INSIDE
Events
Caregiver Corner
Education Calendar
Research Roundup
Action in Advocacy
Volunteer with us!
FROM THE DESK OF...

Donna McGowan, Executive Director

Walk enables our mission. The Alzheimer's Association has a very clear mandate: to end Alzheimer's. It's a monumental goal that each and every chapter across the country is determined to accomplish, including your Rhode Island Chapter. The means to that end requires perseverance, dedication and focus, much like the effort shown by our caregivers, volunteers, supporters, sponsors, advocates, staff and board members. Paramount, though, is making sure the funding is in place to ensure the other facets of our mission continue: to provide and enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health.

Our annual Walk to End Alzheimer's is the most important fundraising event we organize to ensure our mission has strong footing in Rhode Island and in research settings all over the world.

Your role in that effort is greatly appreciated and vitally important. You can register your team today either online at alz.org/ri or by calling 1.800.272.3900. You can also re-start a previous team the same way. It costs nothing to sign-up, but the rewards of taking part are priceless. Your efforts ensure that we can reach out to a family overwhelmed by a new diagnosis of dementia. We can offer them private care consultations, help them find resources, and offer support and guidance at every step as they face Alzheimer's. Your fundraising dollars also allow us to provide online resources and training for caregivers with limited time, means and access. Our Chapter offers social programs for those with early and younger onset, along with support groups for them and their care partners. We train facilitators who organize community-based group respite programs, which offer care partners some important "me" time. Those critical dollars also support our 24/7 Helpline phone service, which offers professional care consultations every hour of every day. And that money allows us to continue to provide free educational programs across the entire state of Rhode Island.

This Chapter will continue to do the things that are so critically needed: staff our 24/7 care consultation helpline; train facilitators to run support groups in more than 18 locations; provide onsite training and resources to local companies looking to help their employees navigate the challenges of dementia care; conduct face-to-face expert Care Consultations. And we WILL serve more people than ever. My personal pledge is to reach harder into communities that need us most. Both of our walks combined raise in excess of $450,000 presently. It sounds like a great deal of money, and it is when you consider where we were. But it's not nearly enough. Not when you look at the statistics: 23,000 Rhode Islanders and more than 5 million Americans are living with Alzheimer's or other dementia. While Alzheimer's disease is the 6th leading cause of death in the U.S., it is now the 5th leading cause of death in Rhode Island and the only one in the top 10 that cannot be prevented, slowed, or cured. This year alone, dementia care will cost the nation $277 BILLION. We will NOT stop fighting for more: more funding for research...more funding to provide and enhance care and support for all affected...and more funding to reduce the risk of dementia through the promotion of brain health. We fight to preserve the memory of those we've lost to this disease, to preserve the future of those who will be diagnosed, and to secure a future without Alzheimer's. I hope to see you at our Walks: Sunday, September 16, 2018, Fort Adams State Park, Newport, Sunday, September 30, 2018, Roger Williams Park, Temple to Music, Providence and NEW this year, Sunday, September 23, 2018, Misquamicut State Beach, Westerly. We are excited to have Westerly on-board with the Walk to End Alzheimer's! We are in this fight together and by combining our forces together we WILL live in a world without Alzheimer's! I look forward to greeting you at the walks. Thank you for all that you do!

Sincerely,

Donna M. McGowan
Executive Director
OUR TEAM

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WALK TO END ALZHEIMER'S: JOIN THE FIGHT FOR ALZHEIMER'S
FIRST SURVIVOR

In 2010, I participated in my first Walk to End Alzheimer's. Earlier that year, my mother in the middle stages of Alzheimer’s, had moved to a community to help care for her. It was a hard decision for our family, and it is not THE decision for everyone. She had certainly settled in, and we as a family were coping as to how to adjust to the new normal. We had begun to wave at other family members as we came and went from the home, and we loved the staff, but we weren’t sure that we belonged. Alzheimer’s can be so isolating for not only the person with the disease, but for the caregivers too. We had difficulty shouldering this burden.

At my mother’s Home we saw the poster and that’s when we decided to join the Walk to End Alzheimer’s. On Walk Day we arrived in Newport to the throngs of people participating: when I say that we felt a part of SOMETHING BIG, it was an understatement. People were wearing t-shirts with their honored family or friend, there were teams from memory care communities across the state, there were young and old people celebrating together, while trying to cope. They were paying respect to their loved one, but also looking for a reason to hope. The Walk made me feel that we were not alone in this fight for my mother, but together in the fight for all of us now and those who will need care and support in the future.

Last year, in 600 Walks across the country, the Alzheimer's Association raised over $82 million. Those funds raised through the Walk to End Alzheimer's helped the Association:

- Provide 3.6 million people with care and support.
- Invest more than $28 million in over 129 scientific investigations.
- Answer nearly 300,000 Helpline calls (800.272.3900).
- Reach out to 66,000 new users who created profiles through TrialMatch®, a clinical studies matching service.
- Hold 2,648 meetings with members of Congress and their staffs in district and DC offices along with the Association’s advocates.

And that is not all. Every service and program the Association provides is free of cost to any of its participants, thanks to Walkers and Donors like you.

With our first Walk my family gained so much, we felt no longer isolated. On that day we experienced personal fulfillment, but at the same time we became part of the solution. We helped raise money as a team to give back to the organization that made us feel accepted; and we were overwhelmed how good it made us feel. As I now find myself as Director of Development for the RI Chapter, I urge you to join us at one of the RI Walks in September. By helping us raise money and awareness for the cause, you will also connect with our community. You will be one of us. Together we become stronger to fulfill the Association’s vision of a world without Alzheimer’s.

To register for one of our Walks, visit alz.org/ri/walk or by calling 800-272-3900.
Newport | Sunday, September 16, 2018 | Fort Adams State Park
Westerly | Sunday, September 23, 2018 | Misquamicut State Beach
Providence | Sunday, September 30, 2018 | Roger Williams Park
**THE LONGEST DAY**

On June 21, the summer solstice, countless advocates teamed up with the Alzheimer's Association for The Longest Day annual signature event. Friends, families and communities united to honor loved ones and raise funds and awareness of Alzheimer's through the organization of individual and group actives. Here are just a few examples of the activities that took place this year. Donate to a participant at [alz.org/tlld](http://alz.org/tlld)

"Since meeting Paul Coté, we’ve been incredibly moved by his dedication to helping find a cure for Alzheimer’s, and to bring more attention to the disease as a whole. We have both been directly impacted by Alzheimer’s, and having been inspired by Paul, we’ve always wanted to find a way to help in his mission, and give back. We finally collaborated on a means of doing so through our bakery, and together we came up with the idea of selling a purple and white Alzheimer’s donut to raise funds for the Alzheimer’s Association, and match the funds 100%. We drew inspiration from Paul’s art to decorate the donut, and it was so well received that we did it again the day after. We are proud to be aligned with such an incredible cause, and will be doing the donut every year on the Longest Day.” ~ Paul & Lori Kettelle

"I fortunately was introduced to Paul and Lori Kettelle a few years before the launch of PVDonuts. Their passion for life and desire to make a difference came through loud and clear right away. Further engagements between us revealed the fact that they like so many other people have been impacted by Alzheimer’s Disease. As I was waiting in line one day to procure the bundles of deliciousness that are PVDonuts and watching the demographics of others waiting in line it hit me. One of the stigmas associated with the disease is age; that it only affects the elderly. Nothing could be further than that mis-truth. Some of these young adults waiting in line will develop early onset while others will become caretakers. I approached Paul and Lori with the idea of creating a Coté inspired doughnut for the “Longest Day” to bridge that gap and bring awareness to Alzheimer’s. Without hesitation Paul and Lori were on board and excited to be involved with the collaboration. Thank you for your generosity and kindness. Love and Light.” ~ Paul Coté

"This year, as a sophomore at Bryant University, I participated in The Longest Day for a service learning project. My great grandmother died from Alzheimer’s, so the subject always hit home, but as I planned this event, my feelings about stopping this horrible disease grew stronger. My knowledge about the disease increased tremendously. For The Longest Day my team hosted a field day on campus. Lawn games and snacks brought students, staff, and faculty out to learn the facts about the disease. We used the field day as a platform for our project because we wanted have activities that many, if not all people, love to do. This was an invaluable experience for my teammates and I. Because of this event and everyone at the Alzheimer’s Association, I will always be an advocate for the fight to end Alzheimer’s.” ~ Nicholas Caracciolo
“In June, I hosted a Zumba class as part of The Longest Day. A few months before, George, my husband of 43 years, was diagnosed with early onset Alzheimer’s. George is 66 years old, and is a retired public school teacher, musician, and University of Rhode Island instructor. Since I love teaching Zumba, this was a perfect way for me to raise awareness and funding for Alzheimer’s, and to honor George. I used the resources available on The Longest Day website to publicize my fundraiser. I was able to raise over $1,700, and 18 people attended. A great time was had by all, and I was pleasantly surprised by the generosity of friends, relatives, and my Zumba students. Hosting this special event also made me feel like I was doing something about Alzheimer’s, which has already had such a profound effect on my life. Being part of this community of people who are working to raise awareness and funds for Alzheimer’s has been a therapeutic and meaningful experience for me.” ~Fatima Devine

“The John Clarke Retirement Center celebrated The Longest Day in honor of our residents, past and present, who have been affected by Alzheimer’s as well as in honor of the caregivers who share so much of the struggle and fight for a cure. We wanted to do something fun and festive that our residents could enjoy. We held a Kickoff to Summer FUNdraiser – a summer party with music, food, and raffles to raise money and awareness which also included a silent auction. Our signature purple cocktail “The Forget me Not” was a big hit. Residents from our nursing center and retirement center joined us as well as many of our caregivers, along with the general public. We had a special guest appearance by Chef Frank Terranova who had a great time, even noting the comradery he could feel among our group which is like a family. We promoted our event through social media, flyers at various locations throughout the community, and had a “shoutout” on the Channel 10 Sunday Brunch show with Mario Hilario. We had ticket sales in the facility as well as online. Our event was a success raising over $5000.” ~Katie Parascandolo
EVERY DOLLAR COUNTS

Join the fight for Alzheimer's first survivor in Rhode Island this September. At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's - a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Where does the money go?

We provide care and support for all those facing Alzheimer's across Rhode Island utilizing donated funds to offer:

- A free, nationwide, 24/7 Helpline 800.272.3900 staffed by specialists who provide support, offer information and lists of resources near you
- Support groups for care partners and those diagnosed with dementia to provide a local network of help and on-line connections through ALZconnected.org, a free message board service that builds relationship across the country.

We advocate for the needs and rights of people impacted by Alzheimer's. The Association is the leading voice for Alzheimer's advocacy in the world, advancing public policy that improves the lives of those living with dementia and their care partners.

We educate and raise awareness to grow understanding about the disease. To increase knowledge and support those facing dementia, your fundraising provides:

- Free educational workshops and programs about the 10 warning signs of Alzheimer's, living with the disease, caregiving at every stage, and healthy lifestyle choices
- A website - alz.org - that includes hundreds of pages of information in a variety of languages

We drive research toward treatment, prevention, and ultimately, a cure. As the world's largest nonprofit funder of Alzheimer's research, the Association invests your fundraising resources in innovative projects that hold the most potential to alter the trajectory of the disease.

Our team can also help build and motivate your Walk team, with suggestions for fundraisers, marketing materials to share with friends, family and co-workers. Visit alz.org/ri/walk or call 800.272.3900 to get walking!

Your support of the Walk to End Alzheimer's through registration for local Walks and your fundraising put us one step closer to a world without Alzheimer's. We can start or renew your Walk team in a matter of minutes.
THANKS TO OUR WALK TO END ALZHEIMER'S SPONSORS

TOP TEAMS

NEWPORT
McCarthy Brainwaves | $5,378
WESTERLY
Memories Matter | $2,350
PROVIDENCE
Team Citizens | $3,381

TOP PARTICIPANTS

NEWPORT
Grace Martin | $3,680
WESTERLY
Alison Chalker | $1,450
PROVIDENCE
Erin Charpentier | $2,246

THANK YOU HONORARY AMBASSADORS

Senator Sheldon Whitehouse
Senator Jack Reed
WALK TO END ALZHEIMER'S CHAMPIONS CLUB

Alzheimer's disease is relentless. So are we. When you raise $500 or more or $1,000 or more for Walk to End Alzheimer's®, you gain a place in the Champions Club or the Grand Champions Club.

Champions Club Members receive an official Walk to End Alzheimer's T-Shirt, a Champions Club commemorative medal, a fundraising badge on your personal Walk Web page, and a thank-you certificate!

Those who raise $1,000 or more will join our exclusive Grand Champions Club. Benefits include an official Walk to End Alzheimer's T-Shirt, an exclusive Grand Champions Club high-performance T-shirt, a Champions Club commemorative medal, a Grand Champions Club fundraising badge on your personal Walk Web page, and a Grand Champions Club thank-you certificate.

Visit alz.org/ri/walk to view this year's Walk Incentive Prizes. We offer online and offline fundraising tools, as well as coaching, advice and tips from our expert staff to help you reach your goal!

Save the dates for Bank Day! We encourage all team captains and individual walkers to turn your pledges in before the walk on Bank Day to receive your shirts, team captain gift, and skip registration the day of the walk. Come by the chapter office at 245 Waterman Street, Suite 306, Wednesday, September 12 for the Newport Walk, Wednesday, September 19, for the Westerly Walk and Wednesday, September 26 for the Providence Walk anytime between 8:00am and 7:00pm.

VOLUNTEER AT THE WALK TO END ALZHEIMER'S

Our success is driven by our participants and volunteers - people like you who want to advance the fight against Alzheimer's disease while helping to execute a fun community event. We have volunteer opportunities for individuals and groups who are interested in supporting operations on event day. Community service hours are available. To learn more or request a volunteer application, please visit alz.org/ri/walk or contact our Special Events Coordinator, Bella, at 401.421.0008 or agarcia@alz.org.

Join the Alzheimer's Association Walk to End Alzheimer's® Planning Committee for 2019! The committee assists with Team Recruitment, Team Retention, Sponsorship, and Logistics. Choose what you want to help with based on what best fits your skills and interests. Ready to join the Planning Committee? Contact Kate at kspinella@alz.org or 401.421.0008

“I'm chairing the Providence walk because we need a cure, which requires money, which requires fundraising. We won't accomplish our goals wishing for it. We have to keep working to raise funds and advocate until a cure is found. We can sit back after that.”
~ Providence Walk Chair and Board President, Jacqueline Waldon
Why I Walk...

by Chuck Anastasia

2018 will be my fifth year leading a team in the Walk to End Alzheimer’s. I walk to raise funds for the Alzheimer’s Association because my wife, VJ, was diagnosed in 2013 with Frontotemporal Degeneration (FTD) which is the most common form of dementia diagnosed in people under age 60. She was 56 years old at the time of her diagnosis. This was a huge and unexpected change for a very intelligent and organized woman. She had kept our home organized while raising 3 children and was at the peak of her career, having worked for 17 years as an accountant at Bristol Community College, where she was a highly valued employee. After 5 years of gradually increasing responsibilities as a caregiver, I can attest this is not an easy journey. In the first years after diagnosis, VJ was sweet and cooperative, but over time, anxiety and frustration have caused increasing agitation that requires a lot more attention, patience and coordination with her medical and day care teams to adapt to her continuously changing needs.

The Rhode Island Alzheimer’s Association has been a tremendous help to us in coping with VJ’s diagnosis. The Alzheimer’s Association supports research and provides education and support at no cost to patients and families coping with all forms of dementia. We’ve been participating in an Alzheimer’s support group for years that has been a great source of practical information and moral support. Members of our support group and our facilitators have become like family to us. I’ve taken advantage of the “Getting Started with Dementia” and “Powerful Tools for Caregivers” courses offered through the Rhode Island Chapter that helped me understand what to expect and how to take care of my own needs to sustain my ability to care for VJ over the long term. The annual Caregiver’s Journey Conference is another valuable service provided by the Rhode Island Chapter where I’ve had the opportunity, along with hundreds of Rhode Island families, to listen to, speak with and learn from experts in the field and professional caregivers.

Hope is what keeps us going. The main reason why I walk is because I believe that the best way we can help ourselves is by helping others. We know this is a very complex illness and it may take a long time to find a cure. Real change happens gradually and it will only happen when people are willing to get involved. We are extremely grateful to the staff and volunteers at the Alzheimer’s Association who demonstrate their compassion through their dedication. We are also grateful to the brave families who walked this journey before us, who make our journey a little easier because they shared their experiences. I hope that we can help other families by sharing our experience and knowledge, and by raising funds to help keep the ball rolling forward.

Learn more about Chuck’s Walk team “Heart of Gold,” at alz.org/ri/walk!
FUNdraising

Walk to End Alzheimer's season is upon us! While Walk Season is a busy time at our chapter, it also brings with it so much excitement as our teams and individuals start hosting all their creative and fun, FUNdraising events to support the walk. These supporter events are the main driver raising funds for the Walk to End Alzheimer's which funds research, care and support, education and advocacy so we can fulfill our vision of A World Without Alzheimer's.

THERE ARE SO MANY GREAT WAYS TO HAVE FUN AND RAISE MONEY TO HELP END ALZHEIMER'S.

If you are interested in holding an event but don't know where to get started, email us for more information at agarcia@alz.org. If you are hosting an event, don't forget to email us the information so we can add it to our event calendar.

If you haven't already, it's not too late! Join or start a walk team at alz.org/ri/walk

Cocktails for a Cause
Wednesday, September 19 | 4:30 p.m. to 6:30 p.m.
O'Brien's Pub, Newport
To register call 401.849.7100

Car Show
Friday, September 28 | 10:00 a.m. to 12:00 p.m.
Brookdale, Cumberland
To register call 401.333.3393

Bill McGrath's Music Series Presents: Hope for Alzheimer's
Friday, September 28 | 6:00 p.m. - 11:00 p.m.
Characters Cafe, Cranston
To register call 401.474.3641

For more upcoming Walk events visit alz.org/ri/walk

It's Not Too Late!

Sign on as a Walk Sponsor

For more information contact Development Director, Kate Spinella at kaspinella@alz.org or 401.421.0008.

FOLLOW US ON SOCIAL MEDIA

The Chapter's social media pages are a great place to get a quick glimpse of programs, classes and events.

On Facebook you will find albums of photos from the recent Walk to End Alzheimer's- tag yourself, and your team and share! - as well as event and program information. Check out the Events section and you'll get reminders in your feed about upcoming programs you may be interested in. Look for us at facebook.com/alzassocri

On Twitter, you'll see an abbreviated version of our programs and events, plus the latest news from dementia experts and other Chapters around the country relating to programs, research and public policy. Follow us at twitter.com/alzassocri

You can also find us on Instagram and Pinterest @alzassocri
SAVE THE DATE: CULINARY CHALLENGE

The Alzheimer's Association will be hosting its annual Culinary Challenge for a Cause on Wednesday, **November 28, 2018** at Rhodes on the Pawtuxet. Sample delectable gourmet cuisine at this festive affair, cast a ballot for your favorite chef, and dance the night away.

Chefs from Rhode Island's own assisted living communities participate in this ultimate cook off vying for Best Taste, Best Display, and People's Choice awards. We are still accepting chefs from the healthcare community who would like to participate in the evening. For more information contact Special Event Coordinator, Bella Garcia at **agarcia@alz.org** or **401.421.0008 ext. 9701**.

We will also be joined by celebrity judges including Mike Montecalvo, WPRI 12 and Fox Providence's multiple Emmy-nominated Anchor and Reporter, Jamie Coelho of Rhode Island Monthly, and more.

Doors open promptly at 5:30 p.m. for the cocktail reception, then at 6:15 p.m. the chef stations open for sampling by the general public, and visual display judging. Later that evening, the award presentation will take place when the celebrity judges determine the "Top Chef" based on presentation, taste, and creativity.

To purchase tickets for the Culinary Challenge, please email **agarcia@alz.org** or call **401.421.0008**.
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
FROM THE DESK OF...
Annie Murphy, MA, Program Manager

KEEP LOVED ONES WITH ALZHEIMER’S SAFE AT HOME

Today, there are an estimated 5.7 million Americans living with Alzheimer’s disease, including 23,000 in Rhode Island. Safety is important for everyone, but the need for a comprehensive safety plan is particularly important for a person living with Alzheimer’s or other dementias, which cause a number of changes in the brain and body that may affect safety. Taking measures to improve safety can prevent injuries and help a person with Alzheimer’s disease feel more relaxed, less overwhelmed and maintain their independence longer.

Individuals living with Alzheimer’s disease and other dementias are at increased risk for injury or harm in certain areas of the home. As the disease progresses, they may become unaware of the dangers that exist. The Alzheimer’s Association offers a comprehensive Home Safety Checklist; simple steps you can take to make your home safer, some include:

- Evaluate the environment. A person with Alzheimer’s or other dementias may be at risk in certain areas of the home or outdoors. Pay special attention to kitchens, garages, basements and outside areas.
- Avoid injury during daily activities. Most accidents in the home occur during daily activities such as eating, bathing and using the restroom. Take special precautions at these times.
- Adapt to visual limitations. Alzheimer’s and other dementias sometimes cause changes in vision that make it difficult for a person to decipher between colors and understand what he or she sees.
- Keep important documents accessible. Keep copies of important documents in an easily accessible location at home as well as in another secure location away from home.
- Wandering and getting lost. Six in 10 people with dementia will wander once. To help prevent wandering, the Alzheimer’s Association offers strategies to help caregivers reduce or discourage loved ones from wandering.
- Prepare for emergencies. Emergency situations, such as a hurricane or fire, can significantly impact everyone’s safety, but they can be especially upsetting and confusing for individuals with dementia. Keep a list of emergency phone numbers and addresses for local police and fire departments, hospitals and poison control helplines.

Consider taking these precautions to create a safe environment which can prevent dangerous situations from occurring and help maximize independence for as long as possible. For more additional suggestions and questions on how to keep your loved one with Alzheimer’s safe at home, please contact our 24/7 Helpline number at \textbf{800.272.3900}.

SIX IN 10 PEOPLE WITH DEMENTIA WILL WANDER ONCE
EDUCATION PROGRAMS

To ensure you find the right program for you, registration for all events is required. Call our 24/7 Helpline at 800.272.3900 or visit communityresourcefinder.org.

THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER’S DISEASE

Alzheimer’s disease is not a normal part of aging. If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

EAST PROVIDENCE SENIOR CENTER
610 Waterman Avenue, East Providence
Wednesday, September 19 | 10:30 a.m. to 12:00 p.m.

VETERANS’ HOME COMMUNITY LIVING CENTER
480 Metacom Avenue, Bristol
Monday, October 1 | 3:00 p.m. - 4:30 p.m.

JESSE M. SMITH LIBRARY
100 Tinkham Lane, Harrisville
Tuesday, October 16 | 6:00 p.m. to 7:30 p.m.

COVENTRY COMMUNITY CENTER:
1372 Main Street, Coventry
Monday, November 5 | 6:00 p.m. to 7:30 p.m.

EFFECTIVE COMMUNICATION STRATEGIES

Communication is more than talking and listening. Communication is a way to express who we are and how we relate to each other. This workshop will explore: communication changes throughout the course of the disease, understanding and decoding verbal and behavioral messages, identifying ways to connect and communicate through the stages of dementia.

EAST PROVIDENCE SENIOR CENTER
610 Waterman Avenue, East Providence
Wednesday, September 26 | 10:30 a.m. to 12:00 p.m.

VETERANS’ HOME COMMUNITY LIVING CENTER
480 Metacom Avenue, Bristol
Monday, October 15 | 3:00 p.m. - 4:30 p.m.

JESSE M. SMITH LIBRARY
100 Tinkham Lane, Harrisville
Tuesday, October 23 | 6:00 p.m. to 7:30 p.m.

UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIORS

During the stages of dementia, the person diagnosed often will experience changes in behavior that can be confusing for a caregiver. Behaviors are a form of communication and are essential to understanding the needs of the person with dementia. Attendees will learn to: identify common triggers for behavior changes, assess and identify challenging behaviors, and understand strategies to address common behaviors.

EAST PROVIDENCE SENIOR CENTER
610 Waterman Avenue, East Providence
Wednesday, October 3 | 10:30 a.m. to 12:00 p.m.

VETERANS’ HOME COMMUNITY LIVING CENTER
480 Metacom Avenue, Bristol
Monday, October 22 | 3:00 p.m. - 4:30 p.m.

JESSE M. SMITH LIBRARY
100 Tinkham Lane, Harrisville
Tuesday, October 30 | 6:00 p.m. to 7:30 p.m.

LEGAL AND FINANCIAL PLANNING ON ALZHEIMER’S DISEASE

If you or someone you love is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Learn more about the legal and financial issues to consider and how to put effective plans in place.

WESTERLY LIBRARY
44 Broad Street, Westerly
Tuesday, September 18 | 6:30 p.m. - 8:00 p.m.

EAST PROVIDENCE SENIOR CENTER
610 Waterman Avenue, East Providence
Wednesday, October 10 | 10:30 a.m. to 12:00 p.m.

VETERANS’ HOME COMMUNITY LIVING CENTER
480 Metacom Avenue, Bristol
Monday, October 29 | 3:00 p.m. - 4:30 p.m.

JESSE M. SMITH LIBRARY
100 Tinkham Lane, Harrisville
Tuesday, November 6 | 6:00 p.m. to 7:30 p.m.

Except where noted, all programs are open to the public. Registration is required for all programs. Call 800.272.3900 or visit communityresourcefinder.org. For questions about our education programs, contact Program Manager, Annie Murphy at mmurphy@alz.org.
As we age, there can be changes to our memory, but memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Learn the 10 signs to determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about.

**Lighthouse at Lincoln**
425 Albion Road, Lincoln
**Thursday, September 20 | 6:00 p.m. to 7:00 p.m.**

**Simmons Village**
339 Simmonsville Ave, Johnston
**Thursday, October 18 | 10:30 a.m. to 12:00 p.m.**

**Pawtucket Public Library**
13 Summer St, Pawtucket
**Thursday, October 25 | 6:30 p.m. to 8:00 p.m.**

**East Greenwich Community Center**
121 Peirce Street, East Greenwich
**Tuesday, October 30 | 1:00 p.m. to 2:00 p.m.**

**North Kingstown Community Center**
44 Beach Street, North Kingstown
**Monday, November 5 | 1:30 p.m. to 3:00 p.m.**

**Quinta Gamelin Community Center**
101 Asylum Rd, Bristol
**Thursday, September 27 | 6:00 p.m. to 7:00 p.m.**

**Early Stage Social Engagement Program**
Staying active is a powerful way to manage your disease. The Early-Stage Social Engagement program offers a unique and enjoyable opportunity for you to connect with others who are also living with mild memory loss. Give yourself the benefit of new experiences by joining with others for fitness and social activities. Program meets weekly. To learn more about the program and eligibility, please contact Program Manager, Annie Murphy at 800.272.3900 or email mmurphy@alz.org.

**North Kingstown Community Center**
44 Beach Street, North Kingstown
**Tuesday, October 23 | 10:00 a.m. to 12:00 p.m.**
**Wednesday, October 24 | 11:00 a.m. to 1:00 p.m.**
**Thursday, October 25 | 6:30 p.m. to 8:00 p.m.**

**Quinta Gamelin Community Center**
101 Asylum Rd, Bristol
**Thursday, September 27 | 6:00 p.m. to 7:00 p.m.**

**Healthy Living for Your Brain and Body**
Lifestyle choices affect the aging process. Learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to develop a plan for healthy aging.

**Quinta Gamelin Community Center**
101 Asylum Rd, Bristol
**Thursday, September 27 | 6:00 p.m. to 7:00 p.m.**

**Caregiver Wellness Program**
Designed for family and professional caregivers. Caregiving is a demanding task in which the self is “slowly given away.” Learning self-care is paramount in preventing burnout. Identify the signs and symptoms of stress. Learn strategies for preventing and coping with the stress of caregiving. Learn ways to be a healthy caregiver.

**North Kingstown Community Center**
44 Beach Street, North Kingstown
**Monday, November 5 | 1:30 p.m. to 3:00 p.m.**

**Support Group Facilitator Training**
This training is designed for professionals and former family caregivers who are interested in becoming facilitators for Alzheimer’s Association affiliated caregiver support groups.

**Bliss Properties**
245 Waterman Street, Providence
**Friday, November 16 | 9:00 a.m. to 3:30 p.m.**

Registration required for all classes

**24/7 Helpline: 800.272.3900**

Please visit communityresourcefinder.org for the most up-to-date program and support group listings.

Program support provided by: Rhode Island Division of Elderly Affairs
In partnership with the Alzheimer’s Association, Home Care Assistance of Rhode Island presents a Community Conversation; a storytelling adventure on living well with Dementia. Learn together as a community, share insights, lessons learned and bright moments.

For more information or to purchase tickets contact 401.284.0979.

CONTEMPORARY THEATER COMPANY
327 Main Street, Wakefield
Thursday, September 20 | 6:30 p.m. to 8:30 p.m.

ON PLUTO: INSIDE THE MIND OF ALZHEIMER'S WITH AUTHOR GREG O'BRIEN
Diagnosed with early-onset Alzheimer's, O'Brien writes about living with the disease, not dying with it. And he does it with hope, faith, and humor. Butler Hospital will be hosting a discussion and book signing in partnership with the Alzheimer's Association, RI Chapter, Rhode Island Mood & Memory, URI Ryan Institute for Neuroscience and RI Geriatric Education Center.

This is a complimentary event, but registration is required as seating is limited. To register call the Memory and Aging Program Outreach Team at 401.455.6402 or visit butler.org/GetPsyched.

BUTLER HOSPITAL CAMPUS, RAY CONFERENCE HALL
345 Blackstone Boulevard, Providence
Thursday, September 20 | 5:45 p.m. to 7:30 p.m.

THE FATHER BY FLORIAN ZELLER
This fall, the Contemporary Theater Company presents a touching and remarkable play, The Father, about an older man's world being turned upside down as dementia creeps in. It plays on the Contemporary Theater Company's riverfront performance patio September 14 through October 5.

The Alzheimer’s Association and Home Care Assistance of Rhode Island will both be partnering with the CTC to conduct talk-back sessions after the shows, and to provide written essential information to any attendees who wish for additional supplements.

For more information or to purchase tickets visit www.contemporarytheatercompany.com or call the Contemporary Theater Company at 401.218.0282.

CONTEMPORARY THEATER COMPANY
327 Main Street, Wakefield
Thursday, September 20 | 6:30 p.m. to 8:30 p.m.

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

If someone you care about is living with Alzheimer's disease or a related dementia, there is something you can do to help them and yourself. Plan to visit an Alzheimer's Association Caregiver Support Group this month.

Support groups meet monthly to provide caregivers with an opportunity to share their experiences and receive support from others coping with Alzheimer's disease. There is no cost or commitment to attend. If you have questions about support groups, please call the Helpline at 800.272.3900.

Find the support group right for your needs. Visit us online at alz.org/ri to see a full list of support groups in your area.
One of the most difficult parts of advancing neurodegenerative disorders, better known as dementia, is the isolation felt by the individual with the disease and their care partner.

Memory Cafés began in the Netherlands, by Dr. Bere Miesen, a Dutch psychiatrist. He introduced the Memory Café concept in 1997 as a way to break through the stigma associated with various forms of dementia. The concept spread throughout Europe, to Ireland and England, Australia and eventually to the United States. Today, hundreds of Memory Cafés take place on a regular basis in the US. Now, they are present in Rhode Island!

As of 2017 Rhode Island is home to over 23,000 individuals diagnosed with Alzheimer’s Disease; only 1 of over 100 diseases that can cause dementia. There are thousands more with other forms of dementia as well as those not yet diagnosed. A Memory Café is a monthly gathering of individuals with memory loss along with their care partners, and/or friends and family in a safe, supportive, and engaging environment. The Café gives everyone a welcome break from the disease.

On June 21st the very 1st Memory Café of RI opened at Temple Beth-El, in Providence. The plan is to gather there on the third Thursday of every month at 1:00. This is an opportunity for individuals with all forms of memory loss, and their care partners, to meet others with similar concerns, socialize, learn new skills and support each other as they travel their path with dementia. The significant impact on care partners, in regards to their health, socially and financially, is an additional hardship. Memory Cafés help to bridge that hardship with resources, skills, support and friendships. The number one goal at all Memory Cafés is to have fun! Cafés are free and open to anyone with dementia and their care partners.

A second Memory Café opened at the Warren Senior Center on Aug. 2nd. Again, participants will meet there on the 1st Thursday of every month. A third Memory Café opened at Tiverton Senior Center and will meet the 3rd Monday of every month. A fourth Café is coming soon to Lincoln. Participants are also welcome to attend more than one café each month.

Laurie Gunter Mantz, of Dementia Training for Life, LLC has set a goal, by the end of this year, of opening six Memory Cafés throughout Rhode Island. Dementia Training for Life, LLC specializes in training all healthcare professionals in the special needs of those with dementia. Currently Wingate Residences is the co-sponsor of the Providence Café, Grace Barker Health is the co-sponsor at Warren Senior Center, and Brookdale Senior Living is the co-sponsor of the Tiverton Café. The RI Chapter of the Alzheimer’s Association has committed to listing the Cafés on www.communityresourcefinder.org. As new Cafés are added, the locations and times will be available on this website.

**The benefits of the Café?**

Cafés offers a unique experience apart from the normal routines.
No membership or fee required.
Cafés are for people with dementia, of all forms, along with their care partners. (Caregivers, families, friends, and professionals.)
Care partners are expected to stay and participate in the Café.
Cafés will not exclude anyone based on age, race, color, religion, creed, or nationality.
Cafés are a time to leave the disease at the door and just enjoy.

In order to facilitate more cafés around the state, organizations are needed to co-sponsor, and locations are needed to hold these Cafés. If you would like more information please reach out to dementiatraining4life@gmail.com or visit www.dementiatraining4life.com.
Rhode Island's youth are speaking out about Alzheimer's now more than ever. Ninth grade student, Morgan Beck's late grandfather, Col. Charles William McClarren, suffered from Alzheimer's disease. As his disease progressed, Morgan had many questions. What is Alzheimer's? How does Alzheimer's affect a person? How can Alzheimer's affect you? How can you provide support?

When someone has Alzheimer's disease, it affects everyone in the family, including children and grandchildren. As a way to honor the memory of her grandfather, Morgan decided to tackle these challenging questions so she can help other children understand the disease and what they can do to support those who have it by writing a book. What is Alzheimer's? A Kid's Guide to Understanding the Disease and How to Support Those Who Have It was created for Morgan's Girl Scout Silver Award in the spring of 2018. Morgan thanks her adviser, Jodi Manca from the Lighthouse at Lincoln and her mom Tracey Beck.

Morgan has already begun to share this book with others through a presentation to a third grade class at a school in Exeter. "One student came up to me and asked if anyone was working to find a cure for the disease. He said he wants to be a doctor when he grows up," said Beck.

Beck's guide provides a basic understanding of Alzheimer's disease and how it affects the brain. It also gives children tips on how they can provide support to someone suffering from Alzheimer's such as helping to keep an Alzheimer's patient's brain healthy by doing puzzles or reading a book. Morgan's hope is for this book to help children and teenagers cope when a family member of friend has Alzheimer's. It can also help parents talk with their children about the disease.

The Alzheimer's Association encourages parents to answer their children's questions about what's happening as the disease progresses in their loved one openly and honestly. Share with them the changes the disease might bring. Factors that might affect your child include his or her relationship to the person with dementia (a parent, grandparent, relative, friend), how close your child is to the person emotionally, where the person lives (in the same home, long-term care facility, another state).

The Alzheimer's Association website features a Kids & Teens page (alz.org/kids) where you and your child can access more information and support, as well as videos of others like them who are facing the disease in their families.

Morgan and her family walk in the Newport Walk to End Alzheimer's as a way to further honor the memory of her late grandfather.
The connection between dietary and lifestyle habits and heart disease was famously made by researchers in Massachusetts in The Framingham Heart Study. They formed the first cohort of study participants in 1948, and have followed successive generations of the original families since. Over the years, they have also studied the effects of the same lifestyle factors on the risk of developing stroke and dementia, including Alzheimer’s.

In the March 2017 issue of the medical journal "Alzheimer's & Dementia," Framingham researchers published results of a study looking at how regular sugary beverage consumption may affect brain size and memory. Using specialized brain imaging techniques and sensitive memory testing, they found that regular consumption of sugary beverages (including fruit juices as well as soda) was associated with both smaller brain size and poorer short-term memory. They also noticed that a particular part of the brain—called the hippocampus—was smaller in those who regularly consumed sugary beverages, compared with those who did not.

These findings make sense, since the hippocampus is one of the main parts of the brain that is responsible for making new memories. It is also one of the first areas of the brain to be affected in Alzheimer’s.

So, does that mean that we can all just drink diet soda instead? Not so fast! The same Framingham researchers published another paper in the May 2017 issue of the journal “Stroke” showing an association between artificially-sweetened beverage consumption and increased risk of all causes of dementia, including stroke and Alzheimer’s disease.

The mechanism by which artificial sweeteners could cause strokes or dementia was not entirely clear. The authors pointed to prior research suggesting that artificial sweeteners may cause diabetes (a known risk factor for dementia) in a similar manner as sugar. But, they cautioned that too many questions surrounding this topic remain unanswered to be sure.

Does this mean that drinking a soda will cause stroke or dementia? Not exactly. Studies such as these demonstrate connections or "correlations" between factors that contribute to disease. It is very difficult to prove that anything is a direct “cause” of disease when following thousands of people over many years of their lives. This is because numerous other factors could also be contributing to the same disease. What these studies do show, however, is that there is a strong connection between regular consumption of sugary or artificially-sweetened beverages and abnormal brain aging, including memory loss and dementia. So, consider drinking good, old-fashioned water instead. Your waistline—and your hippocampus—will thank you for it.
Don’t let your memories fade into the sunset
You can make a difference in the fight against Alzheimer’s Disease

The Rhode Island Alzheimer’s Disease Prevention Registry

Over half of your risk factors for Alzheimer’s are things which you can modify. Be proactive about your brain health and join the Rhode Island Alzheimer’s Disease Prevention Registry.

- Memory testing annually at no cost
- Quarterly newsletters to educate and promote brain health
- Make a contribution towards the prevention of Alzheimer’s Disease

Call 1-844-5-MEMORY or email MEMORY@lifespan.org
Or sign up online at www.lifespan.org/preventionregistry

Sites in Providence at Rhode Island Hospital and in Kingston at the University of Rhode Island

Norman Prince Neurosciences Institute
Rhode Island Hospital
A Lifespan Partner

The University of Rhode Island
George & Anne Ryan Institute for Neuroscience
FEEL YOUR MEMORY ISN’T WHAT IT USED TO BE?
You’re not alone.

Learn more about a research study enrolling now

A global research study needs people aged 50 to 85 concerned by their memory changes. If you or someone you know is experiencing memory loss or has early Alzheimer’s disease, you may qualify and receive at no cost:

- Investigational drug
- Study-related care from a local study doctor
- Reimbursement for travel expenses

Local doctors are studying an investigational drug for memory impairment due to the early stages of Alzheimer’s disease.

You may qualify for this research study if you:

- Are aged 50 to 85 years
- Are experiencing noticeable changes in your memory
- Have a regular informant/study partner available

Contact us today to see if you or someone you know may be eligible to participate.

To learn more, please visit www.MissionAD.com

Call: 401-305-5200
Email: Lincoln@btcsites.com
Dr. Brian Ott and Dr. Jennifer Davis have begun conducting research on the effect of mild cognitive impairment and early Alzheimer’s disease on driving ability by using a car video-monitoring device. Previous research by their group and others has shown that most individuals at an early stage of cognitive impairment can drive safely without getting into accidents for several years, and that two thirds of those impacted can pass road tests, yet many people still believe in banning cognitively impaired people from driving at all. It is important though, to realize that one should not terminate someone’s driving prematurely because it’s so important in terms of their livelihood, social life and independence.

The National Alzheimer’s Association position statement on this issue makes four major points: “1) a diagnosis of Alzheimer’s disease is never by itself a sufficient reason for loss of driving privileges; 2) planning ahead for when driving is no longer possible is essential; 3) the person with Alzheimer’s disease should participate in the planning and decision making regarding the cessation of driving, and 4) driving demands quick reaction time and fast decision-making; because of this, a person with Alzheimer’s disease will eventually become unable to drive.”

Funded by the National Alzheimer’s Association and based at the Alzheimer’s Disease and Memory Disorders Center at Rhode Island Hospital, this study examines whether a monitoring device called DriveCam® can improve driving ability by providing video feedback. When a two-way camera in the car senses risky driving, it records for 12 seconds and transmits the clip to a central site wirelessly, where the video events are collected and posted on a website for the driver to review later. If the driver steps on the brakes too hard or the car jiggles precariously, the camera will capture what the driver was seeing, hearing and doing before and after the incident. Spouses or other caregivers can coach someone with Alzheimer’s by going over the videos with them and reviewing unsafe driving events — what’s causing them and what could be done to avoid them in the future.

Previously, DriveCam has been used successfully with teenage drivers, as well as professional driving fleets such as trucks and ambulances, to reduce unsafe driving. The researchers hope that people with Alzheimer’s and mild cognitive impairment will equally benefit from the video footage.

In a pilot study funded by the Department of Neurology at Rhode Island Hospital, the research team examined how 12 people with mild dementia responded to the DriveCam, finding that it reduced the severity of unsafe driving events by up to 60 percent over a period of three months. The current study involves a more controlled trial of a larger group of people. One arm of the study involves monitoring only, without feedback, which is expected to still serve as a good safety check.

If interested, please contact Gauri Vasudevan at 401.444.7111 or Gvasudevan1@lifespan.org
GENEMATCH "SWAB PARTIES"

The Memory and Aging Program has been engaging the RI community in Alzheimer’s research through Genematch “swab parties” at Rotary meetings, Senior Centers and even at the Brown University Class of ’68 reunion weekend held in May. GeneMatch is a national program led by the Banner Alzheimer’s Institute that uses genetic testing (through free cheek swab kits) to match volunteers with research opportunities. Dr. Stephen Salloway, of Butler’s Memory and Aging Program in Providence, RI states “We need to engage the public in a major way and encourage them to participate in research to help move the field forward.

GeneMatch could be a game-changer for AD research.” You can help support science by joining a national research registry and share this information with friends and family who may be interested in becoming part of the fight to end Alzheimer’s.

GeneMatch identifies a large group of people interested in participating in Alzheimer’s studies based in part on their genetic information. They only collect information about which copies of a gene, known as the APOE gene, you have. They do not store your DNA for future testing. To participate in GeneMatch, you must be between 55 and 75 years old, live in the United States, and not have a diagnosis of cognitive impairment, such as mild cognitive impairment (MCI), Alzheimer’s disease, or dementia. It’s important to note that GeneMatch does not disclose genetic information to participants. GeneMatch may, however, refer you to research studies that may ask you to learn your results. You are under no obligation to participate in any study to which you are referred. More information can be found at endalznow.org/genematch

For more information about Butler’s Memory and Aging Program, please call 401.455.6402 or visit butler.org/memory.
BE BOLD. TAKE ACTION TODAY!

The Alzheimer's Association and the Alzheimer's Impact Movement (AIM) are proud to support the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act (S. 2076/H.R. 4256), a bipartisan legislation prioritizing our nation's approach to Alzheimer's disease. The BOLD Infrastructure for Alzheimer's Act would establish Alzheimer's Centers of Excellence in communities around the country to expand and promote the evidence base for effective Alzheimer's interventions, and issue funding to public health departments to increase early detection and diagnosis, reduce risk, prevent avoidable hospitalizations and support the needs of caregivers. Join us in urging action on this issue. Please take a moment to write, call or tweet your member of congress and urge them to co-sponsor S. 2076 or H.R. 4256 today!

BECOME AN ALZHEIMER'S ADVOCATE

Join hundreds of thousands of Alzheimer's advocates who are making a difference. Alzheimer's disease is the 6th leading cause of death, and affects millions of people daily. At the Association, we are working toward a time when we will have effective treatments, preventive strategies and gold-standard care for all people affected by Alzheimer's disease.

Join our network of advocates! Spend a few hours a month to help influence national and state policy and create widespread awareness of this devastating disease. Contact our Public Policy and Public Relations Specialist, Michelle at mlafrance@alz.org or 401.421.0008 ext. 9705 to become an advocate today!

Did you know Alzheimer's research funding has nearly tripled in the last three years? Learn how the Alzheimer's Impact Movement (AIM), the nonpartisan advocacy arm of the Alzheimer's Association, and advocates like you made that happen at alzimpact.org. AIM works to develop and advance policies to overcome Alzheimer's disease through increased investment in research, enhanced care and improved support. AIM is a membership organization and we ask you to join us!
As part of his effort to update Rhode Island's State Plan on Alzheimer's, Lt. Governor Dan McKee in collaboration with the Alzheimer's Association, launched a series of Town Hall meetings across the state on August 6, to collect input from Rhode Islanders whose lives have been impacted by the disease.

The first of these 23 listening sessions was preceded by an Alzheimer's Association "Coffee with Congress" at the Warwick Public Library.

"Personal stories are an effective way to help policymakers understand how their work affects people. That's where you come in as an advocate," Donna McGowan, executive director of the state Alzheimer's Association said in opening remarks.

Local Rhode Islanders afflicted by the disease and their caregivers shared their stories with Congressman David Cicilline and James Langevin, and Senator Sheldon Whitehouse. The delegation outlined funding programs to fight Alzheimer's.

"When you think about the economic impact and statistics of this disease, our healthcare costs are rather enormous. This is an urgent health priority to end this disease. It is a burden on families and if it goes unnoticed it will crush our healthcare system," said Congressman Cicilline.

According to the Alzheimer's Association 2018 Alzheimer's Disease Facts & Figures report, there are 23,000 people living with Alzheimer's and 53,000 Alzheimer's caregivers in Rhode Island. Master of ceremonies Lt. Governor Daniel McKee outlined the work Rhode Island is doing to combat Alzheimer's through the update of its five year old State Plan.

With the increasing prevalence of the disease, states will be on the frontlines of this growing epidemic and must take action now to be prepared.

Personal stories like that of former Warwick Representative Neil Corkery who discussed his enrollment in clinical trials and the importance of the care he receives as a person living with the disease where shared through the 22 community town hall conversations. These stories underscore the effects of a disease that has no prevention, treatment, or cure.

For those who could not make it out to the town hall meetings, an online survey was available in English and Spanish through the end of August. Information and stories gathered from these town hall conversations and surveys are now being integrated into a report to be delivered early next year to the General Assembly.
OPPORTUNITIES

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. Find current opportunities online at alz.org/ri

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 401.421.0008 during regular business hours, or email mlafrance@alz.org.
Current Resident Or:

## 6 ways to end summer with a SPLASH

1. **ALZHEIMER'S IMPACT MOVEMENT**
   Sign up to become an AIM member and help drive legislative changes at [alzimpact.org](http://alzimpact.org)

2. **TRIALMATCH**
   Complete a TrialMatch profile at [alz.org/trialmatch](http://alz.org/trialmatch) and ask others to complete a profile online - everyone is needed in the fight against Alzheimer's - family/friends/spouses.

3. **WALK TO END ALZHEIMER'S**
   Start a team for one of our three Walk to End Alzheimer's and invite your friends to help you raise funds for your team. Sign up at [alz.org/ri/walk](http://alz.org/ri/walk)

4. **VOLUNTEER**
   Visit [alz.org](http://alz.org) to learn about our volunteer opportunities for all ages, skill levels and desired committee levels.

5. **GET SOCIAL**
   Follow us on our social media pages and share our content on your own profile @alzassocri

6. **STAY CONNECTED**
   Sign up to receive our weekly e-news at [alz.org/ri](http://alz.org/ri) to receive updates on Alzheimer's Association events, programs, local news and legislative changes.