HELP IS AVAILABLE 24/7

The Alzheimer’s Association Helpline - 1.800.272.3900 - is available when you have questions, concerns, or need assistance anytime of the day or night.

Our free 24/7 Helpline allows people with Alzheimer’s disease or dementia, caregivers, families and the public to:

- Speak confidentially with master’s-level care consultants for decision-making support, crisis assistance and education on issues families face every day
- Understand memory loss, dementia and Alzheimer’s
- Get general information about aging and brain health
- Find out about local programs and services
- Learn skills to provide quality care and to find the best care from professionals
- Ask questions about medications and other treatment options, and legal, financial and care decisions
- Schedule in-person meetings to discuss challenges, care planning and other related matters
- Learn how to initiate difficult conversations with medical professionals, family members, and loved ones with the disease

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SAVE THE DATE

Pure Imagination Auction
April 7
Caregiver’s Journey
April 26
RI Advocacy Day
May 8
The Longest Day
June 21

CONTACT

Alzheimer’s Association
Rhode Island Chapter
245 Waterman Street, Suite 306
Providence, RI 02906
800.272.3900 | www.alz.org/RI
OUR TEAM

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24/7 Helpline
Call us day or night
1.800.272.3900
TTY: 1.866.403.3073
Welcome to the chapter!

As the need for our services grows, so is our team, to better meet those needs. We are delighted to welcome two exceptional professionals to our staff. They have joined the Association at an exciting time of growth and opportunity. The Association is on the front line in the battle against Alzheimer's.

KATE SPINELLA
Kate is our new Development Director. Kate spent the past fifteen years in non-profit fundraising and management. A native Rhode Islander, most recently she held the position of Executive Director of the Matty Fund for Epilepsy. In the beginning of 2017, she was instrumental in merging The Matty Fund with the regional affiliate of the national Epilepsy Foundation. Kate served as Epilepsy Foundation New England's Director of Special Projects and Initiatives in Wilmington, MA, before returning to Rhode Island and joining the Alzheimer's Association. She spent ten years on the board of Newport's Island Moving Company and served as its Chair for two of those years. She currently serves on the development committee of the Classical High School Alumni Association. Kate lives with her husband Frank in Middletown, and is a mother of two grown daughters. She is an adopter of rescued animals, avid skier, golfer, reader and crossword aficionado.

AMARYHA BRYAN
Amaryha joins our team as Office Manager. Amaryha is working towards her Bachelor's Degree in Business Management at New England Institute of Technology. She is a member of the Society for Advancement of Management, New England Tech Chapter. The mission of this non-profit professional society is to dedicate time to the study and practice of management. Amaryha can be found reading, writing, drawing, and hiking. She focuses on healthy cooking and eating!

MICHELLE LA FRANCE
Michelle is celebrating two and a half years with the Alzheimer's Association, Rhode Island Chapter. Formerly the Office Manager, Michelle has recently been promoted to Public Policy and Public Relations Specialist. Michelle was driven to the Association because the cause is personal to her as her dad suffers from Fronto-Temporal Dementia. Michelle enjoys the opportunity to help caregivers as a Powerful Tools for Caregivers Master Trainer and looks forward to advocating for those with the disease and their caregivers in her new role. Michelle graduated Providence College in 2014 with a Bachelor's of Science in Health Policy and Management. She continues to pursue her education through Southern New Hampshire University's Master of Business Administration program.
You can make it happen.....a world without Alzheimer’s disease
You can make a difference in the fight against Alzheimer’s and related dementias just by giving a few hours of time. In fact, volunteers are the lifeblood of the Alzheimer’s Association. Some 35,000 volunteers nationwide work with us to achieve our vision of a world without Alzheimer’s disease. Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer’s. Whether you can spare a few hours or make a more significant time commitment, please consider becoming an Alzheimer’s Association volunteer.

Walk to End Alzheimer’s
Come walk with us! Alzheimer’s Association Walk is the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research. We need volunteers who can help plan, promote and work the day of the event. You can also form a walking team of family, friends or co-workers. Participate in a walk near you

The Longest Day
The Longest Day is all about love. Love for all those affected by Alzheimer’s disease. On the summer solstice (or any day in June) team up with the Alzheimer’s Association and select any activity you love – or an activity loved by those affected – to help end Alzheimer’s. Start or join a team, host an event, or register as an individual. Choose the way that works best for you! Join the fight by starting a team today

Help out at the Rhode Island Chapter office
If you are an individual (teen, adult or senior) or part of a family, team, group of employees or company, please contact us at 1.800.272.3900 to see where your skills are needed. We can use your help in the following areas:
• Special Events such as auctions/galas, golf tournaments and other fundraisers
• Walk to End Alzheimer’s
• The Longest Day
• The Caregiver’s Journey Conference
• Public education, awareness programs and support groups
• Administrative Support
• Speaking Engagements
• Advocacy
Share your story
If you would like to share your experience living with Alzheimer's or caring for a loved one with the disease, we may have opportunities for you to speak through our local Alzheimer's Association Speaker's bureau. We may also have opportunities for you to share your experiences with local and national media outlets.

Become an Alzheimer's advocate
Help shape laws at the federal, state or local level by talking with legislators and educating them about Alzheimer-related issues. Association advocates have successfully raised government funds for Alzheimer's research and improved access to care and support services for people in our community.

Join us as an advocate

Become a Champion
Join the movement to dramatically increase awareness and concern about Alzheimer’s. We're calling on 5 million Americans – one for every person living with the disease – to become a Champion and join the Alzheimer's cause. When you sign up, you will receive e-mail updates and information on how you can help.

Sign up to be counted as a Champion

Sign up for our weekly e-newsletter
Stay up to date on the latest advances in Alzheimer's treatments, care and research.

Subscribe Now

Volunteer work is important to our health....it gives us the opportunity to help others. It is an opportunity to meet new people, learn new skills, take on a challenge and have fun! Won't you consider becoming a volunteer for the Alzheimer's Association Rhode Island Chapter and help us achieve our vision to live in a world without Alzheimer's disease? Please contact Amaryha Bryan at ambryan@alz.org or 1.800.272.3900 to obtain more information.

Sincerely,

Donna M. McGowan
Executive Director
Here are just some of the services we offer:

A Care Consultation is an individualized meeting with one of our dementia experts to learn about dementia, get connected with services in your area, troubleshoot specific problematic scenarios, and develop strategies for the future. We offer this service at no-cost over the phone or in our office.

Our Early Stage Social Engagement program is designed for persons who have been diagnosed with early memory loss to enhance the quality of life for participants.

Caregiver Support Groups provide care partners with an opportunity to share stories, information and resources with each other in a confidential environment. There is no attendance requirement, so feel free to come just once to check it out, or every time the group meets. There are more than 15 support groups throughout the state.

Our Chapter Library has a wide range of books, brochures, articles, and videos on all aspects of Alzheimer's available anytime on loan.

Our Education Calendar provides information on education and training sessions for virtually everyone - the general public, family caregivers, individuals with dementia and healthcare professionals. Our classes cover a range of topics: The Basics about Alzheimer's disease, Understanding Dementia-Related Behaviors and Effectively Communicating, Healthy Habits for Your Brain and Body, Know the 10 Warning Signs of Alzheimer's disease, and more! If you're not sure which class will teach you what you need to learn, give us a call and we can recommend the class for you!

Medic Alert+Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. Learn more at medicalert.org/safereturn

Our Chapter Website is an on-line resource with links to local programs and services, research, events and on-line education: alz.org/RI
CAREGIVER CONFERENCE PLANNING UNDERWAY

On April 26, 2018, at the Crowne Plaza in Warwick, the Chapter will once again offer the state's annual, premier Conference for dementia caregivers and healthcare professionals- the Caregiver's Journey Conference. For eight years, the Caregiver's Journey Conference has supported caregivers and professionals in their journey of caring and supporting persons with Alzheimer's disease and related dementias.

We are excited about this year's key note speaker, Stephen P. Salloway, MD, MS, who has been one of the leading researchers studying and testing new diagnostic procedures and new treatments for people afflicted with Alzheimer's disease and other memory disorders. At the Conference, Dr. Salloway will discuss "Developing Breakthroughs for Alzheimer's: What Rhode Islanders Can Do." In addition, varied workshops led by renowned experts in the field will be offered throughout the day that provide caregivers and professionals with modern educational tools geared toward carrying out the best practices of providing care for those who live with these unique diagnoses.

You don't want to miss this!

Save the Date for Thursday, April 26, 2018!

Conference registration opens mid-February 2018.

For more information about sponsoring the Conference and/or exhibitor space, please call the Chapter during normal business hours at 1.800.272.3900 or visit alz.org/ri. To download a sponsorship brochure, please click here.
Tips for responding to challenging behaviors: Repetition

Caregivers for those with Alzheimer's and other progressive dementias are often faced with behavioral challenges characteristic of this deteriorating brain disease. A common behavior caregivers are challenged with is repetition. You may be wondering why your loved one may do or say something over and over - like repeating a word, question or activity. In most cases, he or she is probably seeking comfort, security and familiarity.

What is causing these behavioral symptoms? Alzheimer's disease and other progressive dementias is the deterioration of brain cells which causes a decline in the individuals ability to make sense of the world. In the case of repetition, the person may not remember that she or he has just asked you "When are we having dinner" after just having eaten.

Environmental influences can also cause symptoms or make them worse. People with dementia who ask questions repeatedly may be trying to express a specific concern, ask for help, or cope with frustration, anxiety or insecurity. Because people with Alzheimer's gradually lose the ability to communicate, it becomes imperative that their caregivers monitor their comfort and anticipate their needs.

Now that you are aware of the cause of challenging behaviors, how can you effectively respond?

**Look for a reason behind the repetition** - Does the repetition occur around certain people or surroundings, or at a certain time of day? Is the person trying to communicate something?

**Focus on the emotion, not the behavior** - Rather than reacting to what the person is doing, think about how he or she is feeling.

**Turn the action or behavior into an activity** - If the person is rubbing his or her hand across the table, provide a cloth and ask for help with dusting.

**Stay calm, and be patient** - Reassure the person with a calm voice and gentle touch. Don't argue or try to use logic; Alzheimer's affects memory, and the person may not remember he/she asked the question already.

**Provide an answer** - Give the person the answer that he or she is looking for, even if you have to repeat it several times. If the person with dementia is still able to read and comprehend, it may help to write it down and post it in a prominent location.

**Engage the person in an activity** - The individual may simply be bored and need something to do. Provide structure and engage the person in a pleasant activity.

**Use memory aids** - If the person asks the same questions over and over again, offer reminders by using notes, clocks, calendars or photographs, if these items are still meaningful.

**Accept the behavior, and work with it** - If it isn't harmful, don't worry about it. Find ways to work with it.

**Share your experience with others** - Join ALZConnected, our online support community and message boards, and share what response strategies have worked for you and get more ideas from other caregivers. If an online support community is not for you, consider joining one of the many facilitated support groups offered in Rhode Island.

And remember, you are not alone in your caregiving challenges. We are here to help. If you have questions or concerns about your loved one's changing behavior or are looking for a support group, contact us at 1.800.272.3900.
EDUCATION CALENDAR

Getting Started Education Series

Family members, caregivers and friends of persons with Alzheimer’s Disease or a related memory disorder are invited to this four part series to learn, discuss, and prepare.

Part 1 - The Basics: Memory Loss, Dementia and Alzheimer’s disease

February 7 6:00-7:30pm
Trinity Health and Rehabilitation
4 St. Joseph Street, Woonsocket

April 3 6:00-7:30pm
Westerly Library
44 Broad Street, Westerly

Part 2 - Effective Communication Strategies

February 14 6:00-7:30pm
Trinity Health and Rehabilitation
4 St. Joseph Street, Woonsocket

April 10 6:00-7:30pm
Westerly Library
44 Broad Street, Westerly

Part 3 - Understanding and Responding to Dementia Related Behaviors

February 21 6:00-7:30pm
Hebert Health and Rehabilitation
180 Log Rd, Smithfield

May 1 6:00-7:30pm
Westerly Library
44 Broad Street, Westerly

Part 4 - Legal and Financial Planning on Alzheimer’s disease

February 28 6:00-7:30pm
Hebert Health and Rehabilitation
180 Log Rd, Smithfield

May 8 6:00-7:30pm
Westerly Library
44 Broad Street, Westerly

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 alz.org/ri or click here.
**Powerful Tools for Caregivers**

Are you a caregiver providing assistance to a relative or friend? Join us for this award-winning education program that has helped family caregivers restore the balance between caring for others and caring for themselves.

**Monday Mornings March 5-April 9**
10:15am-12:15pm
Portsmouth Senior Center Library
110 Bristol Ferry Road, Portsmouth

Please call 401.683.4106 to register.

*This program is sponsored by Catholic Social Services of RI under a grant from the State Division of Elderly Affairs/Title III of the Older American's Act.*

**Health Living for Your Brain and Body**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**April 26 11:00am-12:30pm**
Woonsocket Harris Public Library
303 Clinton Street, Woonsocket

*This program is sponsored by Rhode Island Geriatric Education Center.*

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**Know the 10 Warning Signs: Early Detection Matters**

Family members, caregivers and friends of persons with Alzheimer's Disease or a related memory disorder are invited to this four part series to learn, discuss, and prepare.

**February 15 10:00am-11:30am**
East Greenwich Senior Center, East Greenwich

**March 14 10:00am**
Your Blue Store
71 Highland Avenue, East Providence

**Living with Alzheimer’s Series for Middle Stage Caregivers**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

**May 24, 31, and June 7 6:00pm-7:30pm**
Woonsocket Harris Public Library
303 Clinton Street, Woonsocket

*This program is sponsored by Rhode Island Geriatric Education Center.*

**Caring for the Person with Intellectual/Developmental Disabilities and Dementia**

This program helps caregivers develop an understanding of what dementia is and the three stages, identify how dementia may be different in adults with ID/DD, and identify areas of consideration for care and supporting the person with dementia.

**April 5 6:00pm-7:30pm**
Living Innovations
535 Centerville Rd Suite P, Warwick

*This project was supported, in part by grant number 90AL0014-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.*

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**View our community calendar at alz.org/ri or click here.**

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**MORE THAN 5 MILLION AMERICANS ARE LIVING WITH ALZHEIMER’S BY 2050, THIS NUMBER COULD RISE AS HIGH AS 16 MILLION**
Caring for People with Alzheimer's Disease: A Habilitation Training Curriculum

*Please note this training is for direct care staff. This curriculum in best Habilitation therapy practices is a train the trainer model created to prepare attendees, already familiar with Alzheimer's and dementia care, in a wide array of settings.

February 2 8:00am-4:30pm
Bliss Properties
245 Waterman Street, Suite 506, Providence

April 30 8:00am-4:30pm
Bliss Properties, Providence

June 1 8:00am-4:30pm
Bliss Properties, Providence

Training Employees for Alzheimer's Management (TEAM)

*Please note this is a professional training

This six-hour training programs offers direct care professionals knowledge about caring for people with Alzheimer's disease and related disorders to help them be successful at their role as a care provider.

(this training will be held in two 3 hour blocks)
February 23 and March 2 9:00am-12:00pm
Warwick Public Library, Sandy Lane, Warwick

(this training will be held in one day)
March 21 10:00am-4:00pm
Westerly Public Library, Westerly

Caring for the Person with Intellectual/Developmental Disabilities and Dementia*

This workshop is of particular interest to professionals involved in the care or case management of older adults with intellectual and developmental disabilities in disability-related, health care, home care and aging-related agencies. This is the final time this event will be offered free of charge.

March 9 9:00am-4:00pm
Amica Mutual Insurance Company
Conference Center, 100 Amica Way, Lincoln
To register call 401.229.9700.

Powerful Tools for Caregivers*

Are you a caregiver providing assistance to an adult with a developmental disability and dementia? Join us for this award-winning education program has helped family caregivers restore the balance between caring for others and caring for themselves.

Thursday Mornings February 8 - March 15
10:00am-11:30am
Tockwotton on the Waterfront
500 Waterfront Drive, 4th Fl, East Providence

Thursday Mornings May 10 - June 14
10:00am-11:30am
Bliss Properties
245 Waterman Street, Suite 506, Providence

*This project was supported, in part by grant number 90AL0014-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

PLEASE NOTE
Except where noted, all programs are open to the public. Registration is required by calling 1.800.272.3900 or visit communityresourcefinder.org unless otherwise noted.
Training Employees for Alzheimer's Management

The Alzheimer's Association, Rhode Island Chapter is committed to helping professionals improve their knowledge and skills, build stronger teams and deliver better care to people with dementia and their families. Our training and education programs are geared to professionals working in both community-based and residential care settings. Our programs and meetings have been attended by activity professionals, administrators, nurses, occupational therapists, physical therapists, social workers and staff trainers. Many of our programs offer CEUs.

One professional training developed by the Alzheimer's Association is "Training Employees for Alzheimer's Management," or TEAM. This training provides knowledge about caring for people with Alzheimer's disease and related disorders to help them be successful at their role as a care provider. This special training, offered only by the Alzheimer's Association, is perfect for assisted living communities, nursing homes, adult day staff, and home health care agencies caring for people with Alzheimer's and other related dementias.

Since its inception, TEAM has been offered at a variety of facilities throughout the state, including Jewish Family Services of Rhode Island through their Partners in Care program. With many Rhode Islanders in caregiving roles for family and friends, JFS RI has adopted this program to relieve caregiver burden and to increase the potential for keeping their loved ones at home.

Shown in the picture on the left is Aretha, a volunteer for Partners in Care. Aretha decided she wanted to do something positive with her time and give back to her community. Partners in Care was the opportunity she had been looking for.

Partners in Care trains volunteers to accompany ill or frail individuals while the family caregiver gets respite from care-taking duties by, for example, getting a massage, taking an exercise class, meeting a friend for lunch, attending his or her own medical appointment or engaging in other activities that benefits the caregiver. There is no fee or cost incurred by the family. Volunteers, like Aretha, provide between four and ten hours of respite care each week, which includes recreational activities, companionship, errands and transportation. Volunteers are matched with families based on common interests so they can build meaningful relationships.

Part of a volunteer's pre-service training for Partners in Care includes the Alzheimer's Association's six-hour TEAM program. Upon completion of the TEAM training, Aretha was matched with Sarah. Sarah suffers from Alzheimer's disease. This was Aretha's first encounter with the disease and according to her it's been "eye-opening." Alzheimer's disease is prevalent in 23,000 Rhode Islanders who are cared for by 53,000 unpaid caregivers. Aretha says, the TEAM training taught her how best to communicate with Sarah and develop a better understanding of her disease. Aretha applies what she learned from this training to improve Sarah's quality of life. Aretha and Sarah's favorite activity is going to the dog park together. Aretha describes Sarah as bubbly, outgoing, and she loves to laugh. Sarah has taught Aretha a lot about turning the negative into positive. Aretha cherishes her time spent with Sarah, who lights up each time she sees Aretha.
Early Stage Social Engagement Program

A group for active people with early memory loss

Life takes turns. It helps to have friends around every corner. Get out, get active, and get connected with the Alzheimer's Association Early Stage Social Engagement program offered in five locations throughout Rhode Island.

Eligibility:

- A diagnosis of mild cognitive impairment, early Alzheimer's or other early memory disorder
- A desire to participate in social activities and increase physical fitness
- A willingness to acknowledge memory loss and learn ways to manage it

A meeting with Alzheimer's Association staff is necessary to determine eligibility. Please contact Program Manager Annie Murphy for more information and to learn about the benefits of participating in this program at 1.800.272.3900 or mmurphy@alz.org.
Caring for the person with Intellectual/Developmental Disabilities and Dementia

Seven Hills Rhode Island (SHRI) along with partners including the National Task Group on Intellectual Disabilities and Dementia Practices (NTG), the Alzheimer's Association of Rhode Island (AARI), and Healthcentric Advisors has been working to develop programs and resources to strengthen and expand the current dementia-capable system of care for older adults with IDD (Intellectual/Developmental Disabilities) and ADRD (Alzheimer's Disease and Related Disorders) across Rhode Island. This collaboration has been made possible through grant funding from the Administration for Community Living at the U.S. Department of Health and Human Services.

The project objectives are to promote and provide person- and family-centered care and training to improve care for individuals living with moderate to severe impairment and their caregivers and to improve the quality and effectiveness of programs and services dedicated to individuals aging with IDD and ADRD, or those at high risk of developing ADRD. Services include support groups to provide education and knowledge about ADRD, increase caregiver skills, provide emotional support, and disseminate information about new strategies and resources in the community, an Alzheimer's Dementia Specialty Adult Day Health Program, and educational workshops for family caregivers and clinical professionals. Both support groups and educational workshops are ongoing and open to all.

A newly released Rhode Island Specific Resource Guide entitled Intellectual Disability and Dementia: A Caregivers Resource Guide for Rhode Islanders is available at www.sevenhills.org or click here. This guide is designed to improve understanding of dementia and potentially lead to earlier identification and acquisition of timely supportive services. This guide provides caregivers of individuals with intellectual disabilities an overview of dementia, as well as information about caregiving and support options available in Rhode Island. To learn more please contact Sandra Fournier, MSN, RN, CDDN, at sfournier@sevenhills.org.
WE WANT YOU TO
JOIN THE FIGHT

Butler Hospital Prevention Registry

Alzheimer's awareness has heightened among leaders in both public and private research funding sectors; however, money alone will not find the cure. Community action and volunteerism in research is necessary from people just like you! It is a misnomer that researchers already have enough study participants and they don’t need anymore. In fact, 80-85% of people who screen for Alzheimer's prevention studies do not qualify for the trials being conducted. Thousands of screenings are needed to find a few hundred individuals who are eligible to participate.

To address this need, Butler Hospital created the Alzheimer's Prevention Registry! When you join the registry you can receive the latest information about Alzheimer's disease and research opportunities that you might be eligible to participate in. Butler is asking interested individuals to help promote its growth by educating your friends and family members about their mission – to end Alzheimer’s disease – and encourage them to join in the fight. Spread the word by posting on Facebook, sharing with your congregation, talking to your stylist or barber and even those in your Zumba class! Your sphere of influence can help find a cure for Alzheimer's disease. If you'd like more information about the Butler Alzheimer's Prevention Registry you may call 401.455.6402 or visit www.butler.org/memory and a member of the team would be happy to speak with you!
What Can Balance and Walking Patterns Tell Us About Cognitive Function?

Exciting research is taking place at the University of Rhode Island, led by Dr. Christie Ward-Ritacco and Dr. Kim Fournier from the Department of Kinesiology. Their study takes an innovative approach to understanding the earliest brain changes that lead to mild cognitive impairment (MCI) or Alzheimer's disease (AD) – by measuring patterns of walking and balance. The exercise physiologist and biomechanist team have designed a study using the sophisticated measurement tools in the Motion Analysis Laboratory at URI to investigate if walking, balance, and physical function assessments are sensitive enough to identify changes in how the brain processes information, as well as other potential indicators of future cognitive decline.

Current research has linked walking speed with cognitive function; however, the information gained from these studies is incomplete, as there may be additional movement tasks and measures that can pinpoint other important brain areas involved in motor control and cognitive functioning. Data from this study has the potential to enhance the ability to use specific movements for identifying the earliest stages of decline in at-risk individuals, or disease progression in those diagnosed with dementia. Better understanding of relationships between movement changes and brain function during aging could also be used in the development of interventions to prevent or treat memory disorders.

Drs. Ward-Ritacco and Fournier have begun recruiting cognitively healthy older adults, as well as those who have been diagnosed with MCI or dementia to participate in their study. Over the course of two visits, researchers gather information on participants' personal and general health, cognitive function, and movement abilities. A qualified evaluator administers questionnaires to assess cognitive function. Participants then perform a series of tasks related to sitting, standing, and walking on a treadmill with embedded sensors. In order to analyze these movement tasks, individuals wear reflective stickers on various locations on their bodies, much like those used for motion capture in the filming of the movie Avatar. In order to ensure safety while walking on the treadmill, a harness that attaches to the ceiling in the laboratory are used for protection to prevent the possibility of falls. Video cameras and treadmill sensors are used to record and analyze these movement tasks. Additionally, physical activity monitors are used to track activity on the days in between testing.

There is no cost associated with joining this study and insurance companies will not be charged for any of the study visits or tests. Parking is free, and individuals will receive $100 their participation. If you would like more information about this exciting research study, please email GAIT_STUDY@etal.uri.edu. You can also reach Dr. Ward-Ritacco at 401-874-5638.
Philanthropy for you

from Development Director, Kate Spinella

At the end of 2017, the United States saw a change to our income tax laws. While the implications of this change will probably be realized later in 2018, it is essential to explain why giving to the Alzheimer’s Association should be important to you. It is more than just a tax or financial planning decision. Philanthropy can benefit not only the organization you support, but it can create connections and relationships for *you*.

**Small gifts can have a great impact:** If you participate in the Walk to End Alzheimer’s or The Longest Day, your participation can bring about many gifts. You become entrenched in something bigger. Crowdfunding is making the greatest impact in philanthropy during this age of social media.

**You can set an example:** Your friends and family may be looking to get involved in philanthropic giving. Choosing the Alzheimer’s Association as your charitable organization of choice can drive others to join the mission to find the first survivor.

**It's good for your business:** Becoming a sponsor and donor of the Alzheimer’s Association shows your clients and customers that you are dedicated to a cause. Sponsorships provide exposure and benefits for your business.

**You can be a leader:** Supporting the Alzheimer’s Association in your community or at your workplace helps others follow your lead. You become a trailblazer for the cause.

**You are our partner:** The Alzheimer’s Association can’t do it without you: your connections, relationships and voluntary financial support are necessary to continue the mission.

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. It is the largest nonprofit funder of Alzheimer’s research. The Association’s mission is to eliminate Alzheimer’s disease through the advancement of research; provide and enhance care and support for all affected; and reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer’s disease. Your gift can put us all closer to that world.
In case you missed it!

The Chapter held its 8th annual Culinary Challenge for a Cause on Wednesday, November 29, 2017. Nearly 300 attendees gathered at Rhodes on the Pawtuxet for this festive affair to sample delectable gourmet cuisine, cast a ballot for their favorite chef, and dance the night away.

Chefs from Rhode Island's own assisted living communities participated in this ultimate cook off vying for Best Taste, Best Display, and People's Choice awards. Participating facilities included Brookdale Greenwich Bay, Benchmark Senior Living, Darlington Memory Lane, Genesis Healthcare, John Clarke Retirement Center, South Kingstown Nursing and Rehabilitation, The Seasons, and Village House Nursing and Rehabilitation.

Judges of the evening included WPRI 12 and Fox Providence's multiple Emmy-nominated Anchor and Reporter, Mike Montecalvo, Chef Frank Terranova, Senior Instructor in the College of Culinary Arts at Johnson & Wales University's Providence Campus and host of “Cooking with Class,” a daily television cooking segment on NBC 10, and NBC Sunday Brunch, Ken Rianna, KFC and Taco Bell Franchise owner, local modern artist Paul M. Coté, and Craig Dwyer, Senior Policy Advisor, Office of the Lieutenant Governor.

The tastings from all of the chefs were worthy of praise. The judges’ table winner for “Best Display” was Darlington Memory Lane with a Swiss Chalet extravaganza. The judges’ table winner for “Best Taste” was Benchmark Senior Living, Chefs David Silva and Steve Morrissette with their pan seared sea scallops in a whiskey cream sauce with fried leek garnish and pan seared white prawns with vegetable quinoa in a green onion sauce with truffle salt and micro arugula. Popular among the attendees was New England clam “chowda,” “lobsta” roll and fruit tarts as they dubbed Chef Scott Hahn of John Clarke Retirement Center, winner of the “People’s Choice” award.

This year’s Culinary Challenge raised nearly $10,000 to support the Chapter's programs and services. Save the date for the next Culinary Challenge to be held November 28, 2018 at Rhodes on the Pawtuxet.
Alzheimer's Association Auction

Imagine a world without Alzheimer's!

On April 7, at the Skyline at Waterplace in Providence, the Chapter will host its annual auction to raise money for the 23,000 Rhode Islanders suffering from Alzheimer's disease and related dementias and their 53,000 caregivers. We are excited to announce, this year's Willy Wonka theme to commemorate actor, Gene Wilder who passed away from Alzheimer's disease in 2016.

The night will feature entertainment, a sit down dinner, sweets and treats, an enticing auction, and complimentary valet parking, all while overlooking the Providence skyline.

Click here to purchase tickets online!

For more information or to learn about sponsorship opportunities, please call the Chapter during normal business hours at 1.800.272.3900 or visit alz.org/ri. To download a sponsorship brochure, please click here.
THE LONGEST DAY

The Longest Day is all about love. Love for all those affected by Alzheimer’s disease. It is a tribute to our caregiver heroes and those facing Alzheimer’s. June is Alzheimer’s & Brain Awareness Month, and on or around the summer solstice—the longest day of the year—businesses, towns, teams, and individuals all over the country are coming together to help end Alzheimer’s. We will raise funds and awareness for care and support programs while advancing research toward the first survivor of Alzheimer’s. Join The Longest day by starting or joining a team, hosting an event, or doing something on your own! Choose an activity that you love, plan a day that has special meaning for you and your loved ones and collect donations in support of your efforts and those you are fighting for.

Visit alz.org/TLD or click here to join the fight.

Questions? Need help brainstorming ideas? Having trouble registering? Contact: Special Event Coordinator, Bella Garcia 1.800.272.3900 or agarcia@alz.org

DON’T MISS THIS YEAR’S ANNUAL GOLF TOURNAMENT ON JUNE 21 AT NEWPORT NATIONAL GOLF CLUB! MORE DETAILS TO COME!
Join the Walk to End Alzheimer's® Planning Committee

Are you passionate about putting an end to Alzheimer's disease? Do you want to get more involved with the Alzheimer's Association and the Walk to End Alzheimer's? Then we need you! Join the Walk to End Alzheimer’s Planning Committee and help grow the movement to end Alzheimer’s from the ground up.

Volunteers are the heart of the Alzheimer's Association Walk to End Alzheimer's! Committee members plan each Walk to End Alzheimer’s event from the kick-off to the wrap-up. Some committee members focus on growing the event by recruiting teams, getting Walk materials out in the community and securing sponsorships. Others focus on event production and find ways to enhance the event experience.

**Join us for the Newport Walk Volunteer Kick Off**

**When:** February 7, 2018 8:30AM Breakfast  
**Where:** Brookdale Sakonnet Bay

To RSVP or to learn more about the Walk to End Alzheimer's planning committee, please contact **1.800.272.3900** or **agarcia@alz.org**.
Volunteer with us

Join the fight against Alzheimer's disease by becoming an Alzheimer's Association, Rhode Island Chapter volunteer. From planning an event to hosting a support group to providing office support, there are many ways to get involved.

**FAMILY SERVICES**

**Community Educator** - Deliver community education programs using prepared training materials on topics related to Alzheimer's disease, other dementias and memory loss as well as information for individuals and families impacted by the disease.

**Early-stage social engagement program facilitator** - Help facilitate support groups that provide emotional, educational and social support to those caring for someone living with Alzheimer's or another dementia.

**Health Fair Representative** - Distribute basic information about Alzheimer's disease and the Alzheimer's Association at health fairs throughout the state.

**Helpline Counselors** - Assist callers to the office, make follow-up calls responding to questions and concerns and provide information about Alzheimer's disease and community resources.

**Support Group Facilitator** - Help facilitate support groups that provide emotional, educational and social support to those caring for someone living with Alzheimer’s or another dementia.

**SPECIAL EVENTS**

Assist with the planning and execution of fundraisers such as Walk to End Alzheimer’s, The Longest Day and more! Committee member tasks include recruiting team members, raising revenue, increasing awareness and implementing event activities.

**OTHER SERVICES**

**Administrative volunteer** - Assist in the many administrative tasks needed to keep our office running smoothly, including special projects, mailings, collating and copying.

**Advocate** - Help improve the quality of care and quality of life for people with Alzheimer's disease and their families by carrying our message to elected officials at the federal, state and local levels. Communicate with elected officials via petitions, phone calls and other calls-to-action, participate in area events, and share your story.

**Physician outreach volunteer** - Help establish relationships with clinical health providers by sharing information about our programs and services.

**Speakers' bureau volunteer** - Provide presentations about Alzheimer's, other dementias and memory loss as well as the Alzheimer's Association to audiences including senior centers, health fair attendees, community organizations, clubs, congregations and schools.

**TrialMatch volunteer** - Find clinical trials through Alzheimer's Association TrialMatch®. This free, easy-to-use clinical studies matching service generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for.

To volunteer with the RI Chapter, contact 1.800.272.3900 during regular business hours, or email ambryan@alz.org.
MISSION MOMENT

Personal Reflection
by David Angell
Community College of Rhode Island Student

I had the opportunity to volunteer at the Alzheimer’s Association’s 7th Annual Caregiver’s Journey Conference held at the Crowne Plaza in Warwick in April 2017. I found the help I offered to be very rewarding and I feel like I learned quite a bit by the time I left.

First off, I should say that I helped care for my grandmother, who developed Alzheimer’s when I was an adolescent. Once it was found she could no longer live on her own, my Mother immediately volunteered our home and our lives to her. Her lack of hesitation in that situation has always been an inspiration for me. Providing care at such a formative age, for a strong woman who helped raise me gave me a unique perspective for the rest of my life and helped make me into the person that I am today. Because of these circumstances, I was able to understand where all of the caregivers at the conference were coming from and I was glad to help give them a warm welcome and aid in enriching their caregiving journey.

My volunteering duties were pledged to the TrialMatch service, which is a great initiative and must be invaluable to caregivers, persons with Alzheimer’s and researchers alike. In my work, I learned the value of flexibility and creativity. When I started with my clipboard, I stumbled over my words a bit and found I was more effective in my delivery once I’d refreshed my memory with the talking points and facts about TrialMatch. Noting the brochures at our table, I added those to my clipboard and found that people were more receptive once I’d handed them the literature to look over themselves while I spoke with them. In the end, I found the most success at the table, explaining the benefits of the TrialMatch system, the value of research and the ease of the process to people, while letting my more outgoing peers go out and initiate conversations with conference attendees.

Some of my most rewarding memories are simply talking to people at the conference. I was able to direct caregivers towards resources they may not have known were offered to them. I had conversations about the joys and struggles of caregiving. I talked with medical professionals and researchers about the importance of their work. I talked to people with Alzheimer’s themselves and shared friendly words and smiles.

I’d like to take the time to thank the Alzheimer’s Association, not only for the opportunity to volunteer, but for leading the charge in the fight against this disease that has touched, and will continue to touch, all of us. Although I may be biased, the TrialMatch service seems invaluable in this fight and I’m proud to have played a part in helping facilitate this research.
ADD YOUR VOICE TO OURLS

WHAT IS AN ALZHEIMER'S ADVOCATE?

Alzheimer's disease is the 6th leading cause of death in the U.S. and affects millions of people daily, including people you know and love. Alzheimer's Association Advocates across the country play a crucial role in efforts to push for public policies and research funding that is critical to our vision of a world without this disease. The Alzheimer's Ambassador program and Congressional Teams have helped us to pass critical legislation and nearly triple federal funding for Alzheimer's research in just a few years!

These champions help persuade Congress to make Alzheimer's disease a national priority by meeting with Rhode Island's federal representatives in their district offices. They also pursue public health initiatives in the state and work hard to make Rhode Island dementia-capable.

In the coming months, we'll continue to press lawmakers to do their part to increase funding, but we need your stories and your voice! To learn more about becoming an Advocate with the Alzheimer's Association, please contact Policy and Public Relations Specialist Michelle La France in the RI Chapter's office by calling 1.800.272.3900 or email mlafrance@alz.org.

ALZHEIMER'S STATE DAY

Join us at the State House on May 8, 2018 from 2:00pm to 4:00pm to help us promote our critical policy goals!

ADVOCACY FORUM

Thousands of advocates from across the country will converge on Capital Hill June 17-19th to voice the needs of those living with the disease and their caregivers.

For more information on State Day or the Advocacy Forum, call 1.800.272.3900 or email mlafrance@alz.org.
Rhode Island Chapter named recipients of the Langevin Award

The Family Caregiver Alliance of Rhode Island hosted its sixth annual award ceremony at the State House on November 2, 2017. The award ceremony is held to honor a sampling of exceptional Rhode Island caregivers and recognize an organization that excels in providing support to caregivers with the Langevin Award. The Family Caregiver Alliance of Rhode Island is a volunteer organization made up of caregivers and agencies that provide them with support and services. The Alliance is a separate entity of its own, but affiliated and supported by the United Way of Rhode Island.

The Langevin award was first given to, and named after, Congressman James Langevin in 2013. The Congressman is one of two prime sponsors of Lifespan Respite federal legislation. As a result of his work, many states including Rhode Island, have been awarded federal funds to help develop, strengthen and coordinate respite care and other caregiver support services. Each year, The Family Caregiver Alliance of Rhode Island presents the Langevin Award to an individual or organization that has helped to further Rhode Island's network of support for family caregivers. This year, the Alzheimer's Association, Rhode Island Chapter was honored to be recipients of the Langevin Award.

The Rhode Island Chapter is committed to helping caregivers navigate the various challenges of caring for someone living with Alzheimer's and other related dementias. The Chapter is thankful to Congressman Langevin and the Caregiver Alliance for recognizing our dedication to the 23,000 Rhode Islanders living with Alzheimer's disease and their 53,000 caregivers. We recognize the importance of managing caregiving stress, balancing caregiving responsibilities, and taking care of the caregiver. The Alzheimer's Association provides services and resources to include confidential support, information, and referrals to local resources via our 24/7 Helpline, care consultation, caregiver support groups, education programs for families, and online information and tools for all those who participate in providing care and making care-related decisions.
SHARE THE FACTS AND JOIN THE FIGHT

#ENDALZ