

ALZHEIMER'S  ASSOCIATION®



NEW ENGLAND FAMILY CONFERENCE

*A free, virtual conference for those living with
Alzheimer's and dementia and their families.*

MARCH 1 & 2, 2024



THANK YOU TO OUR SPONSORS!

PLATINUM



SILVER



BRONZE

Connecticut Assisted Living Association

Drazen Rubin Law, LLC

The Greens at Greenwich and The Greens at Cannondale

New England Resident Service Coordinators, Inc.

THANK YOU TO OUR COMMUNITY PARTNERS!

*Thank you to our Community Partners - nonprofits and/or government agencies
who have helped us spread the word about the Family Conference!
Together we are working to serve our communities through all of New England.*

COMMUNITY PARTNERS

CONNECTICUT

AgingCT
American Parkinson's Disease Association - CT Chapter
Association for Frontotemporal Degeneration
Bloomfield Public Library
Community Health Center
Connecticut Community Care
CT Department of Aging and Disability Services, State
Unit on Aging
New Britain Housing Authority
North Central Area Agency on Aging
Senior Resources, AAA
Somers Public Library
Southington Public Library
Southwestern CT Agency on Aging
The Brookfield Library
Town of Salem
Waterford Senior Services
Western Connecticut Area Agency on Aging, Inc.

NEW HAMPSHIRE

Association for Frontotemporal Degeneration
Foundation for Healthy Communities
Granite State Health Care Coalition
Granite United Way
Manchester NAACP
Memorial Hospital/Maine Health
NH DHHS - Bureau of Elderly & Adult Services
NH State Commission on Aging
Portsmouth Senior Activity Center
Saint Anselm College Department of Continuing
Nursing Education

MAINE

Association for Frontotemporal Degeneration
Eastern Area Agency on Aging

MASSACHUSETTS

Age Strong Commission
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Association for Frontotemporal Degeneration
Baystate Health
Boston Center for Memory
Boston Public Health Commission
Boston Senior Home Care
Dia Feliz Adult Day Health Center
Elder Services of Worcester Area, Inc.
Executive Office of Elder Affairs
Greater Springfield Senior Services, Inc.
HESSCO
Home Care Aide Council
Jewish Family & Children's Service,
Alzheimer's/Related Dementias Family Support
Mass Home Care
Massachusetts Association of Council on Aging
and Senior Center Directors, Inc.
Minuteman Senior Services
Plymouth Public Library
SeniorCare Inc
South Shore Conservatory
WestMass ElderCare

RHODE ISLAND

Association for Frontotemporal Degeneration

VERMONT

Association for Frontotemporal Degeneration

MARCH 1 Programs for Individuals Living with Dementia

ZOOM LINK [BIT.LY/2024FAMILYCONF1](https://bit.ly/2024familyconf1)

Opening Remarks & Keynote, Living Well: Panel of Individuals Living with Dementia

Presented by Melissa Grenier, LCSW, and Panelists

9:30 - 11:00 AM

This session will highlight what it is like to live with Alzheimer's disease and other dementia. Panelists will discuss coping with a diagnosis and combating the stigma associated with the disease. They will also talk about the importance of disease education, social engagement, and having a voice in your own care.

Break

11:00 - 11:15 AM

Maximizing Independence: Tips and Strategies to Organize Your Space and Home

Presented by Cindy Tulimieri, OTR/L and Nancy Monahan, MS OTR/L, CMC, CDP

11:15 AM - 12:15 PM

This session will discuss simple ideas for you to live in your home as safely and independently as possible. Tips and strategies will be shared for implementing safety measures for each room in your house, creating routines to maximize independence, and utilizing devices that you might find helpful. Simple suggestions such as decluttering, creating color contrast and increasing lighting can make a big difference. Planning early is the key to success!

Lunch Break

12:15 - 12:45 PM

Using Art and Mindfulness to Care for Yourself

Presented by Erica Curcio, LMHC, RAT, and Jenna Dion, CDP

12:45 - 1:45 PM

Art Therapy

Need a break? Grab some paper, draw a circle and get creating with Art Therapist, Erica Curcio! In this session the focus will be on creating space for YOU. Erica will be creating art on screen and taking your questions about how to be creative while being affected by dementia. You can either watch art being made, or join in and create right where you are. The choice is yours!

Supplies needed: One sheet of white paper with a pre drawn circle in the center of it. You can bring any art supplies you'd like to join along. Erica will be using paints. For your first time, Erica suggests collage items - scissors, adhesive (glue/tape), magazines/tissues paper.

Mindfulness Practice

Join us for a thirty minute presentation designed for those living with memory loss. We will discuss the basics and benefits of a mindfulness practice, and why it is important for those living with memory loss. You will take away simple yet impactful mindfulness based practices such as mindful breath work, body scan meditations, and sensory type exercises that you can integrate into your daily life.

Closing Remarks

1:45- 2:00 PM

MARCH 2 Programs for Family Caregivers

ZOOM LINK [BIT.LY/2024FAMILYCONF1](https://bit.ly/2024FAMILYCONF1)

Opening Remarks & Keynote: A Time of Hope: Advances in Treatment and Modifiable Risk Factors

Presented by Dr. Edmarie Guzman Velez

9:30 - 11:00 AM

Now for the first time we have FDA approved drugs that may change disease progression. This session will highlight these options, along with health disparities in dementia prevalence, and lifestyle modifications that can reduce one's risk of developing dementia. Experts agree that in the vast majority of cases, Alzheimer's, like other common chronic conditions, probably develops as a result of complex interactions among multiple factors, including age, genetics, environment, lifestyle and coexisting medical conditions. Although some risk factors — such as age or genes — cannot be changed, other risk factors, such as high blood pressure and lack of exercise, usually can be changed to help reduce risk.

Break

11:00 - 11:15 AM

Caregiver Conversations: Journey of Hope, Panel of Caregivers

Presented by Nicole McGurin, MS, and Panelists

11:15 AM - 12:15 PM

Caring for someone with dementia is an important, yet complex role. Caregivers may provide help with personal care, paying bills and coordinating medical care while also providing emotional support for the person living with dementia and the extended family. Join us for a panel discussion with caregivers as they share tips, strategies and lessons learned throughout their journey.

Lunch Break

12:15 - 12:45 PM

Creating Meaningful Engagement with Memory Boxes

Presented by Judith Pare, PhD, RN

12:45 - 1:45 PM

Often in the early stages of dementia, one's attention span and ability to initiate activities can be altered, making it difficult for the person to engage in hobbies or pastimes they once enjoyed. This session will focus on the evidence about the use of failure-free activities to engage the early or mid-stage person living with a progressive dementing illness. Strategies will be shared that can help reduce anxiety when surrounded by an overstimulating, understimulating, or unfamiliar environment, and bring meaning to the person's life. A special focus will be on what to add to a memory box and how to present the activity so it feels meaningful and fulfilling.

Closing Remarks

1:45- 2:00 PM



IF YOU NEED TECHNICAL ASSISTANCE
THE DAY OF THE CONFERENCE,
EMAIL NEFAMILYCONFTECH@ALZ.ORG
OR CALL 800-272-3900



ALZHEIMER'S ASSOCIATION

The Alzheimer's Association provides

Care Consultations

that are at no cost to families, confidential, and personalized to the needs of individuals and families. Each of our Care Consultants has expertise and experience in the field of dementia care. Consultations can be provided by phone or video conference and can include family members in separate locations.

Care Consultations can be a lifeline during a difficult time and are great for planning ahead.

alz.org

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

THIS IS WHY WE WALK.

At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today.

For more time. For treatments. We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us at Walk to End Alzheimer's, the world's largest fundraiser to fight the disease. Each year, people come together in more than 600 communities to advance the care, support and research efforts of the Alzheimer's Association®.

alz.org/Walk



ALZHEIMER'S ASSOCIATION

24/7 HELPLINE 800.272.3900

Here for you any day, any time.



ALZHEIMER'S ASSOCIATION

Save THE DATE

Please join the Alzheimer's Association for an evening of dinner, dancing and storytelling as we **highlight** our impact in the community, **celebrate** a new era of treatment and **recognize** those affected by the disease.

11th Annual Celebrating Hope

Friday, April 26th, 2024
6:30 - 11:00 PM

Delamar Greenwich Harbor
500 Steamboat Rd, Greenwich

For tickets, sponsorship and additional information, visit celebratinghope.givesmart.com.

For information & resources, visit alz.org/ct or call our 24/7 Helpline: 800.272.3900.



CELEBRATING
HOPE

Event Chairs
Tim & Kelly Helstein



ALZHEIMER'S ASSOCIATION

THE LONGEST DAY

ALZHEIMER'S ASSOCIATION

The Longest Day is our do-it-yourself fundraising event. Pick any activity and any date that works for you and invite family, friends, neighbors and colleagues to participate and donate.

On the longest day of the year--the summer solstice--we collectively honor and remember all those affected and celebrate the impact of our year round fundraising efforts for the fight to #ENDALZ.

alz.org/TheLongestDay



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FUELING THE FIGHT TO #ENDALZ!

Rapid Refill Convenience and Garrett's Family Market locations throughout MA, NH and RI will hold a seven-week campaign to benefit the Alzheimer's Association. During the campaign, customers have the option to give donations to the Alzheimer's Association at all stores both inside and at the gas pumps. Customer donations will be matched by the company.

PurplePumpUp.org

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24/7 HELPLINE

800.272.3900

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Hope on the Harbor

ALZHEIMER'S ASSOCIATION

Hope on the Harbor is an annual gala that brings together corporate and philanthropic leadership from the Greater Boston area to support the Alzheimer's Association's mission. Each year, the event honors a Corporate Champion and an Individual/Family Champion who are making a difference in the fight against Alzheimer's. This premier event raises awareness and funds to support our vision of a world without Alzheimer's and all other dementias.

- 3 ways to get involved:
- Consider a company sponsorship
 - Purchase tickets
 - Donate an auction item

The silent auction is open to the general public and is promoted widely. We accept items of all value to appeal to our entire audience, from gift cards to golf foursomes to hotel stays and more. For the live auction, we are looking for high-end, one-of-a-kind, luxury items and experiences valued at \$5,000 or more.

hopeontheharbor.org



BECOME AN ADVOCATE

Thanks to the tireless work of our advocates, we've passed critical legislation and significantly increased federal research funding. But our work isn't done. We need dedicated, passionate advocates like you to build on this success in Congress and in state capitals throughout our nation. Whatever your availability or experience, we want you to make a difference by sharing your story and joining our volunteer team.

alzimpact.org/volunteer



LÍNEA DE AYUDA 24/7

Llámenos gratis en cualquier momento del día o de la noche al **800-272-3900**.



Team End ALZ is the official running and fundraising program of the Alzheimer's Association MA/NH Chapter. We proudly offer fundraising and training programs to help you successfully cross the finish line at two iconic races, the Boston Marathon® and the Falmouth Road Race! We also support runners in any race of their choice with our "Run Your Own Race" program! If you are looking for a fun, rewarding, and impactful program to honor a loved one with Alzheimer's, this is it!

RunALZ.org



GRAB YOUR BIKE AND JOIN US AS WE RAISE \$850K FOR RESEARCH!

JUNE 1, 2024 | HAMPTON, NH

Join us for the 28th annual #Ride2EndALZ New England a fully supported, one-day fundraising event on the beach with 14 miles of coastal riding. Whether you're an avid cyclist or a weekend warrior, we offer a scenic, quintessential New England route for a range of riders. Choose between 100, 62, and 30 miles or ride with us virtually in your community! With each mile participants will fuel cutting-edge research targeted to change the trajectory of Alzheimer's disease and all other dementia.



ALZHEIMER'S ASSOCIATION®

**HELP &
SUPPORT**

No one should face Alzheimer's alone.

VISIT ALZ.ORG TO LEARN MORE ABOUT:

- Care Options
- Stages and Behaviors
- Caregiver Health
- Daily Care
- 10 Healthy Habits for Your Brain
- and more!

HERE FOR YOU

No one should face Alzheimer's alone. The Alzheimer's Association offers options for everyone through our programs and services. Resources and support are available by telephone, online, or live video conferencing in English and Spanish from experts in the field of dementia. Call us on our 24/7 Helpline at 800.272.3900 or visit alz.org.

24/7 HELPLINE

Specialists and master's-level clinicians offer confidential support and expert information to people living with Alzheimer's or other dementias, as well as their caregivers, families and the public. Help is available from our bilingual staff or translation service, which accommodates over 200 languages. Call day or night for immediate advice and support.

LOCAL CARE CONSULTATION

Schedule a meeting by phone or video conference with a local Care Consultant to gain a better understanding of dementia, identify available resources, and develop personalized strategies for making decisions, navigating challenges and planning for the future.

SUPPORT GROUPS

Meet safely and virtually with others for supportive, meaningful discussion led by a trained facilitator. Groups are available for caregivers or for people living with early memory loss.

PROGRAMS FOR PEOPLE WITH EARLY MEMORY LOSS

Stay connected virtually with Alz Meet Ups. Social engagement offers a fun and comfortable way to connect with others to enjoy virtual discussions, experiences of art, music, culture, and more. Support groups and education program options are also available to those impacted by mild memory loss.

EDUCATION PROGRAMS

Be prepared to understand and meet the challenges related to Alzheimer's or other dementia. Programs on a variety of topics are provided by live webinar and in a pre-recorded format to watch at your convenience.

ESTAMOS PARA AYUDARLO

Nadie debería afrontar la enfermedad de Alzheimer solo. La Alzheimer 's Association está para ayudarlo a través de nuestros programas y servicios. Ofrecemos recursos y apoyo en inglés y en español por teléfono, internet o videoconferencia con nuestros expertos en el área de la demencia. Llámenos a nuestra línea de ayuda 24/7 al 800-272-3900 o visite nuestra página de internet alz.org

LÍNEA DE AYUDA 24/7

La Alzheimer 's Association ofrece una línea de ayuda que está disponible las 24 horas. A través de este servicio gratuito, especialistas y profesionales clínicos a nivel de maestría ofrecen apoyo confidencial e información a las personas que están viviendo con esta enfermedad, a sus cuidadores, a las familias y al público en general. Contamos con personal bilingüe y un servicio de interpretación que atiende en más de 200 idiomas.

CONSULTAS GRATUITAS CON ESPECIALISTAS EN EL CUIDADO DE LA DEMENCIA

Programe una cita por teléfono o videoconferencia con un especialista para comprender mejor la demencia, identificar los servicios disponibles, desarrollar estrategias para enfrentar los retos que presenta la enfermedad y planear para el futuro.

GRUPOS DE APOYO

Encuéntrese virtualmente con otras personas en un ambiente seguro para recibir apoyo y conversar sobre diferentes asuntos. Los grupos de apoyo son liderados por personas calificadas y están disponibles para los cuidadores o para personas que están comenzando a tener problemas de memoria.

PROGRAMAS PARA PERSONAS CON PÉRDIDA DE MEMORIA LEVE

Manténgase socialmente activo a través de nuestro programa virtual “Alz MeetUps”, el cual le ofrece la oportunidad de interactuar con otras personas de una manera cómoda y divertida para disfrutar de discusiones sobre arte, música, cultura y mucho más. Otras opciones para las personas que están con pérdida de memoria leve son los grupos de apoyo y los programas educativos.

PROGRAMAS EDUCATIVOS

Estos programas ayudan a comprender la enfermedad y ofrecen estrategias para manejar los desafíos relacionados con el Alzheimer y la demencia. Explore diferentes temas a través de videoconferencias en vivo o grabadas o participe por teléfono.