

Volume 20, Number 1
 Winter 2002
 36 Cameron Avenue
 Cambridge, MA 02140
 Tel: 617/868-6718
 Fax: 617/868-6720
 Net: www.alzmass.org
 Outside the 617 area:
 Call 1-800-548-2111
 Lowell Area Office: 978/937-5576
 Western MA Office: 413/787-1113
 En español: 617/868-8599



ALZHEIMER'S[®] ASSOCIATION

Massachusetts Chapter



*Memory Walker
 Elijah Germain,
 8, of Agawam
 raises the
 American flag in
 memory of his
 grandfather Jack
 Germain, who
 served in the U.S.
 Navy as a WWII
 and Korean War
 veteran. See
 Memory Walk
 story, page 10.
 (Photo by Royster
 Hedgepeth)*

Alzheimer's Advocacy: Looking Back, Looking Ahead Reflections on Effective Public Policy

By Deborah Thomson, J.D.

In December, 2001 I will be leaving my position as Director of Public Policy for the Massachusetts Chapter of the Alzheimer's Association. After six and one-half years in this wonderful organization, I will miss all of you who have contributed to improving public policy for patients and families.

Your efforts have eased the burdens of caregivers, advanced the search for a cure, and facilitated patients' access to health care services. As you continue in your mission, it might be helpful to review a few highlights of our advocacy work together as well as look forward to the challenges that lie ahead.

Looking Back

During the past several years, the Association and its advocates have lobbied for many changes in public policy. A few of our key accomplishments include:

The Governor's Advisory Council on Alzheimer's Disease

In 1994, the Alzheimer's Associations of Massachusetts collaborated with state agencies to hold a Governor's Conference on Alzheimer's Disease. The key recommendation in the Final Report was the creation of an office on Alzheimer's disease and related disorders at the highest level of state government. This recommendation was realized in 1996 with the passage of legislation creating the Governor's Advisory Council.

New awareness. Under the leadership of Elder Affairs Secretary Lillian Glickman, the Council has produced a wide range of recommendations on ways to improve programs and

continued on page 3

Mark Your Calendars Now!

Western Regional Family Conference

Thursday, April 18

Family caregivers and professionals are invited to attend this special gathering. See Calendar (pp. 8-9) for details.

14th Annual Public Policy Forum April 27-May 1

Come one, come all to Washington, DC to advocate for people with Alzheimer's and their support systems! See Calendar (pp. 8-9) for details.

A Map through the Maze Wednesday, May 8

Don't miss our annual conference for professionals in Marlboro. See our web site, www.alzmass.org for details.

What are the risks associated with research projects?

Dr. Know's answer appears on page 7



INSIDE

From the Executive Director.....	2
Public Policy Review.....	3
Annual Meeting.....	4
Activities Therapy at Home.....	6
Ask Dr. Know.....	7
Education Calendar.....	8
Memory Walk.....	10
Western MA, In Memoriam.....	14
Support Group Listings.....	15-16

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Printed by Fidelity Press

From the Executive Director: Saluting our Leaders Heroes

Our first hero, Bob Grace, 87, has been married to his wife Dorothy for almost 67 years. As well as being a dedicated caregiver for Dorothy, who has Alzheimer's disease, he is also dedicated to finding a cure.

Bob wanted very much to participate in the Alzheimer's Association's 9th Annual Memory Walk in Athol, but couldn't leave his wife. Not to be deterred, Bob walked a mile each day in his driveway for 30 days, sometimes with his wife, who uses a walker. This determined couple raised more than \$2,000 for the Alzheimer's Association.

Symbol of heroism. At the Greater Boston Memory Walk, held September 23, Honorary Walk Chair U.S. Congressman Edward Markey presented the Alzheimer's Association with a flag that had flown over the U.S. Capitol Building immediately after the September 11 terrorist attacks. In his remarks, Congressman Markey commented that he was **presenting the flag for the heroes**—both the heroes of September 11th who risked their lives to help others, and the caregiver heroes of Massachusetts. These local heroes, each and every day, bravely carry on with the task of caring for someone with Alzheimer's or a related dementia.

Bob Grace is one of these caregiving heroes. He was joined by 4,000 other walkers who defied terrorist threats to step out and break the \$500,000 fundraising goal for the 2001 Memory Walk. As of the end of October, **we have raised over \$570,000 and we're still counting.**

Another hero of our Association is our Director of Public Policy, **Deborah Thomson.** Deb has been working for the Alzheimer's Association for the past six and one-half years. As of mid-December, she will have left us to open up her own advocacy and lobbying firm.

Deb is one of the **foremost national experts** in long-term care policy. We have been extremely fortunate to have benefited from her formidable level of expertise in public policy at our Alzheimer's Association.

Patriot. With Deb's leadership, our Association has had a significant impact, influencing legislation and regulations that have resulted in important improvements for people with Alzheimer's and their caregivers. Deb was comfortable in multiple settings, whether testifying at the State House or speaking to a group of family caregivers. We are deeply appreciative of her collective body of work, and wish her all of the best in her exciting new endeavor.



Left: Board Member Emeritus and long-standing advocate Charles Keane. Right: Memory Walk exceeded expectations in 2001. (Photos by Sam Laundon, Natural Light Studios)



At the Greater Boston Walk, Memory Walk Honorary Chair U.S. Congressman Edward Markey (L) presents the American flag to Association Board Chair Sanford Auerbach, M.D. (R) Rep. Markey dedicated this special flag to American heroes—the rescue workers in New York and Alzheimer's caregivers in Massachusetts. (Photo by Ellen Shub)

Sadly, we have had to say good-bye to another hero of the Alzheimer's Association. As you will read later in this Newsletter, we were shocked in September by the unexpected death of staff member **Harriet Udoff.** Harriet was the Coordinator of our Greater Lowell Office and our Support Group Liaison. Harriet was a marvelous clinician, a good friend, and a terrific teacher, and we will miss her greatly (see story, p. 14).

Charismatic example. The day that Harriet died, and one week after Bob Grace completed his driveway marathon, the Greater Lowell Memory Walk was held. We experienced a 50% increase in walkers. Many speakers credited Harriet and thanked her for her work with volunteers, which resulted in such a successful Memory Walk event.

One of the mottoes of the Alzheimer's Association is **to create a world without Alzheimer's.** Because of people like Bob Grace, Deb Thomson, and Harriet Udoff, we are one giant step closer to realizing that vision.

—Jim Wessler



Reflections on Effective Public Policy *continued from page 1*

services for families and patients. It has brought a new awareness to policymakers about the unique needs and problems posed by Alzheimer's disease. The Council's legislative authorization expires at the end of June 2002, but with the help of advocates and our legislative supporters it can be re-authorized to continue its good work.

Nursing Home Quality of Care

The Alzheimer's Association took a lead in the early 1990's in preserving access to nursing home care. For several years it successfully opposed the tightening of medical eligibility criteria for nursing home admission, the so-called *Score 3* standard. It also successfully supported the right of nursing home residents admitted to the hospital to have Medicaid pay to hold their beds in the nursing home.

This **nursing home bed-hold provision** also allowed residents to make overnight visits to family and friends, and have Medicaid pay to hold their beds. Thanks to the hard work of advocates, these provisions remain in effect today as an accepted part of the Medicaid nursing home benefit.

Nursing advocacy. In recent years the Association has championed the need for more direct-care health care workers in nursing homes. A shortage of nurse aides and more recently, nurses has threatened quality of care. We have taken a leading role in the effort to increase the wages of certified nurse aides, to establish a nurse aide training scholarship program, and to implement a **career ladder grant program** in Massachusetts.

As a result, nurse aide vacancy rates have stabilized and the average nurse aide wage increased 8.6% over the past year. Funding to continue these initiatives is included in the pending Fiscal Year 2002 State budget.

Prescription Drug Coverage

As the cost of prescription drugs has soared, the Association became part of an ongoing effort to give patients access to necessary medications such as Aricept and Exelon. In the mid-1990s the Association advocated for the enactment of the Senior Pharmacy Program and the Pharmacy Plus Program, state benefit programs for drug coverage of eligible Medicare beneficiaries. These programs were replaced by **Prescription Advantage**, the nation's first prescription drug insurance program for elders and low-income persons with disabilities.

The Association aggressively advocated for the passage of Prescription Advantage and worked with state government to ensure that Aricept and Exelon were included in the program's drug formulary. We continue to sit on the Pharmacy Task Force, which advises the Executive Office of Elder Affairs on issues relative to the program.

Adult Day Health Care

Beginning in 1998, the Association joined with a group of adult day care providers to advocate for the establishment of dementia-specific adult day health programs as a distinct Medicaid program benefit. Our efforts resulted in the produc-

tion of a study documenting the additional cost incurred by dementia-specific programs, the legislative authorization of an Adult Day Task Force, and the production of a Task Force Report outlining recommendations for the future development of adult day programs.

Our focus on adult day health also resulted in a long-overdue **Medicaid rate increase for providers**, as well as the ongoing development of new adult day health care regulations by the Division of Medical Assistance.

Increased Involvement of Volunteer Advocates

In addition to making a difference in the policy arena, we have made great strides in involving families, patients and providers in advocacy work. With the addition of **Susan Kelley-Grasso** as Outreach Advocacy Coordinator for the Association, we have developed a master list of more than 900 individuals committed to making calls, writing letters, and



Deborah Thomson, steadfast advocate, is shown (2nd from R) with colleagues (L to R) Lois Pecora, Mary Dewling, Ann Lynch (front) and Susan Kelley-Grasso at the Bay Path Alzheimer Partnership Legislative Breakfast in October. (Photo by Sean Caulfield)

generally advocating for our legislative and policy priorities. We keep in touch with our advocates via quarterly Advocacy Updates, Legislative Alerts, and e-mail.

Key events. For those advocates who are able to travel, we host an annual LEAD Day at the State House in Boston, which combines panel presentations on timely issues with lobby visits to our legislators. Our annual expedition to Washington, D.C. to attend the National Alzheimer's Public Policy Forum is well attended by advocates eager to learn more about policy and advocacy from the experts. As the Association continues to expand its advocacy expertise and influence, our ranks of advocates will also flourish.

Looking Ahead

What does the future hold for Alzheimer advocacy? In the short term, the combined effects of an economic downturn, reduced revenues, tax cuts, and terrorist

continued on page 14

Advocacy

We need to continue advocating for care models that recognize and accommodate the special needs of dementia patients and their caregivers

As the Association continues to expand its advocacy expertise and influence, our ranks of advocates will also flourish

Annual Meeting



Atty. John Ford, recipient of the Chapter's 2001 Advocacy Award.

In addition to basic safety concerns, Board members weighed the burdens of patients and caregivers and observed that their level of difficulty had only increased since the previous day, so long ago.



Curt Rudge, Director of State Ranger Services was honored for his work with the Safe Return program.

All Annual Meeting photos by Sam Laundon, Natural Light Studios

Researchers Featured at Annual Meeting

The severe challenges posed by Alzheimer's disease and its repercussions took an unexpected turn Wednesday, September 12, the appointed date of this year's Annual Meeting at the College of the Holy Cross in Worcester. As the nation awoke that morning to the grim reality of the terrorist attacks the previous day, the Association's leadership was forced to wrestle with the question of whether or not to hold the meeting as scheduled.

The Executive Board considered several factors relevant to the situation. In addition to basic safety concerns, Board members weighed the burdens of patients and caregivers and observed that their level of difficulty had only increased since the previous day, so long ago. The Board also realized that *not* to proceed would amount to acceding to the terrorists' objectives. The decision was made to go forward with the Annual Meeting.

Green light. To the Board's amazement and great delight, more than 150 supporters of the Alzheimer's Association traveled to Worcester to participate in the 2001 Annual Meeting. Following the presentation of the Annual Report and recognition of departing Board members and staff who had served 5 or 10 years, several special awards were presented to advocates deserving special recognition:

Curt Rudge, Chief of Ranger Services for the State, received a special recognition award for his work with the Safe Return Program.

Our **Helpline Volunteers** were honored for their valuable service to caregivers.

The Association's 2001 Advocacy Award was presented to **Atty. John Ford**, a long time advocate and member of the Association's Advocacy Committee.

The 2001 Myer Saxe Memorial Award was presented to three stellar Memory Walk fundraisers, including: **Marilyn Hayes, Edward Wade, and Arthur Ford.**

The Association's Year 2001 Honoree was **William Orme-Johnson, Ph.D.**, a retired biochemistry professor from MIT, a husband and father of four teenagers, and an individual who was diagnosed with Alzheimer's in 1996 at age 58. Bill was honored for his work as an outspoken advocate and teacher, helping the lay public to understand the experience of living with Alzheimer's.

Leadership. Three new Board members were elected, including Theresa Arruda, Nancy Mills, and Joseph Paresky. Six



Erin Whalen, (2nd from R) Chapter Helpline Coordinator, and Dr. Paul Raia (C), Director of Patient Care and Family Support, team up with dedicated Helpline staffers and Chapter volunteers (L to R): Brenda Steinberg, Paulette Masse, Susan Erdos, Deb Morrison, Diane Isenberg, Pam Kunkemueller, Carol Steiner, and Barbara Gloss.


current Board members were re-elected for second three-year terms, including: Mark Ailinger, N.H.A.; Don Davidoff, Ph.D.; Don Freedman, J.D.; Roberta Rosenberg, M.Ed.; Dennis Selkoe, M.D.; and Marian Spencer, R.N., M.S. The Association also elected its slate of Officers for the 2002 fiscal year, including

Sanford Auerbach, M.D. as Board Chair; Roberta Rosenberg, M.Ed. as Vice Chair; Don Davidoff, Ph.D. as Treasurer; and Mary Anne Stout as Clerk.

The Annual Meeting concluded with a fascinating panel discussion focused on two researchers who have received grants from the Alzheimer's Association.

Charles Drebbling, Ph.D. and Thomas T. Perls, M.D., M.P.H. talked about their work and answered questions in a panel format effectively moderated by MA Chapter Board Chair, Sanford Auerbach, M.D. of Boston University Medical Center. Dr. Auerbach presented a thoughtful overview, "Thinking about Causes and Treatments." The panel then covered issues such as longevity and lifestyle, and the range of implications inherent in delaying Alzheimer's disease.

Dr. Drebbling, of the Bedford V. A. Hospital, also described his research into Alzheimer's patients who live alone, and

implications for public policy and health care providers. Dr. Perls, of Beth Israel Deaconess Medical Center in Boston, provided details of his highly publicized Centenarians Study and what constitutes normal aging. 

—Jim Wessler



Bill Orme-Johnson, the Chapter's 2001 Honoree, and his wife, Carol (R) are congratulated by friends and supporters Elaine Silverio (L to R), Jim Anthony, and Bruce Steiner.



Myer Saxe Memorial Award winners and fundraisers Marilyn Hayes, Edward Wade, and Arthur Ford.



Moderator and Board Chair Dr. Sandy Auerbach (L, seated) and panelists Dr. Charles Drebbling (C) and Dr. Thomas Perls (R) listen to remarks by Gerald Flaberty, Chapter Director of Special Projects (L, at podium).

Development Highlights

Remembrance Circle, Planned Gifts Enhance Giving

Become a member of our Remembrance Circle by including the Alzheimer's Association in the most important document you'll ever write. If you already have a will, a simple codicil (amendment) will suffice. Remembering the Alzheimer's Association is a meaningful way to make your support of our important work even more significant. If you're interested in learning more about the Remembrance Circle or would like sample bequest language, please call Heidi Ganss, Director of Development at (617) 868-6718, ext. 207.

Local Doctor Makes Beautiful Music for Worthy Cause

The talented Elliot Steger, M.D., an Acton resident, internist at Acton Medical Associates, and a professional musician, recently made a generous gift to the Alzheimer's Association. The gift represents proceeds from the sales of his highly acclaimed jazz CDs. He also donated numerous copies of his CDs, "Transition" and "Images."



Elliot Steger, M.D., gifted musician and dedicated physician. (Photo courtesy of Samuels Studio)

All fiscal year 2002 Alzheimer's Association donors of \$500 or more will receive a copy of one of these melodic CDs. Dr. Steger's beautiful music has received strong accolades from Association supporters who have already received a CD. They describe the music as relaxing and soothing.

Volunteer Spotlight

The Alzheimer's Association is very fortunate to have a cadre of dedicated volunteers working on our behalf to help raise funds for critical programs and services. We are grateful to the following groups for their recent efforts:

- MusiCare Online and Kathy LaBonte raised an additional \$3,000 donated in memory of Rev. Byron Stauffer and Arthur Pelletier.
- More than \$2,000 was raised by the Sons of Italy North Shore Mixed Lodge #2533 at their Alzheimer's Benefit Dinner October 13 in memory of Josephine Amico, mother of Mary-Grace Feeney, the Lodge's President. Many thanks to the hard-working committee: Mariann Nicoletti, Marcella Feudo, Sally Sampson, Eunice LaPlante, and Lou Chiulli.
- The Fort Phoenix 5K Road Race, held September 16 in Fairhaven, netted \$2,000. Thanks to Jacqueline Benedetti of Marriott MapleRidge of Dartmouth and Kathy Lopes, Race Director for all their efforts.

Families Create Innovative Funds for Core Programs

Fact: Research has clearly demonstrated that when family caregivers are instructed in state-of-the-art methods of providing care, **people with Alzheimer's disease develop fewer difficult symptoms, and the family's sense of burden is substantially reduced.** The recognition that the Alzheimer's Association's educational programs provide critical support to caregivers has led the family of Louise C. Harrington to establish a fund in her memory to support families and caregivers.


The initial program to be funded by the **Louise C. Harrington Fund** is one of our Habilitation Therapy offerings, a six-part series developed by Dr. Paul Raia to teach families the techniques of care. The program also shows families how to appreciate and touch, in profound ways, that part of their loved one that still remains. For more information on **Habilitation Therapy** and other family training programs, please call the Association at 617/868-6718 or 1-800-548-2111.

The Alzheimer's Association wishes to express our appreciation to the Harrington family for this generous and meaningful gift. To extend the reach of this effort, others are urged to direct donations to this fund.

In addition, **the Lawrence Barton Damon Memorial Fund** has been established at the Alzheimer's Association by the family of Lawrence B. Damon (1902–2001), a lifelong Boston-area resident, to provide support for people with Alzheimer's disease and their families. Specifically, this endowed Fund will annually support a portion of the Association's Patient Care and Family Support programs, directed by Dr. Paul Raia.

The Damon family is pleased to help other families who are struggling with some of the same issues they experienced when they were caring for Mr. Damon, who had Alzheimer's disease. The Patient Care and Family Support staff directly assists people with dementia and their families by providing counseling, education, and support, including Family Orientation workshops throughout Massachusetts (see Calendar section, p. 8).

This type of support is critical. In a rigorously controlled study conducted by Mittleman, et al. in 1996, patients whose caregivers received the type of instruction and education that the Alzheimer's Association provides were able to remain at home for one year longer than the control group, in which no instruction was provided.

For more information on the MA Chapter's services for families and caregivers, please call 617/868-6718 or 1-800-548-2111. Many thanks to the Damon family for their generous support! 

Development

Byron Hensley, Jr., Founder and Chairman of SeniorLink, a national geriatric care management company, recently celebrated his 60th birthday. In lieu of gifts, Hensley asked all his friends to support the Alzheimer's Association in his honor. His request resulted in a gift of \$10,000! The Alzheimer's Association is grateful for this generous support. Shown with Hensley (L) at his birthday celebration in Marion, MA is Anthony Reeves (R), who traveled all the way from his home in London for this special event. (Photo courtesy of SeniorLink, Inc.)



Patient Care and Family Support

Caroline R. Grinnell, ACC is an independent consultant specializing in Alzheimer-related workshops and programming. She is Policy and Procedure Chairperson for the MA Council for Activity Professionals (MassCAP), and holds a degree from the University of Vermont.



Photo by Janet Taylor

It's not about making two batches of cookies, it's about stirring the batter and licking the spoon.

Consider that if almost everything represents an activity, then you already have a resource bank at home!

Working with Activities in the Home Setting

By Caroline R. Grinnell, ACC

Everyone can participate in Activity Therapy, professionals and home caregivers alike! The use of activities to bring meaning and enjoyment to one's life originated during Roman times. Historically, activities were defined as purely leisure pursuits; but in modern times the term has been expanded to encompass any and all areas of involvement that provide purpose, pleasure, and a sense of accomplishment.

Sense of purpose. The importance of activities does not diminish with age or declining health; in fact, it's just the opposite. Our sense of vitality increases in proportion to our level of engagement in life, and we know that persons with Alzheimer's disease need assistance to be engaged in life.

The benefits of activities for people with dementia are best illustrated by thinking about what happens *without* activity. Activity therapy replaces the boredom, anxiety, and frustration of inactivity with a purpose. Having a purpose feels good and engages us further in life.

Family caregivers are faced with formidable daily challenges: how to give basic care, how to avoid problem behaviors, how to enjoy a relationship that changes from minute to minute, how to maintain a positive attitude—and how to do all these things day after day!

Knowing how to work with activities can make an enormous difference to the caregiver and the person with AD. Home-based activities will not change the reality of a loved one's diagnosis, but they can improve the quality of each day.

How to start. Consider that if virtually everything represents an activity, then you already have a resource bank at home! No need to go shopping for supplies just yet. Activities break down into different categories, and during the day opportunities generally exist to participate in the following six groups:

- **Task-Oriented:** folding laundry, washing and sorting items, household chores, etc.
- **Physical:** walking, dancing, dusting, gardening, etc.
- **Cognitive/Intellectual:** puzzles, word games, singing, poetry, art appreciation, reminiscing, etc.
- **Sensory:** preparing and eating foods; washing hair; walks; listening to music; bird watching; rolling yarn, etc.
- **Social/Leisure:** tea for two, scenic car ride, sitting on the porch and talking, watching family videos, etc.
- **Spiritual:** support of familiar spiritual practices such as religious readings, listening to tapes, and singing.

The Fall, 2001 edition of this Newsletter featured the first installment of a two-part series on **Activities Therapy**, focused on the benefits of activities programs based on Habilitation Therapy in long term care settings. The following article provides a perspective on home-based Activities Therapy.

Having established the six basic activity categories, let's discuss when and how to set up home-based activities. We first need to distinguish between **structured and diversional activities**.

Structured activities provide an opportunity for the caregiver and the person with AD to do something together. It's a time when the two people can find a way to enjoy each other, while doing something meaningful. Structured activities require the caregiver to be present, to initiate the activity and to provide frequent cues, as needed.

Examples include making an ice cream sundae and sitting on the porch to eat it, looking through a photo album, and taking a walk.

Other types of structured activities are more like projects: preparing a meal, baking, woodworking, and crossword puzzles.

Diversional activities can be quickly and easily set up by the caregiver for the person with AD to do independently. Diversional activities are generally task-oriented and optimize frequently used skills of the person with AD. Some examples include sorting socks, putting silverware in a tray, sorting through a tool box, separating a deck of cards, tidying up a brief case, looking at old greeting cards, looking through a theme box, sorting jewelry or ties, or sanding a piece of wood.

Diversional activities serve several purposes. They provide the person with AD with a sense of accomplishment and a positive emotional response, and offer the caregiver an opportunity to do something for him/herself. Togetherness is good, but too much is not.

Formulating your plan. In terms of matching a specific activity to your loved one, don't invent anything new. Instead, focus on interests and activities already familiar to the person in your care. Select activities as appropriate from the six groupings described above, and balance structured with diversional activities based on your own situation.

Here are some failure-free (almost!) planning tips:

- Have a daily schedule and plan ahead; structure will give you both a sense of comfort.
- Think about your loved one's **uniqueness and individuality**. What were his/her life role(s) and rituals? What has held the most meaning to your loved one during his/her lifetime?
- Build on strengths; try not to introduce anything new.
- Break down the activity into **manageable chunks**—one step at a time.
- Choose an activity **based on the process, not the product**. It's not about making two batches of cookies, it's about stirring the batter and licking the spoon.

continued on page 14

Ask Dr. Know: Drug Research Studies

Dear Dr. Know:

Not long ago, I saw on your web site a listing of research centers that are studying the effects of experimental drugs on Alzheimer's patients. Do you recommend that patients get involved with these research projects?

—*Curious in Carver*

Dear Curious:

The issue of participating in drug trials, like most of the questions posed to Dr. Know, is not as simple as it sounds. The answer lies in your intentions. If your goal is solely altruistic—to benefit humankind—do it. However, if your goal is to have access to experimental drugs that may slow or cure your disease, you need to consider the following questions carefully. The main point is to be informed about the process before making your decision.

Will You Qualify for Admission into the Drug Trial?

Most drug studies have exacting admission criteria. Generally speaking, investigators look for earlier-stage patients in relatively good health. It is often required that you are not presently taking medications, vitamins, or herbs to treat Alzheimer's disease. Most studies require an active caregiver to monitor drug-taking and behavioral changes. Patients with related disorders are usually not accepted. Gender, age, educational history, IQ/cognitive status, health, racial, ethnic, and language exclusions may also apply.

Will You Actually Receive the Experimental Drug?

Most drug studies are structured to include an experimental group and a control group of participants. The **experimental group** will get the drug being studied, whereas the **control group** will receive a placebo, a sugar pill that should have no effect. Usually researchers and participants are both unaware of who is in which group. Studies vary in length.

Tradeoffs. Carefully consider whether you want to take the risk of enrolling in a study and risk not actually getting the active medication for the length of the experimental phase. Would you be better off taking one of the FDA-approved medications for Alzheimer's (e.g., Aricept, Exelon, or Reminyl) that you know will work, albeit modestly? Time may be the critical factor here. It appears that the FDA-approved medications **work best if taken early** during the course of the disease.

What Are the Medical Risks Involved?

The medical risks will vary from study to study, as well as the stage of each study. Each stage in the clinical research pathway builds on findings from the previous stage and involves a greater number of people. **Stage 1** in a drug trial establishes **basic safety parameters** in a small cohort of human volunteers. It is the most risky stage, in that researchers do not know how the drug might affect human subjects.

In **Stage 2** trials, researchers begin to test the **drug's effectiveness** using larger numbers of study subjects—typically 100 to 400 participants. During this stage researchers



are also interested in what, if any, side effects might be associated with the drug. Side effects can range from slight to serious, even fatal.

By the time a drug reaches **Stage 3** trials, a good deal is known about its therapeutic value and safety at one dosage level. Drug usage may be examined at different dosages in Stage 3. So at this stage, a participant may receive one or more exposures to different dosage levels and/or a placebo. The risk here lies in the different dosage levels and their relation to side effects. Drug efficacy, however, continues to be the main focus with a larger sample size, often over a longer period than in previous stages.


What is the Time Commitment?

Drug research studies often require that participants and their caregivers come to the study site on a regular basis for cognitive testing and interviews. Make sure you are aware of how often you are expected to meet with researchers, and how far you must travel to the test site. Ask about compensation for travel and parking.

Each study runs for a different length of time. Some may last for only a few weeks; others for five years or more. Often a caregiver or the patient is asked to maintain a daily or weekly log of events or problems that become part of the data analyzed in the study.

Built-in benefits for study participation are frequently included, such as the provision of free medical and cognitive evaluations. Free autopsy services may also be part of the benefits package offered to participants.

Humanistic role. The patient and family members should certainly think carefully about why they are considering involvement in drug studies. Participation may not benefit you directly as the patient, but it could benefit generations to come. In this sense, your participation in research is a gutsy, selfless act of love.

If after weighing the pros and the cons of participation you decide that you want to go ahead and join a study, visit our web site for a listing of current research opportunities in Massachusetts. Good luck! 



Photos © www.digitallstock.com

Medicine and Science


The main point is to be informed about the process before making your decision.

Free medical and cognitive exams may be built-in benefits of study participation.




ALZHEIMER'S EDUCATION C

Care for People with Alzheimer's Disease

A professional education program designed to teach participants to become trainers within their long-term care facilities. Topics include understanding Alzheimer's disease, activities of daily living, communication techniques, behavioral management, working with families, and taking care of ourselves.  Pre-registration is required for this full day of training and the cost is \$500 for two representatives from an agency. Alzheimer's Association, Cambridge Office, 36 Cameron Ave., Cambridge. Call Donna Smart-Gorham at (617) 868-6718. **Each session is repeated on a monthly basis.**

February 5, March 5, April 2

Community Care Training

A professional education program designed to teach participants to become trainers within their community agencies or facilities. One or two representatives attend in order to learn about Alzheimer's disease and dementia, Habilitation Therapy, behavior issues, activities, and more. After the program, the representatives return to their facilities to teach other staff members.  Pre-registration is required for this full day of training, and the cost is \$500 for two representatives from an agency. Alzheimer's Association, Cambridge Office, 36 Cameron Ave., Cambridge. Call Donna Smart-Gorham at (617) 868-6718.

Each session is repeated on a monthly basis.

February 13, March 13, April 10

Family Orientation

An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. *Each Family Orientation session is repeated on a monthly basis.*

The program is free of charge. Locations, times, and dates are listed below:

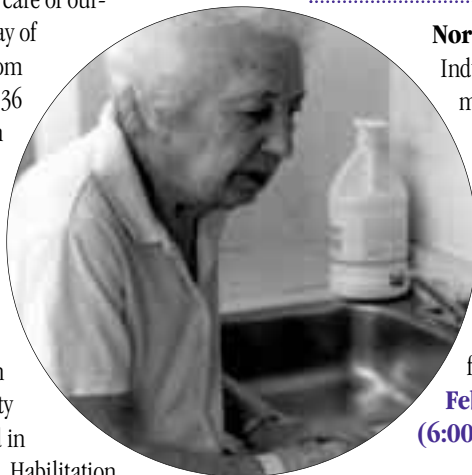
Cambridge: Held at Cambridge Office of Alzheimer's Association, 36 Cameron Ave., Cambridge. Presented by Dr. Paul Raia. Pre-registration is not necessary and the program is free of charge.


**February 21, March 21, April 18
(10:00 a.m.-12:00 p.m.)**

Lowell: Held at Alzheimer's Association, Lowell Area Office, HealthSouth at St. Joseph's, 220 Pawtucket St., Lowell. Pre-registration is not necessary and the program is free of charge. Call (978) 937-5576.


February 13, March 13, April 10 (10:00 a.m.-12:00 p.m.)

Newton: Sponsored by the West Suburban Alzheimer's Partnership. Held at Newton Senior Center, 345 Walnut St., Newton. Presented by Pamela Kunkemueller. Pre-registration is not necessary and the program is free of charge.
February 13, March 13, April 10 (6:45-8:45 p.m.)




Northampton: Held at VNA and Hospice Alliance, 168 Industrial Ave., Northampton.  Pre-registration is recommended; call (413) 787-1113. Free of charge.


**February 13, March 13, April 10
(3:30-5:00 p.m.)**

Roxbury: Held at Community of Color Outreach, 116 Roxbury St., Roxbury. Presented by Michael Kincade.  Pre-registration is recommended and the program is free of charge. Please call (617) 868-6718, ext. 202.

**February 28, March 28, April 25
(6:00-8:00 p.m.)**

Springfield: Held at Good Life Center, 1600 E. Columbus Ave., Springfield.  Pre-registration is recommended. Please call (413) 787-1113 for details.

February 13, March 13, April 10 (4:00-6:00 p.m.)

Watertown: Sponsored by the West Suburban Alzheimer's Partnership. Held at West Suburban Elder Services, 124 Watertown St., Watertown. Presented by Susan Garland.  Pre-registration is required; please call (617) 972-5692. Free of charge.

February 4, March 4, April 1 (2:00-4:00 p.m.)

Wellesley: Sponsored by the West Suburban Alzheimer's Partnership. Held at Wellesley Council on Aging, 219 Washington St., Wellesley. Presented by Peggy Mullen. Pre-registration is not necessary and the program is free of charge.

February 26, March 26, April 23 (1:30-3:30 p.m.)

Westwood: Sponsored by the West Suburban Alzheimer's Partnership. Held at Westwood Council on Aging, 210 Nahatan St., Westwood. Presented by Peter Byron. Pre-registration is not necessary and the program is free of charge.

**February 21, March 21, April 18
(1:30-3:30 p.m.)**

Check out the Chapter's new workshop, **Taking Control of Alzheimer's Disease**, as well as the upcoming **Western Regional Family Conference** (see *Save the Dates*, next page). These programs will address the use of home-based activities as a technique of care. All Education Calendar photos by Janet Taylor.

All meet
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If in doubt, call


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CALENDAR February, March, April 2002

Publications List for 2002

Every year we update our list of publications, adding and deleting entries to keep up with the times. The task has become much more difficult with the burgeoning of excellent publications related to dementing illnesses. In light of our awareness that a wide variety of readers are interested in learning more, we try to offer a variety of books and other materials. If you've not already received a copy of our new list, please call (617) 868-6718 for a copy or visit our web site at www.alzmass.org. 



Basic Training for New Support Group Leaders

The Support Group Leaders Committee periodically offers workshops for new and prospective leaders of Alzheimer support groups. Each workshop is designed to cover basic information about starting and leading a support group, and features our Support Group Leaders Manual. The training process is predicated on the assumption that the registrant is already very familiar with information about the disease, diagnostic process, etc. Advance registration is required. For more information, call (617) 868-6718. 



Save the Dates!!!

Watch for these Upcoming Events


Taking Control of Alzheimer's Disease: Home-Based Care Techniques for Families. (Location, time, and date to be announced – March/early April in the Worcester area). This free six-part seminar will teach families a new therapeutic approach to caregiving. Family caregivers will learn how to work with the person with Alzheimer's disease in order to take more control over the often-difficult disease symptoms. Presented by Erin Whalen. Funds will be available for **respite care** during the program. For more information, contact Erin Whalen at (617) 868-6718, ext. 213 or erin.whalen@alz.org.

Western Regional Family Conference, April 18, 2002, 9:00 a.m.- 1:00 p.m. Family caregivers and professionals won't want to miss "Through the Eyes of a Caregiver: a Family Perspective." Please contact Jeannie Banas at (413) 787-1113 in the Springfield Office for details.

14th Annual Public Policy Forum, April 27-May 1, 2002, to be held in Washington, D.C. People with Alzheimer's disease, caregivers, and health professionals are all invited to attend this exciting annual advocacy forum. You'll attend workshops, meet dedicated advocates throughout the country, and march up to Capitol Hill to talk to your Congressional delegation about Alzheimer issues. Don't miss out on this very important event! For more information, contact Susan Kelley-Grasso at (617) 868-6718, ext. 220 or susan.kelley-grasso@alz.org.

A Map through the Maze: an Interdisciplinary Conference for Professionals, May 8, 2002 in Marlboro. Plan to attend our annual conference for professional caregivers. Visit our web site, www.alzmass.org for details.

5th Annual "Make The Link" Golf Tournament, Monday, July 22, 2002, at the Andover Country Club. Don't miss one of the summer's premier charity golf events! For more information, call Dick Fleiss or Sheila Watnick in the Development Office at (617) 868-6718. We welcome new Corporate Sponsors and Golf Committee Members. 

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our Helpline at
3-6718.
lzmass.org
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Clippings, Please!

The Alzheimer's Association keeps a notebook of articles that appear in local newspapers about our activities and events. If you spot something in your local paper, we would be grateful if you would send the entire page to my attention at our Cambridge Office. Thank you!

—Jeanette Rosa

Old and Young Alike Raise Funds for Memory Walk

Top individual walker for the Northern Quabbin Valley Walk was determined 87-year-old **Bob Grace**, caregiver for his wife Dottie, who for 30 days clocked a mile/day walking in his driveway (see story, p. 2). Following a local news story, members of the community provided donations totaling over \$2,500.

At the other end of the spectrum is **Sharon Hamalainen**, 9, of Worcester. Central MA Regional Leader Tim Maher encouraged Sharon to raise money—and she did! Sharon approached neighbors, relatives, and even strangers outside the supermarket. She brought in more than 381 sponsors, ranging from 30 cents to \$30 each, covering nine sponsorship forms and six pieces of notebook paper taped together. This enterprising young lady raised a grand total of \$1,330.41! Great work, Sharon! 📌



Tricia Lavoie, Northern Essex Walk Regional Leader, radiates joy and enthusiasm as the Walk grew in one year from 125 to 300 walkers and from \$10,000 to \$40,000! (Photo by Roger Appell)

Quabbin Valley Walk, a magic show was the featured entertainment, and a local Boy Scout troop provided volunteer services.

Outback Steakhouse donated lunch for close to 600 walkers at the **Pioneer Valley Walk**, the first year food and entertainment were offered following the walk. At the Worcester Senior Center, the new site of the **Central Massachusetts Walk**, instructors from Worcester Fitness led warm-up exercises.

A silent auction for two sets of New England Patriots tickets and a foursome at Crystal Spring Golf Club highlighted the **Northern Essex Walk** at its new location, Maudslay State Park in Newburyport. And at the **Southeastern Massachusetts Walk**, *Voices in Time*, a children's vocal group, kicked off the day's festivities in the Visitors Center rotunda at Heritage Park.

Thanks, Walkers! Memory Walk 2001 Breaks Records, Nets Over \$570,000!!! Northern Essex Walk Proceeds up 400% as Joan Fantini Named Top Fundraiser

By Sheila Watnick

In late September, amidst fears of bomb threats compounded by uncertainties in the American economy, Memory Walk 2001, our ninth annual signature fundraiser, defied the odds in spectacular style.

Nearly 4000 walkers, many representing more than 200 teams, **raised over \$570,000** to help provide education and support programs, research, and advocacy for the 130,000 Massachusetts residents with Alzheimer's disease and related dementias. This record-breaking performance represents at least a **\$160,000 gross revenue increase** over last year's Memory Walk results!

Signatures. Although participants at most of the nine walks honored a loved one by hanging a forget-me-not flower or writing a personal message on the Memory Wall, each walk had its own distinctive flair. At the **Greater Boston Walk**, dedicated to the memory of the late Maureen Reagan (1941-2001), U.S. Congressman Edward Markey (D-Malden) of the MA 7th District presented the American flag that had flown over the Capitol Building following the September 11 terrorist attacks to Board Chair Sanford Auerbach, M.D. (see story and photo, p. 2.)

Motivational signs along the route and announcements from a police van got walkers up and moving at the **Northern Middlesex Walk**. Almost doubling its number of teams this year, the **Berkshire Walk** was the kickoff for the annual Apple Squeeze Festival in Lenox.

Several dogs and their owners parading through Bird Park at the **Neponset Valley Walk** added a festive touch by donning special Memory Walk bandannas. And at the Athol/Royalston Middle School, new location of the **Northern**

And the Winners Are...

Kudos to top Chapter fundraiser and first-time Northern Essex Walker **Joan Fantini** of Bradford, who raised \$12,500. Joan was captain of the 50-person **Fantini Team**, including three dogs, which raised \$14,500 and earned the title of **top statewide team**. Along with her daughter Mary and son Tom, Joan is a caregiver for her husband Bob and first learned about Memory Walk on the Internet. An emotional Joan was elated by the overwhelming response, all brought on by the "love of Papa."

Winners based on day-of-walk totals include:

Greater Boston (main walk)

Individual: Maria Santaren*, Marilyn Hayes, Harriet Hyman

Team: GE Long Term Care, Sherrill House, Hoodsie's Team

Volunteer: Irene Kaplan, Judy Rauchwarger, Elaine Silverio

Berkshire

Individual: Diane Martin, Barbara Milensky, Jennifer Grimes

Team: Sweet Brook, EPOCH at Melbourne, Hillcrest Healers

Central Massachusetts

Individual: Heather Huntington, Sharon Hamalainen,

Susan Healy

Team: Providence House of Southbridge, Goodrow Team, Church of Christ

Neponset Valley

Individual: Lenny Berch, Donna Bruce, Lisa Tobin

Team: Pa's Team, Forge Hill Senior Living, HESSCO Elder Services

Northern Essex

Individual: Barry Marshall, Shari Fecteau, Leann Gignac

Team: Fantini Team, The Atrium, Newburyport Support Group

Northern Middlesex

Individual: Nancy Hannigan, Rob Hannigan, Joanne Chaulk

Team: D'Youville Senior Care, Chelmsford Senior Center, Atrium at Drum Hill

Northern Quabbin Valley

Individual: Bob Grace, Jean Day, Caroline May

Team: Unforgettables at Quabbin Valley Healthcare, Wachusett Manor Nursing Home, Gardner VNA

Pioneer Valley

Individual: Art Ford, Seymour Frankel, Al Shubach

Team: Atrium at Agawam, Mackie's Team, Heritage Hall

Southeastern Massachusetts

Individual: Patricia Ricketts, Deborah Rapoza, Nancy Alves

Team: Country Gardens, Nautical Whalers, Family Services Association

* Last year's top Chapter fundraiser

In all, 81 walkers raised \$750 or more and received Filene's gift certificates for their efforts.

Thank You, Sponsors!

National Sponsor: GE Long Term Care Insurance

Title Sponsor: Praecis Pharmaceuticals, Inc.

Benefactors: Beverly Healthcare, Sunrise Assisted Living.

Patrons: Genesis ElderCare, EPOCH Senior Living, Essex Group Management.

Friends: The Atrium, TNT Vacations, Boston Alzheimer's Center, *The Boston Globe*, Southwest Airlines.



Northern Quabbin Valley walkers take off from their new countryside location near the Athol/Royalston Middle School in Athol. (Photo by Dorothy Hayden)

Above: Alzheimer's Association Executive Director Jim Wessler (R) presents two round-trip Southwest Airlines tickets to Joan Fantini (C), top Memory Walk fundraiser. Looking on is Association Director of Development Heidi Ganss (L). (Photo by Sheila Watnick)

Many Thanks to All who Donated their Time, Goods, and Services at our Nine Walks!

State Honorary Chair: U.S. Congressman Edward Markey (MA 7th District)

State Medical Chair: Deborah Blacker, M.D., Sc.D.

Regional Sponsors:

Greater Boston (main walk)

GOLD: Boston University Alzheimer's Disease Center, Hearthstone Alzheimer Care, McLean Hospital, Stanley Solomont.

SILVER: The Clarks Companies, Deerfield Senior Day Center, MGH Senior Health.

EXHIBITORS: Athena Diagnostics; Benchmark Assisted Living; Briarwood Healthcare; Concord Park/Volunteers of America, Independent Living; Logan Healthcare Management Group; Novartis, Inc.; Prudential

Financial Greater Boston Agency; Quincy Medical Center; SunBridge Healthcare.

Berkshire

GOLD: Berkshire Healthcare Systems, Inc.

SILVER: Northern Berkshire Healthcare System, Sweet Brook Care Centers, Inc.

EXHIBITORS: Berkshire Bank, Little's Pharmacy & Surgimed.

DONORS: Berkshire Life Insurance, Country Curtains, East Street Auto Mall, Hoosac Bank, Pittsfield Cooperative Bank, South Adams Savings Bank.

Central Massachusetts

SILVER: Pfizer Pharmaceuticals, Inc.

Northern Essex

EXHIBITOR: Novartis, Inc.

Northern Middlesex

GOLD: LifeCare Center of Merrimack Valley

Northern Quabbin Valley

SILVER: Quabbin Valley Healthcare

Pioneer Valley

GOLD: AGE Institute of Massachusetts

SILVER: The Arbors at Amherst, Chancellor Gardens of East

Longmeadow, Mercy Care Centers at Mercy Medical Center.

DONORS: The Bank of Western Massachusetts; Easthampton Savings Bank; Eisai, Inc. and Pfizer, Inc.; The Loomis Communities; Reeds Landing; SunBridge Health Care; WestMass ElderCare.

EXHIBITORS: Conway's Spectacle Shoppe, Atty. Michael Hooker, Jewish Geriatric Services, Landmark at Monastery Heights, Leslie Educational Alternatives, Lyndale Garage, Oliver Auto Body Co., Qualified Plan Consultants, Riverdale Gardens.

CONTRIBUTORS: H. L. Dempsey Co., Kavanaugh Furniture, Peoples Bank,

GREATER BOSTON (MAIN WALK)

Regional Leaders: Alan Jacobson and Sheila Walsh

Committee: Roger Appell, David Currier, Lisa Diamandis, Barbara Gold, Valerie Gramolini, Judy Green, Nancy Holcomb, Millie Laby, Elizabeth MacAskill, Deb Morrison, David O'Hearne, Pat O'Hearne, Judy Rauchwarger, Stanley Solomont, Kathy Stafford, Lucia Vaughn, Brenda Vitale, Ed Wade, Gail Wolfe.

Corporate Chairs: Richard Blinn, Genesis ElderCare; Joanna Cormac-Burt, EPOCH Senior Living; Christine Haden, Sunrise Assisted Living; Philip Quillard, Beverly Healthcare.

Emcee: Nancy Quill, WMJX-FM

Entertainment: Boston College Acoustics, Cambridge Rindge and Latin School cheerleaders, Linda Chase, David Currier, Janet Feld, Cliff Ginandes, Plastic Flowers, Dan Sirois, Soul City.

Food and Beverage Donors: Bachman Snacks; Ben & Jerry's; DeMoula's; Garelick Farms; Herman Goelitz Candy Co., Inc.; Johnnie's Foodmaster; NECCO; Pepperidge Farm; Putnam Investments (provided water at water stops); Roche Bros.; Shaw's/Star Markets; Stonyfield Farms; Stop & Shop; Sunburst Fruit Drinks; Trader Joe's; Veryfine; Watermark Donut Co.; Wilson Farms.

Raffle Donors: Anna's Taqueria; B&D Deli; Belmont Toys; Berman's Wine and Spirits; Blockbuster; Brigham's



The Greater Boston Memory Walk was a family day for Alzheimer's Association Finance Committee member Brian O'Hearne of Hingham (L); his son, Patrick O'Hearne; his cousin Caitlin Morrell, a member of the Boston College Acoustics, performers at the Walk; and his wife, Kerry Moynihan (R). Brian and Kerry's son Aidan stands in front. (Photo by Ellen Shub)

Greater Boston, continued

Inc.; Boston Beauty Supply; Boston Marriott Cambridge; Busa Liquors; Captain Marden's Seafoods; The Chateau; Copoli Salon; Copy Inks; Coyote Impressions; Creative Expressions Salon; Diego; Embassy Cinema; Esprit de Corps Salon; The Frame Hut; General Cinema; Gondola di Venezia; Ground Round; Healthworks; Herb Country Gifts; Horizons Hair Salon/Day Spa; Rachael Hughes/Massage Therapist; Hollywood Videos; Indulgence Day Spa; Jacoppi's Colonel Tyng Manor; Lastoria Italian Bar & Grill; LisaJames Salon; Jimmy's Steer House; Kitchen, Etc.; Kokopelli's Chili Co.; Lexington Toyota; MIT Coop.; Museum of Science; National Amusements; Needlepoint of Back Bay; Norton's; Outback Steakhouse; Palm Restaurant; Placewares; Rick's Café; Robert's Salon; Salon Monte Carlo; Sedona Sun; Elliot Steger; David Solomon; Starbucks Coffee; Suddenly Slimmer; Tea Tray in the Sky; Tricon Sports; University Park; Vinny Testa's; Video Horizons.

Special Thanks: Ann Marie Antolini; Melissa Arsenault; Amy Beck, R.N.; Cambridge Glass & Mirror; Cambridgeport Bank; CambridgeSide Galleria; Cataldo Ambulance; Cause and Events; Collaborative Communications; Thomas Graves Landing; Marilyn Hayes; Houliban's; Ken's Steak House; Carol Lederman; MDC; Massachusetts Extended Care Federation; Olympic Moving & Storage; Dr. Terry O'Toole; Elaine Silverio; Super Viera Express; Dottie Tolini; Miriam Viera, R.N.; Sgt. Joe Wilson; Winchester Nursing Center; WMJX-FM (Magic 106.7).

Volunteers: Janet Alesevich, Bob Atwood, Katherine Batislas, Karen Bibo, Paul Bibo, Missy Bibo, Debbie Burke, Tim Call, Allan Chasen, Jim Collins, Michelle Compton, Florence Cooperstein, Geri Crews, Shirley Dawkins, Ethel Diamandis, Liz Diamandis, Victoria Diamandis, Jean DiPrima, Jim DiPrima, Roni Eng, Michael Feldmann, Eileen Fitzpatrick, Carolyn Fleiss, Joan Fogel, Elizabeth Ford, Rick Gardner, Sandra Gavin, Joe Gavin, Barbara Gloss, Harry Gloss, Bea Goldberg, Susan Goodman, Amy Gorga, Michelle Gray, Pat Harney, Maureen Harrington, John Harrington, Caroline Havlin, Susan Hodder, Juanita Hollis, Maureen Howe, Ernest Jacobson, Michael Jacobson, Mary Jane Kaloupek, David Kaloupek, Irene Kaplan, Elizabeth Kirsten, Laura Kittery, Melissa Klumpar, Louis Laider, Elisabeth Lang, Susan



The Fantini Team from the Northern Essex Walk was the Chapter's top fundraising team. (Photo by Roger Appell)

LaRosee, Dennis LaRosee, Kathy Lobdell, Chris Lorant, Zach Lunin, Dianne Luther, Ed MacAskill, Bobby Mahoney, Carole Maynard, Janice McCourt, Karen McGrath, Sean McGuirk, Patrick McKenna, Madaline Minichiello, Susan Moriarty, Tim Morrison, Sandy Morrison, Ashley Morrison, Brendan Morrison, Bob Morrison, Mike Moschetto, Carol Murphy, Danee Panutalwat, Jeff Pei, Vilma Pugh, Celia Raia, Cheryl Salatino, Ben Searles, Sue Sharrow, Diane Sibley, Lillian Simons, Mike Margos Skaa, Matt Sisson, Christopher Stafford, Trudy Tanzer, Nelia Tavares, Katie Tuscano, Trisha Tuscano, Melissa Venti, Dan Viera, Lindsay Wachter, Brian Walsh, Kathy Walsh, Steven Walsh, Irving Watnick, Billie Jo Weiss, Kevin Weiss, Josh Wessler, Richard White, Maura Winson, Marion Wolfson, Nancy Wolfson.

BERKSHIRE

Regional Leaders: Carol Sanderson and Diane Israelite Weinstein

Committee: Kim Bissaillon, Pam Burger, Dolly Curletti, Tobie DeAngelus, Dorinda Gamberdella, Karen Gold, Barbara Milensky, Maryellen Ford Mouglin, Fredrica Sloan, Maureen Tuggey, Shirley Zawistowski.

In-Kind Contributors: Callahan Outdoor Advertising; Canyon Ranch in the Berkshires; Chesterwood; Eisai, Inc.; EPOCH at Melbourne; Gallagher-Gold Family; Kimball Farms; Pfizer, Inc.; Red Lion Inn; Shakespeare & Co.; Timberlyn Heights Alzheimer's Care; WBRK-AM Radio.

Volunteers: Dan Saul Valenti, Host of *Open Mic* on WBRK-AM Radio and Columnist for the *Berkshire Eagle*, Master of Ceremonies; Royster Hedgepeth, photographer; Beth Hinkley, advocacy table.

CENTRAL MASSACHUSETTS

Regional Leaders: Tamara Sfeir, Tim Maher, Elizabeth Mullaney

Committee: Kerrilee Adams; Anne Daigneault; Pat Daly; Gary Davis; Mariah Kelly; Shiva Leistriz; Joe Santa Maria; Sr. Marna Rogers; Raphael Rosario; Nancy Said, M.D.; Faith Trudel; Christopher Van Kleek, Ph.D.

Honorary Chair: State Senator Dr. Harriette L. Chandler

Medical Chair: Dean Morrell, M.D.

In-Kind Contributors: Adesso's; Advanced Flooring; Alzheimer's Partnership; American Office Outlet; Annie's Book Swap; Art Frame, Inc.; Atlantis Picture Framing; Barbara's Crossing; The Bean Counter; Beverly Healthcare/Hermitage Home; Beechwood Hotel; Birchwood Nursing Home; Blaire House of Milford; Blaire House of Worcester; Boomers Sub and Deli; Boston Gun Range; The Broadway; Café Douce; C.C. Lowell; Chuck's Steak House; Clark Manor/Landmark/Webster Manor;

D'Errico's Market; Donna Kay Rest Home; Dunkin' Donuts; EPOCH Senior Living; Essex Group Management; GE Long Term Care Insurance; George's Fruit; Genesis ElderCare; Greenfield's Deli; Holy Trinity; HPC; Janssen Pharmaceutical; Ladd's Restaurant; Life Care Center of Auburn; Living Earth; Mac's Diner; The Masterman Family; Matthew J. Masterson; Miller Cottons Tattoos; Notre Dame Long Term Care Center; Ortho-Tec Medical; Osterman Propane; Parkway Diner; Primo's; Price Chopper; Pro Nails; Providence House; Office and Staff of Dr. Nancy Said; Saint Mary Health Care Center; Shaw's Supermarkets; John Sigel/Fairway Beef; Sigma; SunBridge of Millbury; Sysco; Tatnuck Booksellers; Techniques Salon; That's Entertainment; Tom's International Delicatessen; Tortilla Sam's; Washburn and Bullock Associates; Weintraub's Restaurant; West Side House; Whitney Place/Beaumont; Worcester County Sheriff's Office; Worcester Fitness Center; Worcester Senior Center; *Worcester Telegram & Gazette*.

Volunteers: Faith Bandama; Matt Butts; Richard Camiso; Gilma Carrichio; Stacey Epro; Marilyn Fallavolita; Goodrow Family; Jolly Jills; David Johnson; Dr. David Kaminester; D.J. Kelly of Party Plan-It; Mike Kenneway; Blair Kirkland; Jim L'Esperance, M.D.; Jerry Maday; Jason MacCulloch; Patti MacCulloch; Honorable Mayor Raymond Mariano; Lisa Martin; David Mason; Heather Monks; Joann Monks; Miguel Ortiz; Barbara Pierce; Waldo Pierce; Guy Prince; Jenny Prince; Frank Romano; Tau Kappa



State Representative Scott Brown, Neponset Valley Walk Community Chair, addresses the crowd as his wife and family member Gail Huff (R), WCVB-TV Channel 5 reporter, looks on. Also taking part in the opening ceremonies are (L to R) Alzheimer's Association Executive Director Jim Wessler, Neponset Valley Walk Regional Leaders Jamie Gutner and Kathy Vachon, and Medical Chair Richard Young, M.D. (Photo by Sheila Watnick)

Epsilon; Worcester Fire Department; Worcester Police Department; Worcester Polytechnic Institute.

NEPONSET VALLEY

Regional Leaders: Jamie Brenner Gutner and Kathy Vachon

Committee: Sheridan Bergdorf, Chris Brooks, Tammy Dubin, Carol Falcone, Courtnie Graybill, Carol Maloney, Susan McQuaid, Patti Pomerleau, Marleen Spengler, Kimberly Todd, Elena Wise, Denise Wood, Monica Phillips Young.

Medical Chair: Dick Young, M.D.

Community Chairs: State Rep. Scott Brown and Gail Huff

Entertainment: Kurt Wenzel

In-Kind Contributors: Caritas Norwood Hospital; Marriott Brighton Gardens; Walpole Mall and Mall merchants including Bridget's, Old Country Buffet, Papa Gino's, and Val's Curtains & Bath.

Volunteers: Sue Callahan and husband; Linda Connor-Lacke; Debbie Dolan; David Dubin; Mary Ann Favier, Carol Foley, Marge Forsberg, Paul Forsberg, Pat Gavin, Jenny Guisti, Joanne Guisti, Jerry Guisti, Chad Graybill, Patti Carty Larkin, Lois Lovely, Linda Marsh, Maura McClintock, Joyce Moore, Rush Nasman, Jim Turner, Bob Vachon, Ed Wiseman.

NORTHERN ESSEX

Regional Leader: Tricia Lavoie

Entertainment: Plastic Flowers

In-Kind Contributors: The Book Rack, Crystal Springs Golf Club, Dunkin' Donuts (Kingston, NH), Firehouse Center, The Hardcover, Hodgie's Ice Cream, Jabberwocky Bookshop, Maudslay State Park, New England Patriots Charitable Foundation, North Shore Music Theatre, Peabody Essex Museum, Seabrook Travel Center, Tom Shea's, State Street Candle and Mug, Sylvan Street Grille, T.G.I. Friday's, Vinny Testa's Restaurant Group.

Volunteers: Katy Ahern, Diane Antone, Evan Antone, Roger Appell, Bill Buxton, Nina Buxton, Kathy Carey, Ginger Cashman, Meghan Carey, Saul Chadis, Katie Clagett, Audrey Clarkson, Phyllis Cogliano, Boyd Colvin, Rose Colvin, Kehley Coviello, Tim Danehy, Leanne Gignac, Christopher Lavoie, Charlene Levesque, Dianne Lucey, Marie Lynn, Meg McMahon, Susan O'Day, Rachael Palmacci, Rob Riddle, Toni Riddle, Stacy Ringgold, Mary Robert, Marcus Sanchez, Guy Somma, Helen Szymuka, Andy Twomey, Joan Twomey.



Under Sharon Jensen's direction, children from Voices in Time perform at the Southeastern Massachusetts Walk opening. (Photo by Moe Masse)

NORTHERN MIDDLESEX

Regional Leaders: Mal Allard, Joanne Chaulk, Donna Koski

Committee: Susan Antkowiak, Mary Baum, Ray Poitras, Scott Soucy, Harriet Udoff

Honorary Chair: Attorney George Eliades, Jr.

In-Kind Contributors: The Atrium at Drum Hill; Cataldo Nursery; Community Family Alzheimer's Day Care Center; Chunky's, City of Lowell Police and Auxiliary; D'Youville Senior Care; Enterprise Bank; Genesis ElderCare; Life Care Center of Nashoba; Maribella Bakery; Mann's Apple Orchard; Marriott Residence Inn; Nevins Alzheimer's Family Care Center; Pro-Active Eldercare; Ray Ray the DJ; Richie's Slush; Robert Butman, photographer; "Rowdy" the mascot; Skip's Restaurant; University of Massachusetts/Lowell; Wine Cellar and Liquors.

Volunteers: John Allard, Lorraine Christedes, Larry Chaulk, Birma Diaz, Paula Doherty, Paula Drelick, Diane Dungey, Bryan Dungey, Lynn Dungey, George Eliades, Don Koski, Maria Maskaluk, Larry Middleton, Brenda Pelley, Jennifer Stevenson, Sharon Soucy.

NORTHERN QUABBIN VALLEY

Regional Leaders: Jean Day and Wanda Landry

Committee: Mark Ailinger, Jim Anthony, Andrea Barry, Jane Bellar, Diane Benoit, Ray Cormier, Sue Driscoll, Shannon Kennedy, Bruce Steiner, Joanne Wheeler, Abby Willard, Nancy Williams.

Honored Guest: State Representative David Bunker

In-Kind Contributors: Athol/Royalston Middle School, B.J.'s Wholesale Club, Jean Day, W.J. Graves Construction, Have-A-Party, Outback Steakhouse, Quabbin Valley Healthcare, Shop-and-Save, Taylor Rental, Wachusett Manor Nursing Home, Wal-Mart.

Volunteers: Athol Boy Scout Troop 8 Members and Leaders; Joanne Baczewski; Michael Lane; Heart-n-Motion; Janet Matthews; Tonya St. Hilaire; Brenda Smith; Stefan Wawzyneicki.

PIONEER VALLEY

Regional Leaders: Art Ford and Jeff Graham

Committee: Mary Acquaro, Denise Beaulieu, Muriel Bolduc, Theresa Bollea, Meredith Brown, Teresa Fitts, Mary Fusaro, Cindy Hutcheson, Gina Impagnuolo, Roxanne Mosher, Ed Ott, Carol Potvin, Al Schubach, Audrey Schubach, Joanne Skiffington.

In-Kind Contributors: Cornell Inn in Lenox; Crosswalk; Eisai, Inc.; Funny Face the Clown; Gemstone; Mount Snow; Outback Steakhouse; Pfizer, Inc.; Stanley Park; The Kids' Place; WWLP-TV Channel 22-News.

Volunteers: Nick Morganelli, TV 22-News, Honorary Chairman and Master of Ceremonies; Kathy Duffus; Steve Hasbrouck; Royster Hedgepeth, photographer; Elisa Small; Students of Westfield State College.

SOUTHEASTERN MASSACHUSETTS

Regional Leaders: Judy Elste and John Rogers

Committee: Lynne Almeida, Shelda Mather Brooks, Kathleen Brown, Linda Gerard, Lucille Hargraves, Carol Ann Mahon, Paulette Masse, Jean Melia, Patricia Midurski, Carol Nagle, Sue Perry, Patricia Ricketts, Sheila Rodrigues, Bonnie Ryvicker, Brian Woolley, Maureen Woolley.

Entertainment: Sharon Jensen; *Voices in Time*, Children's Musical Revue.


In-Kind Contributors: Abbey Grille; Alden Place; The Arbors; Atlantex; Helen Banville; Battleship Cove; Bittersweet Farm; Blaire House; Sarah Brayton Nursing Care Center; Bristol Elder Services; Catholic Memorial Home; Community Nurse Association of Fairhaven; Country Gardens Skilled Nursing and Rehabilitation; Cummings Health Care; Dunkin' Donuts; Fall River Heritage State Park; Gregg's Restaurant; Ava Hallam; Heritage at Dartmouth; Janssen Eldercare; "Kathy"; Mark Lagasse; The Marine Museum at Fall River; Nautical Whalers Parrot Head Club; Nichols House; Novartis, Inc.; Oak Hill Nursing & Rehabilitation; Ocean Spray; Old Country Buffet; Pub "99"; St. Anne's Hospital/Psychiatric Day Care Program; Southeast Mobile Health Van; Southeastern Massachusetts Alzheimer's Partnership; Southcoast Nursing & Rehabilitation; U.S.S. Massachusetts Memorial Committee; Venus de Milo; White's of Westport.

Volunteers: Debra Abel, Alpha Sigma Tau at University of Massachusetts/Dartmouth, Terri Arruda, Margaret Crawford, Charlie Elste, Kimberly Elste, Jenny Elste, Kathleen Folco, Adam Foss, Howard Galitsky, Bob Gauvin, Kathy Gauvin, Ava Hallam, Maureen Hebert, Jane Howell, Mark Lagasse, Katie Libera, Mary Machado, Paul Machado, Maurice Masse, Sue Mitchell, Nautical Whalers Parrot Head Club, Deb Osuch, Brad Pitman, Laurianne Romano, Mary Lou Spinelli, Mary Kate Wilson.

Sheila Watnick is the MA Chapter's Associate Director of Development/Special Events Manager.

Western MA News

Marcia McKenzie, M.Ed., has joined the Western Regional Office staff as Community Services Coordinator for the Springfield Multicultural Alzheimer's Services (SMAS) Project. Marcia's passion for working with Alzheimer's patients was kindled during her work as a nursing assistant in a special care unit (SCU) for people with memory impairment.

In her new role, Marcia will direct regional outreach and training efforts to African-Americans and other persons of color in collaboration with Greater Springfield Senior Services, the Visiting Nurses Association of Western New England, and the Spanish American Union. SMAS is a pilot program funded by the Administration on Aging to minimize linguistic and cultural barriers to the provision of Alzheimer's services within Springfield's Latino and African-American communities. 


—Kathryn Hedgepeth



In Memoriam Harriet Udoff

We are all deeply saddened by the death of our friend and colleague, Harriet Udoff, in September. We hear again and again from Alzheimer family caregivers, professionals in the field, support group leaders, and Greater Lowell area citizens what a great asset she was in our work of caring and coping.

In addition to a devilish sense of humor, near-encyclopedic knowledge of Alzheimer's disease, and solid understanding as to what constitutes best-of-care and treatment both at home and within facilities, Harriet brought her talent for teaching, her caring heart, and profound common sense to complex crisis situations.

We are proud to have had Harriet working with us, pleased to have enjoyed her company, and grateful to have benefited from her ideas, initiative, and wisdom. She leaves behind a strong foundation for future efforts in education and treatment. Fueled by our respect for her, we intend to make the most of this wellspring of opportunity. 

—Rachel Hawk




Working with Activities in the Home Setting *continued from page 6*

Modifications. Many times family members will react to an activity suggestion by saying, "she can't do that." The loved one indeed may not be able to perform the activity as well as someone without dementia could. The key to success, however, lies in modifying the **activity outcome goal**. Some examples:

- Puzzles: sort the edge pieces, count the pieces.
- Gardening: water plants, look at plant catalogs.
- Crossword puzzles and word games: read the clues, read old saying cards.
- Fix a meal: shred lettuce, mix batter, crack an egg, fold napkins, read recipes.
- Exercise: walk to the mailbox, dust the woodwork, dance to old favorites.

Resources. Caregivers are not expected to be professional activity specialists. The Alzheimer's Association can recommend excellent brochures, as well as handouts such as "101 Things to Do with a Person who Has Alzheimer's Disease."

In planning your home-based activities program, don't overlook support systems. Caregivers are not expected to do it all! Many local Councils on Aging and Area Agencies on Aging have companion/friendly visitor programs. Day centers often welcome visits from people who aren't interested in a full-week program.

Finally, please remember that Activity Therapy is just as important for the caregiver as for the loved one involved. Make time for your *own* activities, and stay healthy in body and mind. 

Reflections on Effective Public Policy *continued from page 3*

activity add up to a bleak outlook for funding of government programs. We need to continue to emphasize the **needs of caregivers and patients**, which do not decrease even in difficult times.

As the federal government backs away from expensive new programs, such as Medicare prescription drug coverage and concentrates on security and military spending, our state-based advocacy efforts will become more important than ever in protecting access to programs and services.

Strong voices. Currently pundits predict that the state budget deficit may approach \$1 billion for Fiscal Year 2002. Such deep deficits will cause all programs to be scrutinized for cost savings and cuts. Every advocate's voice will be important to defend and support dementia care and patients.


In the long term, the aging of our society offers unique opportunities for expanding services available to caregivers and patients. It will be essential to develop an adequate base of community support services that assist families and delay nursing home placement for patients.

Assisted living residences plus an array of new community-based programs increase the likelihood that more

Alzheimer care will be given outside an institutional setting. At the same time, we must ensure that quality of nursing home care is maintained for those who need it.

We need to continue advocating for care models that recognize and accommodate the special needs of dementia patients and their caregivers. The new Family Caregiver Support Program enacted by Congress last year gives offers the opportunity to creatively design services that accomplish this goal.

Care models. At the state level, the recently issued Executive Order on Long Term Care offers a blueprint for expanding and personalizing the provision of long term care services. I anticipate that the Association will play an important role in working with state government to plan an Alzheimer-friendly system of long term care.

The heart of Alzheimer's advocacy lies in its volunteers, who daily address the effects of dementing illness and still have time to work for better programs and services for their loved ones and patients. The Alzheimer's Association will continue this important work with you as long as the need remains. I salute you and wish you much success in your journey! 


Support Group listing continued from back cover

Mansfield: Christine Filocco or Deborah Supernant	508-261-1333	Wareham: Carolyn Cardoza	508-758-2173 or 991-5015
Marlboro: Bonnie Plankey or Jessica Sorgi Joyce Henderson	508-481-9898 508-485-4040	Watertown: Ruth Gordon	617-491-1823
Medford: Douglas Lloyd or Sheila Watkus	781-324-5759 781-395-5542	Wayland: Candace Steingisser	508-358-3000
Mendon: Marlene Fregeau or MaryPat McDavitt	508-473-0862	Webster: Carolyn Racicot	508-949-3598
Merrimac: Patricia Lavoie	978-803-3296	Wellesley: Amy Beck Nancy Creehan Peggy Mullen	781-237-6400 781-431-5337 508-533-7020
Methuen: Donna Koski	978-682-3582	West Roxbury: Susan O'Connell or Stephanie Brinkhaus	617-325-1230
Middleboro: Robella Coates Carol Ann Landreville	508-946-2490 508-947-4774	Westboro: Julie Palmieri	508-836-4354 x3706
Milford: Marlene Fregeau	508-473-0862	Westfield: Ellen Nepomuceno	413-781-5070
Millbury: Pat Clark	508-793-0088	Weston: Shirley Earle	781-893-0154
Nahant: Rev. David Dodge	781-581-1202	Westport: Susan Oliveira	508-636-1026
Natick: Angela Goodus Judy Sabol Lois Pecora	508-655-1000 x21 508-650-9003 508-655-5000 x3988	Westwood: Peter Byron	781-326-5652
New Bedford: Jenny Nelia	508-998-7807	Weymouth: Barbara Orlandi Denise Moore or Julie Barcelo	781-337-3121 781-340-9100
Newburyport: Patricia Lavoie Charlene Levesque or Ginger Cashman	978-777-2700 978-462-7324	Wilbraham: Beth Vettori	413-596-0006
Newton: Mara Klein Emily Saffer	617-928-0007 617-558-6443	Williamstown: Fredrica Sloan	413-458-8127
North Adams: Beth Hinkley	413-664-4536	Winchester: Valerie Gramolini	978-897-7455
Northampton: Wendy Perrault or Sheri Weintraub	413-527-7737 413-584-1060	Woburn: Jennifer Jaroch	781-932-0350
Norwood: Diane Simoni	781-769-4495	Worcester: Faith Bandama Laurie Googins or Ann Fitman Allison Leger Debbie DeRossier	508-791-5543 508-753-4791 508-752-2546 508-754-3800 x126
Peabody: Linda Smith	978-531-2254 x137	Worthington/Cummington: Sandra Epperly or Lucille Temple	413-238-5584
Concord: Kate Marshall or Joanne Chaulk	978-369-4728 978-486-0590	Specialized Groups	
Pittsfield: Beth Cerow Robert Hamilton Beth Hinkley Ann Maynard	413-445-2300 413-499-0524 413-499-1992 413-442-4978	<i>Caregivers of Mentally Retarded Adults with AD</i> Kevin Leahy	781-324-4303
Plymouth: Maureen Bradley	508-746-7016	<i>Families of VA Patients with AD</i> Bedford: Jennifer Hill	781-687-2701
Quincy: Kathy Prince Beverly Moore	617-471-5712 617-233-1145	<i>Interfaith Support Group</i> Framingham: Malka Young	508-875-3100
Reading: Anne Marie Bourque or Marie Ammer	781-944-1132 781-942-9059	<i>People under 65 with Early Stage Alzheimer's and Their Caregivers</i> Cambridge: Elaine Silverio	508-429-1577
Rockland: Lauren Walsh	978-878-0099	<i>People with AD and Their Caregivers</i> Wellesley: Peggy Mullen	508-533-7020
Roxbury: Ilene Marsh or Michael Kincade	617-361-7486 617-868-6718	<i>People with Early Stage Alzheimer's and Their Caregivers</i> Concord: Kate Marshall or Joanne Chaulk	978-369-4728 978-486-0590
Saugus: Debbie Bennett	781-233-8123	Danvers: Carol Owen or D'arcy Adams	978-774-4400 x3064
Scituate: Marla Kaplan	781-681-1065	Springfield: Jeannie Banas	413-787-1113
Somerset: John Rogers	508-679-2240	Natick: Joanne Koenig-Coste or Lois Pecora	508-879-5338 508-655-5000
Southbridge: Roger LaMontagne Susan Kliesczka	508-765-9771 508-248-7344	Weymouth: Julie Barcelo	781-340-9100
Springfield: Ellen Nepomuceno	413-781-5070	Westboro: Rosalie Hentz or Muriel Baum	508-366-9933 x3797 508-435-0019
Stoughton: Denise Conley Karen Sprague or Marsha Phillips Young	781-344-7300 781-344-7661	<i>Spanish-language Group/En Español</i> Boston: Conchita Rodriguez	617-868-8599
Taunton: Barbara Richards	508-823-4493	Springfield: Lydia Serrano	413-781-8800
Tewksbury: Elaine St. Cyr Sharon Hooper or Paula Drelick	978-657-0800 978-851-3121	<i>Spouses' Group</i> Brockton: Geralann DiDomenico	508-427-6099
Turners Falls: Molly Chambers	413-773-5555	Chelmsford: Susan Antkowiak	978-934-0000
Wakefield: Lynn Zaloga	781-224-2800	<i>Younger Adult Caregivers</i> Cambridge: Erin Whalen	617-868-6718
Ware: Stasia Wozniak	413-967-2245		

Support Groups

Our web site support group leader list at www.alzmass.org is also updated more frequently. For information about support groups on Cape Cod or the Islands, call that Chapter at (508) 775-5656.

Please call the listed group leaders for details. We make every effort to keep this list up-to-date, but some listings may be incorrect because production of the Newsletter takes nearly three months, and because we are not always notified of a change. If you have any problem contacting a group leader, please call our Helpline at (617) 868-6718.

These support groups are free and open to the public. In addition, many day programs and long-term care facilities offer groups for families of their patients. Support groups are independently run and this listing should not be construed as a recommendation. 



We rely on private contributions to provide critical programs and services for Alzheimer's patients and their families. Please help. We urge you to use the enclosed envelope to make your tax-deductible gift and be as generous as you can.

Support Groups

Support groups provide a forum for family members and friends of people with Alzheimer's disease or another dementing illness. Groups also exist for people who have early-stage Alzheimer's disease—refer to **Specialized Groups** at the end of the alphabetized list of communities.

At these groups, people learn about the disease, share concerns and information, and support each other in coping with the effects of Alzheimer's disease or one of the related disorders. Groups may vary in size, frequency of meeting, and leadership style but are often termed *life-saving* by their members.

continued on page 15



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Acton: Joanne Chaulk or Jean Fleming	978-486-0590 978-264-9643	Gayel Cote	978-762-7625 x14
Agawam: Judy Pothul	413-821-9911	Dorchester: Donna Allen	617-474-1194
Amherst: Melissa Rohde	413-548-6800	Duxbury: Sandi Wright	781-585-2397
Andover: Rachel Zalvan	978-623-8321	East Longmeadow: Ellen Nepomuceno	413-781-5070
Arlington: Laurie August	781-316-3400	Mary Anne Stout	413-525-8150
Athol: Wandra Landry	978-249-3717	Easton: Karen Sprague	508-997-3193
Attleboro: Mary McCormick or Ginny McDermott	508-222-6655 508-222-0118 x2122	Fall River: Maureen Hebert	508-679-0011
Sharon Leary	978-226-6150	Paulette Masse	508-379-9700
Ayer: Jeannette Coutu or Gary Davis	978-772-1704	or Judy Elste	508-675-2101
Belmont: Lauren Storck	617-484-0949	Fitchburg: Alice Murphy or Joanne Harris	978-343-5368
Beverly: Lorraine Bettencourt	978-927-4227 x23	Judy Wilson	978-632-1230
Boston: Barbara Hawley or Maureen Tardelli	617-726-2639 617-391-7878	Foxboro: Diane Caldwell	508-337-8419
Bourne: Judy Anthony	800-870-1800	Frammingham: Deborah Young	508-879-8000
Braintree: Denise Hughes or Chris Togneri	781-848-2714	Jayne Goldman	508-788-6050
Bridgewater: Kathy Hayes or Sue Daniels	508-697-0929 508-697-4368	Franklin: Linda Bonneau	508-528-4600
Brockton: Nancy Bresciani Marie Albert, RN	508-583-2517 508-587-6556	Gardner: Judy Wilson	978-632-1230
Brookline: Pattie Chase or Howard Block	617-232-8848 617-277-4289	Ray Cormier	978-632-5477
Burlington: Stacey Kohler or Sue Mike	781-744-8114	Gloucester: Maureen Powers	978-281-1750
Ann Cooper	781-270-9008 x202	Great Barrington: Kelly Thorne	413-528-2650
or Nancy Kinton	781-721-0788	Hadley: Muriel Bolbuc	413-584-5057
Cambridge: Alice McCarter or Mary Costello	617-547-3543x22 617-491-1815	Haverhill: John Freeman	978-346-4743
Trudy Bauer or Ruth Gordon	617-491-1815	or Nancy Savarese	978-683-2771
Canton: Susan Brady	781-828-7450 x307	Hingham: Jo Ann Mitchell	781-749-5417
Chelmsford: Pat Keene	978-251-8491	Eleanor Blair	781-749-4774
Susan Antkowiak	978-934-0000	Holden: Naomi Sohlman	508-829-0270
Chicopee: Judy Pothul	413-821-9911	Hyde Park: Carol Westheimer or Wendy Marks	781-455-8588
Concord: Arlene Parillo or Kate Marshall	978-897-2569 978-369-4728	Jamaica Plain: Tara Fleming	617-983-2300
Danvers: Gwen Kopka D'arcy Adams	978-750-4540 978-774-4400 x3064	or Susan Kelley-Grasso	617-868-6718
		Kingston: Holli Spooner	781-585-4100
		Lee: Dolores Thimot	413-243-4747
		Leicester: Eva Dawson	508-987-8056
		Longmeadow: Jay Brumberg	413-567-6212
		Lowell: Scott Souci	978-459-0546
		or Margaret Swanson	
		Ludlow: Barbara Messler	413-589-7581
		Lynn: Lisa Mercurio	781-596-2992
		Malden: Jolyn Ek	781-324-4999

Support Group listing continues on inside cover



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