a.m.-11:30 a.m.

December 10, 10:00 a.m.-11:30 a.m.

December 17, 10:00 a.m.-11:30 a.m.

January 7, 10:00 a.m.-11:30 a.m.

January 14, 10:00 a.m.-11:30 a.m.

January 21, 10:00 a.m.-11:30 a.m.

Legal and Financial Planning on Alzheimer's Disease

A two-part program where you will have a chance to learn about legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

December 3, 1:00 p.m.-2:30 p.m., Ocean Chamber of Commerce, 1 Commerce Way, Westerly, RI

December 12, 6:00 p.m.-7:30 p.m., Beechwood Community Center, 44 Beach St., North Kingstown, RI

UPCOMING EVENTS

Kate Spinella, Development Director



Thank you to all of our 2019 Walkers who came out in September and October. Nearly 4,000 people raised a record of \$600,000 to support our programs here in Rhode Island. But without year-round fundraising, we are unable to continue our mission and vision of a world without Alzheimer's.

I'd also like to thank all those who participated in and attended our 10th annual Culinary Challenge held on November 13th at Rhodes on the Pawtuxet in Cranston. This is always a fun event, with chefs from assisted living and healthcare facilities throughout the state competing in a gourmet cook-off in front of a panel of judges. For attendees, it's a chance to mingle and enjoy fabulous food – and this year was no exception. Most importantly, the proceeds benefit our local programs and services.

It's also not too early to start talking about a big event we have coming up in 2020. Every year, we shine a light on the more than five million Americans living with Alzheimer's and other dementias, and their 16 million caregivers, on June 20th, "The Longest Day." During the month of June and on that specific day, people from around the world will raise awareness and funds to advance the Alzheimer's Association care, support and research programs.

Held on the day with the most light – the Summer Solstice- The Longest Day is a fundraising event where participants come together to fight the darkness of Alzheimer's through an activity of their own choosing. Popular activities include biking events, Zumba and other fitness classes, tennis, golf and bowling tournaments, card games, social events, and much more. Consider creating an event of your own to take place in June of 2020.

This year, we are kicking off the 2020 Longest Day season by recognizing the Winter Solstice on December 21, 2019 in a special way: with a **University of Rhode Island men's basketball game!** Join us on **December 21st at 2:00 p.m.** when we turn the Ryan Center purple to raise awareness for the Alzheimer's mission. **For tickets, email Bella Garcia at agarcia@alz.org.** More details will be forthcoming. Join the fight to #ENDALZ by learning more at www.alz.org/thelongestday.





URI Rams Basketball Game to Benefit Alzheimer's Association

URI Rams vs. Western Kentucky Hilltoppers

Saturday, December 21, 2019

2:00 p.m.

The Ryan Center, Kingston, RI

Rally your friends, family, fans and URI alum to join us as we turn the Ryan Center purple to raise awareness for Alzheimer's disease!

This University of Rhode Island men's basketball game, which falls on this year's Winter Solstice (December 21st), helps shine a light on the Alzheimer's mission. It is a prelude to "The Longest Day," our big fundraising event which takes place in June around the time of the Summer Solstice. For tickets, email Bella Garcia at agarcia@alz.org.

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Join the Alzheimer's Prevention Registry at Butler Hospital



The Rhode Island
Alzheimer's Disease Prevention Registry

Call (401) 444-0789 or go online at

www.lifespan.org/preventionregistry



THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT.™

The Longest Day® is the day with the most light — the summer solstice. And it's the day the Alzheimer's Association® calls on everyone to fight Alzheimer's disease by raising funds and awareness for care, support and research.

On June 20, stand up to the darkness of Alzheimer's. Together, we can get closer to our ultimate goal: Alzheimer's first survivor.




THE LONGEST DAY
alzheimer's  association®

START NOW. SELECT YOUR ACTIVITY AT ALZ.ORG/THELONGESTDAY.

Rhode Island Delegation Committed to Action



Congressmen Jim Langevin and David Cicilline at 2019 Coffee with Congress



State Senator Cynthia Coyne greets advocates at the Rhode Island State House



Volunteer advocates and Rhode Island Chapter staff at last year's Advocacy Day

Rhode Island's members of Congress participated in the Alzheimer's Association's annual Coffee With Congress in August at the Warwick Central Library, and they displayed their commitment to remaining vigilant in Washington by passing laws and implementing policy to support those impacted by Alzheimer's disease and dementia.

U.S. Senators Jack Reed and Sheldon Whitehouse and Congressmen James Langevin and David Cicilline answered questions and responded to comments and personal stories from the audience.

"The projected cost growth for Alzheimer's treatment is staggering. The first impulse should be the human impulse, that these are people - our friends, our neighbors, our brothers and sisters - who should be cared for," Senator Reed said. "But the second impulse should be, this is an economic

disaster that's gathering on the horizon. And if we don't effectively deal with it now, it will have a staggering impact on all of us."

Legislative actions that were highlighted included the passing of the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act by Congress, which creates a public health infrastructure across the country to implement effective Alzheimer's interventions focused on public health issues. Interventions include increasing early detection and diagnosis, reducing risk and preventing avoidable hospitalizations. It encompasses legislation to provide \$425 million in funding for research through the National Institutes of Health this year.

Other Federal legislation that was promoted was the Improving HOPE for Alzheimer's Act to educate

clinicians on Alzheimer's and dementia care planning services available through Medicare, the Younger-Onset Alzheimer's Act to allow individuals with Early-Onset Alzheimer's to access programs under the Older Americans Act, and the Palliative Care and Hospice Education and Training act to increase palliative care and hospice training for health care professionals while launching a national campaign to inform the public about the benefits.

Town Hall Conversations

December 5, 8:30 a.m.-10:00 a.m.
Evergreen House Health Center,
East Providence, RI

December 5, 5:00 p.m.-7:00 p.m.
Adams Library, Central Falls, RI

Register for these meetings at
communityresourcefinder.org

alzheimer's  association®

YOUR VOICE MATTERS

Stand up, speak out, and share your story.

ALZHEIMER'S ADVOCACY DAY

AT THE RHODE ISLAND STATE CAPITOL

TUESDAY, MARCH 3, 2020 | REGISTER TODAY

2:00 p.m. - 4:00 p.m.

**HELP MAKE THE FIGHT AGAINST ALZHEIMER'S
DISEASE A PRIORITY IN RHODE ISLAND!**

Join us as we turn the Capitol purple and advocate for increased care and support as we discuss the public health crisis Alzheimer's disease and dementia present. Free and open to the public.

RSVP online at communityresourcefinder.org



Questions? Contact Eric Creamer at
ercreamer@alz.org or 401.421.0008



Volunteer With Us!

Volunteers are needed to provide ongoing support for our mission, facilitate and lead programs, and to join event and other planning committees. We have a particular need for volunteers who are bilingual in Spanish. Please visit us at volunteer.alz.org to learn about current opportunities. Become part of an incredible team!



Ready to join and see how your efforts will make a meaningful impact? Contact Jennifer Atkinson at jratkinson@alz.org or call **1-800-272-3900**.

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