

Volume 18, Number 3  
Fall 2000

36 Cameron Avenue  
Cambridge, MA 02140

Tel: 617/868-6718

Fax: 617/868-6720

Net: [www.alzmass.org](http://www.alzmass.org)

Outside the 617 area:

Call 1-800-548-2111

Lowell Area Office:

Call 978/937-5576

Western Mass. Office:

Call 413/527-0111

En español: 617/868-8599



# ALZHEIMER'S<sup>®</sup> ASSOCIATION

# Massachusetts Chapter




Our collage of autumn leaves contains two important new publications. See page 4.



## Dr. Wolf Receives Yarock Award

**W**e wish to extend congratulations to Board member Rosalie S. Wolf, Ph.D., who recently received the prestigious Irving J. Yarock Award from the Age Center of Worcester Area.

The Yarock Award was established five years ago to honor individuals who have contributed to the cause of seniors and their families in Central Massachusetts. Dr. Wolf served as a member of the original board of directors for the Age Center 37 years ago. An internationally-renowned expert on elder abuse, she is currently Executive Director of the Institute on Aging at Memorial Hospital in Worcester and Assistant Professor in the Departments of Medicine and Community Medicine and Family Practice at the University of Massachusetts Medical Center. 



## Mark Your Calendars Now!

### Simons Research Symposium TUESDAY, NOVEMBER 14

Join us at the Colonnade Hotel in Boston to learn about the research of Dr. Jeffrey Cummings of UCLA at the Simons Symposium. See page 3 for details.

### Annual Family Conference SATURDAY, DECEMBER 2

We look forward to seeing family members and friends for a day of sharing, learning, and fellowship at White's of Westport. See page 3 for details.

### WINTERFEST 2001 SATURDAY, JANUARY 27, 2001

Kick up your heels in support of the Alzheimer's Association's programs and services at the 10<sup>th</sup> Annual Winterfest Benefit. See page 13 for details.

## INSIDE

From the Executive Director.....	2
Victories in Advocacy.....	3
Guidelines Launched.....	4
Nursing Home Culture Changes.....	6
Education Calendar.....	8-10
Western MA News.....	11
Make the Link Tournament.....	12
Development Highlights.....	13
Support Group Listings.....	15-16

**BOARD OF DIRECTORS****Officers**

Sanford Auerbach, MD,  
*Chairman of the Board*  
Kathleen D. Salmon-Robinson, MHA,  
*Vice Chair/Chair, Development*  
Donald A. Davidoff, PhD  
*Treasurer/Chair, Finance*  
Roberta Rosenberg, MEd, *Clerk/Chair,*  
*Med/Sci Advisory Committee*

**Other Executive Committee Members**

Judith Antonangeli, MSN and  
Ann C. Turner, RN, BSN, MSW,  
*Co-chairs, Patient Care and*  
*Family Support*  
Donald N. Freedman, JD, *Chair,*  
*Public Policy Committee*

**Other Directors**

Mark Ailinger, NHA  
Richard P. Blinn  
Joanne Chaulk  
Patricia A. Clark, MS, RN, CS  
Hon. Carol C. Cleven  
Charles V. Keane\*  
Sue Levkoff, ScD  
Robert Margil, CPA  
Paulette Masse, MS, LSW  
Barbara Milenski  
Stephen Moses, PhD  
Ruth C. Moy  
Harold B. Schiff, MD  
Dennis J. Selkoe, MD  
Marcia Simons\*  
F. Marrott Sinex, PhD\*  
Stanley Solomont  
Marian G. Spencer, RN, MS  
Mary Ann Stout  
Sumner Verna, MD  
Rosalie S. Wolf, PhD

**Staff**

James Wessler, MBA, *Executive Director*  
Melissa Arsenault, *Receptionist*  
Wendryn Case, *Administrative Assistant,*  
*Western MA*  
Vikki Corliss, *Media Consultant*  
Gerald Flaherty, *Director of Special*  
*Projects*  
Richard Fleiss, MBA, *Development Officer*  
Heidi Ganss, MS, *Director of Development*  
Beatrice Goldberg, *Safe Return Asst.*  
Rachel Hawk, RN, MSN, *Director of*  
*Education*  
Kathryn Hedgepeth, *Director of Western*  
*Regional Office*  
Susan Kelly-Grasso, *Advocacy Outreach*  
*Coordinator*  
Michael Kincade, Sr., *Outreach Manager*  
Michelle LaPointe, *Development Specialist*  
Geraldine Lindsey, *Office Assistant*  
Anna Milosavljevic, *Office Assistant*  
Jeff Partyka, MCP, *MIS Coordinator*  
Betty Jo Prins, *Director of Finance and*  
*Administration*  
Paul Raia, PhD, *Director of Patient Care*  
*and Family Support*  
Conchita Rodriguez, *Hispanic Outreach*  
*Coordinator*  
Ginny Sinkoski, *Regional Helpline*  
*Coordinator*  
Donna Smart Gorham, *Office Manager*  
Deborah Thomson, JD, *Director of Public*  
*Policy*  
Harriet Udoff, MSE, *Greater Lowell*  
*Coordinator*  
Sheila Watnick, *Associate Director of*  
*Development/Special Events Manager*  
Erin Whalen, *Helpline Coordinator*

**Editorial Board**

Rachel Hawk, *Chair*  
Catherine Votaw, *Editor*  
Gerald Flaherty  
Paul Raia, PhD  
Deborah Thomson, JD

\*Emeritus

© 2000 Alzheimer's Association,  
Massachusetts Chapter, Inc.Brian K. Johnson, Design Consultant  
Printed by Fidelity Press

## From the Executive Director: Twenty years and still so much to do! This fall we celebrate our twentieth anniversary!

As one of the founding chapters in the National Alzheimer's Association, we find it hard to imagine how much more difficult it was for families prior to 1980. Alzheimer's special care units did not exist in nursing homes... there were no dementia-specific adult day care programs ... securing a diagnosis of Alzheimer's was extremely difficult... and there were few recommended medical or behavioral treatments. In addition, before 1980, there was no Alzheimer's Association so that caregivers and families had nowhere to turn for support, information, education, and advocacy.

I have used the analogy of a kitchen pantry. Twenty years ago the shelves were bare, leaving families struggling with a dementing illness such as Alzheimer's with very limited options.

But today, thanks in large part to the Alzheimer's Association, both caregivers and people struggling with Alzheimer's disease have many more choices. The pantry is not yet fully stocked, but at present we are a far cry from the barren shelves of 1980.

Today, twenty years after our founding, people with Alzheimer's and related disorders have a much wider array of community and institutional care options. Although the challenges are still too difficult, families can get thorough diagnostic evaluations for their loved ones, medical and behavioral treatments are beginning to show promise, medical and scientific research is showing remarkable progress, and the Alzheimer's Association is bursting at the seams, supporting and serving more than 15,000 people each year.

All this could not be accomplished without the volunteer efforts of thousands of people: from our Board of Directors, to the members of our many committees, to the hundreds of support group leaders, to the volunteers for events such as Memory Walk, to the thousands of people who make generous financial contributions each year. Furthermore, our growth and progress would not be possible without the dedication and hard work of current and former members of our staff.

To all of you, we greatly appreciate your generous support.

*Today, both caregivers and people struggling with Alzheimer's disease have many more choices. The pantry is not yet fully stocked, but we are a far cry from the barren shelves of 1980.*



*Executive Director Jim Wessler with past Board Chair Dr. Nina Silverstein and Katie Maslow at the 2000 Professionals Conference. Photo by Sam Laundon.*

A quick note to mention some changes: we want to acknowledge the work of several staff who have made terrific contributions to the Association including: Kathleen Duffus, Director of Finance and Administration; Elaine Cohen, Director of Development; and Penelope Soufan, Associate Director of Development. We wish Kathy, Elaine, and Penelope great success in their new endeavors.

We also want to welcome several new staff, including: Betty Jo Prins, Director of Finance and Administration; Heidi Ganss, Director of Development; Sheila Watnick, Associate Director of Development/Special Events Manager; Michael Kincade, Outreach Coordinator; Wendryn Case, Administrative Assistant, Western MA Office; and Melissa Arsenault, Receptionist.

We want to thank Dr. Nina Silverstein for her years of service. Nina has served as Chair of our Board of Directors this past year and has been a dedicated and stabilizing force during a year of transition. We also want to thank Dr. Pam Sheridan, who has served as Chair of our Education Committee and has devoted countless hours, speaking to families and providing invaluable information to caregivers. Both Nina and Pam have completed their second three-year terms and must leave our Board.

—Jim Wessler, Executive Director

## Alzheimer Advocates Score Victories on Budget Issues

By Deborah Thomson, JD

The state budget for the year beginning June 1, 2000 contains several major victories for Alzheimer's patients and their families. First, the Fiscal Year 2001 Budget contains \$42 million for a **Nursing Home Quality Initiative**. The Initiative was the primary advocacy priority for the Alzheimer's Associations in Massachusetts this year and served as the focus of the annual LEAD Day at the State House. Included in the budget provisions are \$35 million to raise the wages of certified nurse aides (CNAs) working in nursing homes. In addition, \$7 million is appropriated for various workforce initiatives to improve the recruitment, training, and retention of nurse aides. Hopefully, these provisions will begin to address the shortage of direct care workers existing throughout the long-term care industry.

A second important victory in the budget is the establishment of a **comprehensive prescription drug insurance program** for the elderly and for low-income persons with disabilities. The program will take effect April 1, 2001 and will replace the current Senior Pharmacy Program and Pharmacy Plus Program. The goal of this new program is to provide affordable prescription drug coverage in the absence of a federal prescription drug benefit. Massachusetts is the first state in the country to establish such an insurance program to address this critical health need.

Other provisions in the budget include an extension of **nursing home "bed-hold" days** from 10 to 20 days. This will enable nursing home residents to return to their beds in the nursing home when they are hospitalized for up to 20 days. In addition, **dementia day health programs** received a

second annual appropriation of \$1 million to increase Medicaid payments to the programs. Unfortunately, a provision to increase the **personal needs allowance** for nursing home residents from \$60 per month to \$66.40 was vetoed by Governor Cellucci.

Nevertheless, as part of a supplemental budget for Fiscal Year 2000 the **Advisory Council on Alzheimer's Disease** was re-authorized for an additional two years. This renewal will enable the Council to continue its effort to better coordinate services for persons with dementia, and to better educate professional caregivers about Alzheimer's disease.

We have many friends in the Legislature who worked hard to ensure that the needs of Alzheimer's patients and families were addressed. **Senator Mark Montigny** deserves special thanks for his championing of the Nursing Home Quality Initiative. Representative **Harriette Chandler** and **Senator Richard Moore**, co-chairs of the Health Care Committee, were strong advocates for prescription drug coverage. **Senator Marian Walsh** and **Representative Carol Clevon** ensured that the Advisory Council was re-authorized. These are just a few of the legislators who helped to make this a banner year for Alzheimer advocacy!

Please take a minute to call or write your state Representative and Senator. Thank them for including these important provisions in the State Budget. Your personal contact is an important part of the ongoing effort to create a compassionate and dementia-friendly system of health care in Massachusetts. **7**

**Deborah Thomson is the Massachusetts Chapter's Director of Public Policy.**

## Advocacy



*Senator Mark Montigny  
(D-New Bedford)  
Chairman, Senate  
Committee on Ways and  
Means*

*Massachusetts is the first state in the country to establish a comprehensive prescription drug insurance program to address this critical health need.*

## Tenth Anniversary Simons Research Symposium

**TUESDAY, NOVEMBER 14**

Dr. Jeffrey Cummings, Director of the Alzheimer's Disease Center at UCLA, has been selected by the Massachusetts Chapter's Medical and Scientific Advisory Committee to deliver the year 2000 Matthew and Marcia Simons Alzheimer Research Symposium Lecture, "Listening to the Brain: Understanding the Behavior Changes in Alzheimer's Disease." The presentation and dessert reception will take place at the Colonnade Hotel in Boston from 7:00-8:30 p.m. The event is free of charge, but pre-registration is necessary. Call 617.868.6718 or refer to our web site at [www.alzmass.org](http://www.alzmass.org). All are welcome to attend. Chapter members will receive invitations and brochures.

Dr. Cummings' professional activities have focused on the areas of studying and

treating behavioral disturbances in Alzheimer's disease and related disorders. He has written on subjects such as transcultural aspects of dementia and "Probable Alzheimer's Disease in an Artist." Family and professional caregivers, scientists, clinicians, and others will want to mark their calendars for this important event. **7**

## Annual Family Conference

**SATURDAY, DECEMBER 2**

The Annual Conference for Families and Friends of People with Alzheimer's Disease or a Related Disorder will take place at White's of Westport, directly off Rt. 195. The featured speaker will be Dr. Sanford Auerbach, who will present an overview of current research. Workshops will be held both for families/friends and for people who have Alzheimer's disease. Please refer to the Education Calendar in this issue for more details. Prior registration is necessary. Please call 617.868.6718 or visit our web site at [www.alzmass.org](http://www.alzmass.org) for a brochure.

## Education

## Education

### Guidelines Documents Point Compass To Excellence in Nursing Home Care

By Louise Clough

The Alzheimer's Association, Massachusetts Chapter has just announced publication of two groundbreaking documents about Alzheimer's special care units in nursing homes. The first, *Nursing Home Consumer Guide: What to Look for While Evaluating a Nursing Home for Someone with Alzheimer's Disease*, is a booklet intended for family members and other caregivers. The second, *Guidelines to Assess and Improve the Quality of Special Care Units in Nursing Homes*, is a manual designed primarily for nursing home managers. Both documents emphasize the



importance of implementing **Habilitation Therapy**, a therapeutic approach to care for dementia patients developed by the Alzheimer's Association, Massachusetts Chapter.

Habilitation strives to prevent difficult symptoms from occurring and to maximize functional capacity by stabilizing the patient's emotions through control of demands presented by the environment. Rather than expecting the patient to adjust to the environment, a Habilitation focus aims at adjusting the environment to support the person with Alzheimer's disease.

Six essential domains, described below, are included in a Habilitation approach: Physical Environment, Social, Functional Supports, Behavioral Management, Communication, and Perceptual. The Guidelines manual for special care units (SCUs) provides clear direc-

tion for nursing homes to follow in establishing a Habilitation-focused unit, and the Consumer Guide provides a 51-question checklist of criteria for family members and other caregivers to use in evaluating SCUs.

#### Physical Environment

Important aspects of this domain include safety, adequate space for activities and walking, and noise control. Checklist questions ask about whether the unit's doors are alarmed; whether the unit is brightly lit, quiet, and home-like; and whether there are features such as color-coded trim around doorways or memory boxes in the corridor near residents' rooms to help the residents find their rooms.

#### Social

According to the Guidelines, through social interaction, the residents experience feelings of belonging and mutual respect, and are provided a way of expressing social needs. Checklist questions ask whether there are sufficient activities in an SCU program, whether the activities are of an adult nature, and whether they are geared specifically to the residents' interests.

#### Functional Supports

The Guidelines encourage nursing homes to provide the emotional and environmental support needed to assist residents in maintaining a level of independence for a longer period. This approach requires specific training for all staff. Checklist ques-

**6** essential domains are included in a Habilitation approach:

- Physical Environment
- Social
- Functional Supports
- Behavioral Management
- Communication
- Perceptual



*Ask whether the unit has a certificate from the Alzheimer's Association indicating that all direct care staff have had a minimum of 12 hours of training specifically on Alzheimer's care, and whether in-service training is provided at least once per month.*



*Ask whether there are sufficient activities in an SCU program, whether the activities are of an adult nature, and whether they are geared specifically to the residents' interests.*

tions ask whether the unit has a certificate from the Alzheimer's Association indicating that all direct care staff have had a minimum of 12 hours of training specifically on Alzheimer's care, and whether in-service training is provided at least once per month.

**Behavioral Management**

In addition to staff training, special care units should utilize the services of behavioral consultants on a regular basis. Checklist questions ask about the use of supplemental consultants, such as professionals who help staff develop new ways of working with agitated residents.

**Communication and Perceptual**

Support of these final domains is also strongly dependent on staff training. The Consumer Guide recommends observing staff as they care for and interact with residents.

**Staffing itself is vital to consider**

The unit should be led by a designated program director, often a nurse or a social worker, whose job includes advocating for residents, training staff, and working with family members. There should also be a full-time activity coordinator who regards activities — the cornerstone of Habilitation— as more than just entertainment; and a social worker designated to work with both residents and their families. Checklist questions ask about staffing ratios. The Consumer Guide also encourages families and consumers to set up interviews with all key staff in considering a placement decision.

The nursing home special care unit should have specific written policies about admission to the unit (including an existing diagnosis of Alzheimer's or a related disease), as well as a discharge policy made available to families prior to decisions about admission. There should be regular meetings of family members as well as support groups for families and friends of residents.

For individual residents, care plans must be developed based on comprehensive assessments that include detailed histories and take into consideration residents' usual daily patterns and routines. Family members should be invited to participate in

care-planning meetings. The Consumer Guide notes that these meetings should be held at times realistic for working people to attend. Care plans should emphasize behavioral interventions over the use of psychoactive medications, and restraint use should be absolutely minimal. For residents in the final stages of the disease, hospice services should be made available.

The nursing home should be continually focused on improving the quality of care and services provided. The Guidelines not only provide assistance in this area, but also include an Assessment Tool with more than 200 items for the home's own self-assessment of the special care unit.

Together, the two documents — the Consumer Guide booklet for families, and the Guidelines manual for nursing home use — offer an unprecedented approach in assuring that persons with Alzheimer's disease find the best care in the best environment when the time comes that nursing home care is needed.

To request a free copy of the *Nursing Home Consumer Guide* or to purchase *Guidelines to Assess and Improve the Quality of Special Care Units in Nursing Homes*, call the Association at 617.868.6718. **fi**

**Louise Clough is Director of Clinical Services at Covenant Health Systems.**

**Education**



*Important aspects of a good physical environment include safety, adequate space for activities and walking, and noise control.*

*Photos by Nancy Andrews, from "Partial View: An Alzheimer's Journal" which is available on our website.*



*A family birthday celebration at the home of Cary and his wife, Ruth.*

**Quality Self Assessment Tool Scoring Grid**  
 Numbers 1 - 21  
 Section I Administrative Structure

Category	No.	Meets Standard		Comments
		YES	NO	
<b>Program Director</b>				
Pos 24 hour accountability	1			Program Director
Business Habilitation approach	2			
Oversees teams	3			
Resigns reflected in job desc.	4			
Pos. approach man. activities esp.	5			
<b>Clinical Services</b>				
Drawn from range of disciplines	6			
Progress skills for habilitation	7			
Comprehensive meeting discuss.	8			
Document in chart	9			
Consultant notes	10			
<b>Care Planning Team</b>				
Meets regularly	11			Care Planning Team
Has team leader	12			
Written care plans	13			
Progress notes in record	14			
Written consultant evaluations	15			
Policy/procedure for care plan	16			
<b>Medical Team</b>				
Meets monthly	17			Medical Team
Supplements care plan team	18			
Documentation notes	19			
<b>Operations Team</b>				
Responsible for phys. env.	20			Operations Team
Regular team meetings	21			
<b>TOTAL</b>				

*The Guidelines manual contains a Self-Assessment Tool for administrators and direct-care staff.*



## Education

**Elissa Sherman, Ph.D. is Director of Public Policy for the Massachusetts Aging Services Association, an organization representing not-for-profit providers of housing and services for the aging.**

## Woodward Film

**THURSDAY,  
NOVEMBER 9**



“Do You Remember Love?” starring Joanne

Woodward will be presented by the Cambridge/Somerville Task Force, an Alzheimer Partnership, in collaboration with the Wyman Center of Mount Auburn Hospital November 9 from 6:30-9:30 p.m. Come for refreshments at 6:00 p.m.! The full-length feature film follows the journey of Woodward's character, a university professor who begins to have serious trouble with her memory. A panel discussion will follow the film. The event will take place at Hurwitz Auditorium, Mount Auburn Hospital, 330 Mt. Auburn St., Cambridge, and is free of charge and open to the public. For further information, call Nan Donovan at 617.576.6755.

## Culture Change in Long-Term Care: Caring for Those Who Provide Care

*By Elissa Sherman, Ph.D.*

Anyone who has had any experience of the front-line caregiver's role in determining quality of care. Although caregivers have different titles in different settings — for example, certified nursing assistants (CNAs) in nursing homes and assisted living residences, and home health aides in home settings — they are always the individuals most intimately involved with those receiving long-term care. The front-line caregivers provide much of the hands-on care and are often most familiar with the needs, preferences, and concerns of residents in their care. For this reason, the importance of consistent, enduring relationships between caregiver and care receiver cannot be overemphasized.

This kind of consistent relationship becomes problematic, however, in a field that experiences alarmingly high turnover rates. Turnover among staff in some nursing homes can average between 70 to 100 percent per year. What is the reason for such high turnover? One answer is low wages. Certified nursing assistants have one of the most demanding jobs in our society. They deserve much more than the average \$9.50 per hour wage they receive.

Beyond low wages, however, some research reveals a more important reason for high turnover rates. The research points to caregivers' feelings related to a lack of control and a lack of respect for the jobs they do. According to Robyn Stone, Dr.P.H., Executive Director of the Institute for the Future of Aging

Services (IFAS) at the American Association of Homes and Services for the Aging (AAHSA), one of the main determinants of caregiver job satisfaction is the ability to be “intricately involved with care planning and decision making.”

### Empowerment Initiatives

With the goal of improving working conditions, reducing turnover rates, and ultimately increasing quality of care, long-term care providers around the country are changing the culture of long-term care settings. Providers are making these changes by utilizing a variety of new management practices focusing on respecting and empowering front-line caregivers.

One example of these new management techniques is found in the Wellspring model. Wellspring is centered on the concept that generally the best decisions about delivery of care are made by front-line staff members, who are best acquainted with the residents. The Wellspring approach was developed by a consortium of independent, not-for-profit nursing homes in Wisconsin that formed an alliance several years ago. The alliance contracted with a geriatric nurse practitioner and utilized quality data and best practice information to help train front-line caregiving staff in a number of important clinical areas. As a result, staff became empowered to make more decisions.

According to Mary-Ann Kehoe, Executive Director of Good Shepherd Services in Seymour, Wisconsin, one of the 11 homes in the Wellspring alliance, other important management changes made to empower staff include the following:

## World Alzheimer Congress: Hope through Medical Research, Creative Care

*By Erin Whalen*

In a collaborative effort involving the Alzheimer's Association (USA), Alzheimer's Disease International, and the Alzheimer Society of Canada, the World Alzheimer's Congress 2000 was held in Washington, DC July 9-18. The Congress brought together an internationally recognized community of experts, including several Massachusetts Chapter members, in sharing information and knowledge on research and care to improve the lives of people affected by Alzheimer's disease.

The Congress offered an important opportunity for attendees to gather information about how the world is caring for people with Alzheimer's disease, and how chapters of Alzheimer's Associations across the country are working to provide services to these people. The many familiar faces from the Alzheimer's Association, Massachusetts Chapter involved in the conference included chapter staff, board members, and providers from community facilities. Dr. Paul Raia, Director of Patient Care and Family Support; Joanne Koenig-Coste, past Board Chair; Board member Dr. Dennis Selkoe; and past Board Chair Dr. Nina Silverstein presented seminars at the Congress along with other recognized experts in research and patient care.



### Medical and Scientific Research

Several dimensions of current medical research were discussed at the Congress. For example, the Pivotal Research program focused in part on information about critical links between lifestyle habits and the development of Alzheimer's disease, as well as news about the potential vaccine under development. New findings reported at the Congress by the Erasmus

Medical Center in the Netherlands suggest that vegetables rich in antioxidants may help protect against Alzheimer's disease. In addition, researchers at Case Western Reserve University School of Medicine and University Hospital of Cleveland reported on a study examining a

possible relationship between a high-fat diet in early adulthood and an increased risk of developing Alzheimer's disease.

Congress attendees also learned about ongoing research on a possible vaccine for Alzheimer's disease. Researchers working with Elan Pharmaceuticals are now completing work on Phase 1 clinical trials, testing the compound's safety when used in humans. While still in its early phases, this research will continue to provide new information toward an ultimate goal of true preventive measures to free the world's people from Alzheimer's disease.

- Allowing front-line staff to do their own scheduling
- Involving front-line staff in recruiting new staff
- Creating primary staffing assignments
- Providing access to career ladders, employee assistance programs, and on-site child care

As a result of these changes, the turn over rate for Good Shepherd has decreased from 105 percent five years ago to 23 percent today.

Staff empowerment is also a central component of another long-term care culture change model called the Eden Alternative. Founded by Dr. Bill Thomas, a geriatrician in Sherburne, NY, the Eden Alternative is best known for incorporating pets, plants, and children into the lives of nursing home residents. A central focus of the Eden Alternative is improving the quality of life for nursing home residents by involving the community and recognizing the human need to be a caregiver, even when you are receiving care.

The Eden Alternative utilizes plants, animals, and children for the purpose of transforming nursing home environments into true habitats where people enjoy both living and working. As much as the Eden Alternative benefits residents, its focus is on caregivers and the culture they create in nursing homes. Every decision made by staff at Eden Alternative facilities starts by asking, "What is best for the resident?" By keeping residents in the central focus at all times, differences of opinion based on what is best or easiest for individual staff persons are eliminated. Instead, staff members feel empowered by knowing they are all working toward the same goal, improving the lives of residents.

## Creative Care

The Congress also offered opportunities for experts in care, family members, and other attendees from around the world to meet and share information. The Creative Care program explored topics ranging from caregiving for people in the early stage of the disease, to program and environmental design for long-term care facilities. One popular workshop involved a panel of caregivers from around the world sharing their perspectives about providing care in the absence of adequate resources.

In light of these discussions about present and future research and caregiving techniques at the Congress, media announcements were generated. Due to the increased coverage in local and national media, the Alzheimer's Association Helpline received an increase in phone calls from family members during the corresponding time period. The influx of calls emphasizes that many people are affected by this disease, including caregivers, who must often take responsibility without the information and support they need. In this context, the Congress provided attendees with a useful perspective and information about education, outreach, and support, which remain important priorities for our work. ■

**Erin Whalen is the Chapter's Helpline Coordinator.**

Many "Eden" nursing homes completely staff organizations, eliminating layers of management and focusing instead on resident teams.

Recognizing the importance each of us places on feeling in control, Eden Alternative homes empower staff by making them responsible for tasks like developing their own schedules. With staff in charge of their own scheduling, Edenized homes experience less absenteeism and lower turnover, leading to higher quality care for the residents. For additional information on the Eden Alternative, or to find Eden Homes in your area, go to [www.edenalt.com](http://www.edenalt.com).

## Training and Support

Long-term care providers have also recognized the important role education and training play in empowering caregivers. An alliance of three not-for-profit long-term care organizations in Jamaica Plain has developed a workforce initiative designed to enhance the knowledge and skills of CNAs at their facilities. Staff members from Sherrill House, a skilled nursing facility; Mount Pleasant Home, a residential care facility; and the Boston Alzheimer's Center, an assisted living residence, are currently completing specialized training in dementia care and end-of-life care. Trainees from across the three settings receive both classroom and applied training. Through this initiative employees have the opportunity to learn new skills, receive pay increases, and enhance their careers.

Long-term care providers are also recognizing that problems caregivers experience outside of work have an impact on their ability to perform their jobs. Workers who experience child care problems, family illness, domestic violence, and other issues may have difficulty concentrating on their jobs, getting along with other employees, or simply showing up for work. Long-term care employers are experimenting with practices such as providing on-site day care; arranging for transportation; providing adult basic education, including courses in English as a Second Language and GED preparation courses; peer support groups; and coaching approaches to problem-solving, all with the goal of supporting and empowering front-line caregivers.

As organizations in every field face the challenges of finding skilled and motivated employees in an increasingly tight labor market, everyone is looking for ways to maximize the human resources they have available. If our top priority in long-term care is to provide high-quality, individualized care to our nation's elders, we need to better address the tangible and intangible needs of those who provide that care and help them realize their full professional potential. ■



## Education

*As a result of these changes, the turn over rate for Good Shepherd has decreased from 105% five years ago to 23% today.*

**See next page for a listing of the Chapter's educational programs for the next quarter.**

**The Alzheimer's Association needs your support!**

**W**ere you on private contributions to provide the 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. In an effort to be fiscally and environmentally responsible, we are using "EasteM Massachusetts" envelopes for the entire state, including Western Massachusetts, because we had a large number of these envelopes, printed before last year's merger, in stock. However, contributions raised will be used for programs and services throughout the **entire** Massachusetts Chapter area, including Western Massachusetts. ■

## NOVEMBER

### 3, 10, 17

#### Taking Control of

**Alzheimer's Disease: Home-Based Care Techniques for Families**, 1:30-3:30 pm.

Alzheimer's Association, Cambridge Office, 36 Cameron Ave., Cambridge. 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 symptoms of the illness. Presented by Dr. Paul Raia. The course will continue through December; meeting on December 1, 8, and 15. Families must plan to attend all six sessions.

✎ There is no cost for the course, but pre-registration is required. Call Donna Smart-Gorham at 617.868.6718.

### 6

#### Family Orientation

2:00-4:00 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **West Suburban Elder Services**, 124 Watertown St.,

Watertown, presented by Susan Garland. ✎ Pre-registration is required; please call 617.972.5692. There is no cost for this program.

### 7

#### 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.

### 8

#### Family Orientation

10:00 am -12 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Alzheimer's Association, Lowell Area**

**Office**, 133 Market St., Lowell, presented by Harriet Udoff. Pre-registration is not necessary and the program is free of charge.

### 8

#### Family Orientation

4:00-6:00 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Jewish Geriatric Services**, 770 Converse St., Longmeadow. Pre-registration is recommended. Call 413.527.0111.

### 8

#### Family Orientation

6:45-8:45 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Newton Senior Center**, 345 Walnut St., Newton, presented by Pamela KunkemueLLer. Pre-registration is not necessary and the program is free of charge.

### 9

#### Basic Training for New Workshop Leaders

offered by the Support Group Leaders Committee for new and prospective lead-

ers of Alzheimer's support groups in Massachusetts, 1:30-4:30 pm. The workshop will be held at The Atrium in Agawam and is free of charge. It will cover important basic information about starting and leading a support group, and will feature our Support Group Leaders Manual. Please call Harriet Udoff for more information at 978.957.5576, or e-mail harriet.udoff@alz.org.

**Training, a professional education program designed to teach participants to become trainers within their community agencies or facilities.** One or two representatives come 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.

### 14

#### Community Care

ation program designed to teach participants to become trainers within their community agencies or facilities. One or two representatives come 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.

### 14

#### "Listening to the Brain: Understanding the Behavior Changes in Alzheimer's Disease" by Jeffrey Cummings, MD. Tenth Annual Simons Symposium.

7:00-8:30 pm. Colonnade Hotel, Boston. ✎ Free of charge but pre-registration necessary. Call 617.868.6718 or visit our web site at www.alzmass.org for a brochure.

### 16

#### Family

**Orientation**, 1:30-3:30 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Westwood Council on Aging**, 210 Nahatan St., Westwood, presented by Peter Byron. Pre-registration is not necessary and the program is free of charge.

### 16

#### Family

**Orientation**, 10:00 am -12 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Alzheimer's Association, Cambridge Office**, 36 Cameron Ave., Cambridge, presented by Dr. Paul Raia. Pre-registration is not necessary and the program is free of charge.

### 28

#### Family

**Orientation**, 1:30-3:30 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Wellesley Council on Aging**, 219 Washington St., Wellesley, presented by Peggy Mullen. Pre-registration is not necessary and the program is free of charge.

All meetings are free of charge unless marked by **Z**.

Times may be subject to change; please call the number listed for each program.

✎ indicates pre-registration is required.

# DECEMBER

## 2 Annual Conference for Families and Friends of People with Alzheimer's Disease or a Related Disorder.

At White's of Westport (between Fall River and New Bedford, directly off Route 195). Dr. Sanford Auerbach will present an overview of current research. Workshop topics include communication strategies, managing behavior problems, legal and financial issues, and activities of daily living. There will be workshops for people who *have* Alzheimer's disease as well as a free respite care program for Alzheimer patients who cannot be left at home. **[L]** Registration fee is \$25 for first family member, \$20 for each additional family member. Prior registration necessary. Call 617.868.6718 or visit our web site at [www.alzmass.org](http://www.alzmass.org) for a brochure.

## 4 Family Orientation,

2:00-4:00 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning,

home management, and more. **West Suburban Elder Services**, 124 Watertown St., Watertown, presented by Susan Garland. **[L]** Pre-registration is required; please call 617.972.5692. There is no cost for this program.

## 5 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. **[L]** 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.

## 7 Community Care Train-

ing, a professional education program designed to teach participants to become trainers within their com-

munity agencies or facilities. One or two representatives come 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. **[L]** Pre-registration is required for this full day of training and the cost is \$500 for two representatives from an agency.

**Alzheimer's Association, Lowell Area Office**, 133 Market St., Lowell. Call Harriet Udoff at 978.937.5576.

## 12 Community Care

**Training**, a professional education program designed to teach participants to become trainers within their community agencies or facilities. One or two representatives come 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. **[L]** 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.

## 13 Family

**Orientation**, 10:00 am -12 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more.

**Alzheimer's Association, Lowell Area Office**, 133 Market St., Lowell, presented by Harriet Udoff. Pre-registration is not necessary and the program is free of charge.

## 13 Family

**Orientation**, 4:00-6:00 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Jewish Geriatric Services**, 770 Converse St., Longmeadow. Pre-registration is recommended. Call 413.527.0111.

## 13 Family

**Orientation**, 6:45-8:45 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Newton Senior Center**, 345 Walnut St., Newton, presented by Pamela Kunke-mueller. Pre-registration is not necessary and the program is free of charge.

## 21 Family

**Orientation**, 1:30-3:30 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Westwood Council on Aging**, 210 Nahatan St., Westwood, presented by Peter Byron. Pre-registration is not necessary and the program is free of charge.

## 21 Family

**Orientation**, 10:00 am -12 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more.

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


## 26 Family


**Orientation**, 1:30-3:30 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Wellesley Council on Aging**, 219 Washington St., Wellesley, presented by Peggy Mullen. Pre-registration is not necessary and the program is free of charge.

See next page for January 2001 listings

Visit [www.alzmass.org](http://www.alzmass.org) for up-to-date information

# ALZHEIMER'S EDUCATION CALENDAR January 2001


**2 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.

**9 Community Care Training**, a professional education program designed to teach participants to become trainers within their community agencies or facilities. One or two representatives come 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.

**10 Family Orientation**, 10:00 am -12pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. Alzheimer's Association, Lowell Area Office, 133 Market St., Lowell, presented by Harriet Udoff. Pre-registration is not necessary and the program is free of charge.

**10 Family Orientation**, 4:00-6:00 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Jewish Geriatric Services**, 770 Converse St., Longmeadow. Pre-registration is recommended. Call 413.527.0111.

**10 Family Orientation**, 6:45-8:45 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Newton Senior Center**, 345 Walnut St., Newton, presented by Pamela Kunkemueller. Pre-registration is not necessary and the program is free of charge.


**15 Family Orientation**, 2:00-4:00 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **West Suburban Elder Services**, 124 Watertown St., Watertown, presented by Susan Garland.  Pre-registration is required; please call 617.972.5692. There is no cost for this program.


**18 Family Orientation**, 1:30-3:30 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, plan-

ning, home management, and more. **Westwood Council on Aging**, 210 Nahatan St., Westwood, presented by Peter Byron. Pre-registration is not necessary and the program is free of charge.

**18 Family Orientation**, 10:00 am -12 pm. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Alzheimer's Association, Cambridge Office**, 36 Cameron Ave., Cambridge, presented by Dr. Paul Raia. Pre-registration is not necessary and the program is free of charge.

**23 Family Orientation**, 1:30-3:30 pm. Sponsored by the West Suburban Alzheimer's Partnership. An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. **Wellesley Council on Aging**, 219 Washington St., Wellesley, presented by Peggy Mullen. Pre-registration is not necessary and the program is free of charge.

All meetings are free of charge unless marked by .

Times may be subject to change; please call the number listed for each program.  indicates pre-registration is required.

If in doubt, call our Helpline at 617/868-6718

Visit [www.alzmass.org](http://www.alzmass.org) for up-to-date listings



Participants get ready to resume their journey. Photos by Ginny Sinkoski

## MMA Rally Supports Caregiver Programs

The Massachusetts Motorcycle Association and the family of Doris Matthess joined forces for the third Poker Run Rally August 13. One hundred and fifteen riders and friends raised \$2,040 for the Massachusetts Chapter during their 86-mile ride from Palmer to New Salem to Ludlow. Special thanks go to Gary Matthess, who organized the event in memory of his mother, Doris. Event sponsors included the Lakeview Lounge, the New Salem General Store, Hot Leather Motorcycle Gear, and the Ludlow Elks Club. 



Richard Sinkoski directs Poker Run motorcyclists to break time at the New Salem General Store.

## Western MA News

### SAVE THE DATES!

#### Memory Screenings Set for November

On Wednesday, November 1, Worcester residents will have the opportunity to assess the “health” of their memories at the region’s second Memory Screening. Individuals are invited to participate themselves, or to bring a loved one who may be showing signs of memory loss. The confidential tests will be given at the Senior Center, 128 Providence St., Worcester, from 12:00-5:00 p.m. Although participation is free of charge and open to the public, reservations are recommended to limit waiting time.

Participants who choose to have their memories evaluated will complete a series of simple exercises called *The 7-Minute Screen*®, followed by a private interpretation and referral (if needed) by a health professional. *The screening will not provide participants with a diagnosis. It will indicate whether or not symptoms of memory loss are present that should be evaluated further by their physicians.*

Call Amy Vogel Waters at Worcester Elder Services, 508.799.8063 for scheduling information. The Alzheimer’s Association and the Worcester Alzheimer’s Partnership are collaborating on the screenings.

Memory Screenings will also be offered to Springfield area residents Monday, November 6 by Baystate Medical Center and the Alzheimer’s Association. Call the Western Regional Office at 413.527.0111 for more information.

In addition, Berkshire County residents may participate in Memory Screenings Wednesday, November 29 from 1:00-5:00 p.m. at the Northern Berkshire VNA and Hospice in North Adams. Contact Beth Hinkley at 413.664.4536, ext. 299 for more information.

#### Research Focus for November Professionals Conference

*Alzheimer’s Research: Expanding Our Understanding and Our Ability To Help* is the theme for the annual Western Massachusetts Professional Caregivers Conference. The 2000 conference returns to The Log Cabin Conference Center, Holyoke, on Wednesday, November 15.

Conference topics include What’s New in Diagnosis?, Vision and Cognition in Alzheimer’s and Related Disorders, Drug Studies Update, and Links between Alzheimer’s and Mental Retardation. Dr. Alice Cronin-Golomb, Dr. Jay M. Ellis, and Dr. Sanford Auerbach will present their current research findings. Contact the Western Regional Office at 413.527.0111 for registration information.

#### Family Orientation Programs

The Family Orientation Program in Hampden County will continue to be held on the second Wednesday of the month at Jewish Geriatric Services, 770 Converse St., Longmeadow. Upcoming dates are November 8, December 13 and January 10. Call 413.527.0111 to make your reservation.

The Family Orientation Program will also be offered Thursday, November 9, from 4:00-6:00 p.m. in the Main Conference Room at Franklin County Home Care Corp., 330 Montague City Rd., Turners Falls. Phyllis O’Hara will be the presenter. Call 413.527.0111 to make your reservation.

—Kathryn Hedgepeth  
Director of Western Regional Office

## Development

# Third Annual Verizon Wireless "Make the Link" Golf Tournament

By Dick Fleiss

While rain and lightning warnings the morning of August 7 were discouraging, the sun emerged at mid-day as predicted in support of the Verizon Wireless "Make the Link" Golf Tournament, presented by Praecis Pharmaceuticals, Inc. Following a festive buffet luncheon, 132 golfers spread across the Woodland Golf Club in Newton for a 1:00 p.m. shotgun start and an enjoyable afternoon on the links.

Former Red Sox Ace Dennis Eckersley, the event's Honorary Chairman, joined us for golf, cocktails and dinner, warmly greeting other golfers, autographing baseballs, and posing for photographs. During cocktails, participants closely examined an intriguing selection of silent auction items and engaged in spirited bidding. At dinner, emcee Jimmy Young introduced

the event Chairman, Bob Cipriani, who welcomed the group and gave special thanks to our sponsors: Verizon Wireless, Praecis Pharmaceuticals, Sovereign Bank New England, SecureHorizons Tufts Health Plan for Seniors, and WCVB-TV, Channel 5.

Following remarks by Dennis Eckersley on the baseball scene, Board Member Kate Salmon-Robinson eloquently described the Association's important role in helping Alzheimer's patients and their families. Charlie Pierce commented on how this disease has impacted the life of his family, as chronicled in his acclaimed new book *Hard To Forget*.

The Association is especially grateful to the "Make the Link" Golf Committee:

- Bob Cipriani, Chairman
- Margaret Doris
- Jenifer Weinstock Fritz
- Jay McMahon
- Nancy Mills
- Joe Paresky
- Stanley Solomont
- Peter Stoner
- Dave Thomson

Special thanks are also extended to the hole sponsors and auction donors:

- American Airlines
- Audiovox Communications
- Barnet Distributors
- Barton K. Hyte Co., Inc.
- Blue Hill Country Club
- Boston Celtics
- Boston Duck Tours
- Boston Red Sox
- Clark & White Lincoln Mercury
- Corners Framing
- Davio's
- De Scenza Diamonds
- E. B. Horn Jewelers
- The Fairmont Copley
- Fidelity Press
- Fortune Marketing Unlimited
- Foxwoods Resort and Casino
- Mr. and Mrs. Albert Gibbons
- Golf Day
- Greater Boston Radio Group
- Green Bay Packers
- Mr. Robert Houston
- Harry H. Solomon Co., Inc.
- Newton Marriott
- Nokia
- Norman Rockwell Museum
- Ocean Edge Golf Course
- Publicity, Inc.
- Regency Jewelry Company
- Rota Portrait Design
- Mr. and Mrs. David Solomont
- Ted Williams Family Enterprises, Ltd.
- U.S. Senior Open Championship
- The friends and family of Arthur "Whitey" C. Weinstock, Jr.
- Whitelight Photography
- The Interface Group
- Joe Escobar Diamonds
- Joseph Gann Jewelers
- KISS 108-FM & JAM'N 94.5-FM
- Kyocera
- Longfellow's Wayside Inn
- Loon Mountain Recreation Group
- Michalopoulos Gallery
- Motorola
- The Mount Washington Hotel & Resort
- Museum of Science
- Nabnasset Lake Country Club
- New Balance Athletic Shoe
- New England Cable News
- New England Mobile Book Fair




Make the Link winning foursome: Jenifer Weinstock Fritz shown with her brother Art Weinstock, Peter O'Brien and Jeff Jarvis. Photo by Pete Bartkiewicz, Whitelight Photography

David Thomson (far left) of Verizon Wireless and his associates with former Red Sox star Dennis Eckersley. Make the Link photos by Pete Bartkiewicz, Whitelight Photography



As the lively evening program continued, auctioneer extraordinaire Barton Hyte presented an array of items highlighted by a large autographed photograph of Ted Williams, hitting his final home run 40 years ago at Fenway Park, which yielded close to \$1,700. Other exciting offerings included American Airlines tickets to San Francisco, San Diego, and Bermuda; A Night at WCVB-TV, Channel 5; an opportunity for a youngster to be a ball boy/girl at a Celtics home game, and much more.

Jenifer Weinstock Fritz, who traveled all the way from San Jose, California, and her golfing partners Art Weinstock, Peter O'Brien, and Jeff Jarvis took top honors, each receiving a \$350 gift certificate to the Woodland pro shop. In the spirit of the evening, one-half of the winnings were donated and offered as a new auction item. Tom Keenan, who had the lucky ticket for the 50-50 raffle and was also in a charitable mood, generously donated \$500 of his proceeds back to the Association.

A great time was had by all, while more than \$85,000 was raised to support the Association's programs and services for Alzheimer's patients and their families across the state. Chairman Bob Cipriani observed, "I am so thrilled to be part of this special day. Having a good time while supporting such a worthwhile cause is very satisfying to me and my hard-working committee." 

**Dick Fleiss is the Chapter's Development Officer.**



Bob Cipriani, Chairman of the 2000 Make the Link Golf Tournament with his daughter Jennifer Curran at the Woodland Golf Club, Newton.

## United Way

Did you know that you can request that your gift be designated to the Alzheimer's Association, Massachusetts Chapter? Your tax-deductible contributions allow us to continue our work to provide greatly needed quality programs and services for the estimated 140,000 people in Massachusetts who suffer from a dementing illness, as well as their families and professional caregivers. A gift of \$30 or more makes you a Chapter member and supporter. Please contact the Development Office at 617.868.6718 for more information.

## Spirit of Remembrance

Many people are taking advantage of a special opportunity to honor friends and family members on our **Spirit of Remembrance** wall, located in the lobby of our Cambridge offices. Spirit of Remembrance is a multi-paneled acrylic etching featuring a reproduction of "Taking Leave", a woodblock print by artist Eleanor Rubin, whose mother was afflicted with Alzheimer's disease. Four gift categories, ranging from \$250 to \$2,000 and above, entitle donors to memorialize or honor their loved ones. If you are interested in participating in this commemorative program, please contact the Development Office at 617.868.6718 for more information.

## Helpline Volunteers Honored at Summer Luncheon

By Erin Whalen

**D**iane, Stacey, Netti, Anne, Sheila, Brenda, Dave, Deb... These are some of the many names of our Helpline volunteers, who were honored at an appreciation luncheon this past summer. We gathered together June 21 in a function room donated by Covenant Health Systems in Lexington, for a luncheon catered by Broadway Market Place in recognition of the hard work and fine service our volunteers gave to both professionals and family members throughout the year. The afternoon offered a special opportunity to thank our volunteers, who are at the forefront of our Family Services offering assistance daily to callers on our Helpline. After a few

brief words from Jim Wessler, Executive Director; Erin Whalen and Ginny Sinkoski, Helpline Coordinators; and Dr. Paul Raia, Director of Patient Care and Family Support, lunch was presented and the volunteers enjoyed one another's company.

**If you would like to join our organization as a Helpline volunteer, please contact Erin Whalen at 617.868.6718.**



*Helpline staffer Anna Milosavljevic expertly provides advice to callers across Massachusetts.*



*Winterfest 1999 Committee members Melanie Manning and Kristin Klayner chat with guests Bridget and Scott MacMillan and Penny Frank. Photo by Brandi M. Sikorski*

## Winterfest 2001 SATURDAY, JANUARY 27, 2001

The 10th Annual James V. Jordan Winterfest Benefit will be held from 8:30 p.m. to 1:00 a.m. at The International, 184 High Street in Boston. Fabulous door prizes, hors d'oeuvres and DJ dancing will add up to an evening of fun. All proceeds will benefit the Alzheimer's Association, Massachusetts Chapter. For more information or to volunteer as a member of the Winterfest Committee, please call Heidi Ganss in the Development Office at 617.868.6718, ext. 207, or e-mail at heidi.ganss@alz.org.



## Memory Run

Many thanks to JoAnn Warring-Tupper for organizing the motorcycle ride from Framingham to Hampton Beach on July 15, 2000. Sponsors included American Cycles Service, Assabet Valley Tree, Framingham Park and Recreation, Home Depot, Nails by Andrea, Riley's Roast Beef, Walgreen's, Wal-Mart, and Waverly Tool. Against the backdrop of a beautiful sunny day, 18 riders helped to raise more than \$1,200 for Association programs and services.

## Development

### Double Your Money

Many companies offer employees a matching gift benefit which, in effect, doubles (or triples, in some cases) your gift to the Alzheimer's Association. When making your gift, please check to determine whether your employer has a corporate matching gift program. Your Human Resource/Personnel office will supply you with specific instructions regarding your firm's process for matching gifts.

## Please Join Us to Provide Help and Hope!

Your gift supports our telephone Helpline, a network of over 100 family support groups, this newsletter and other educational activities, our advocacy efforts and our 24-hour Safe Return wanderers alert program. **Your gift can make a difference.**

✓ Yes, I would like information about:

- Making a gift of Stock
- Designating the Association in my/our Will
- Learning more about Planned Gifts
- Matching Gift opportunities
- Volunteering

If you have questions or would like to make a tax deductible gift, please contact our Development office at 617/868-6718. Thank you!

## Family Corner

*People with Alzheimer's are caregivers, too.*



*Catherine's late mother, Sarah J. Votaw (R) is shown in this 1990 photo prior to her diagnosis with her mother-in-law, Catherine's grandmother, Vivian S. Votaw (L), in a Texas nursing home following Vivian's admission after colon cancer surgery at age 95. Sarah passed away in 1998 and Vivian in 1993. Sarah's brother Clayton also passed away from complications of Alzheimer's disease in 1995 in Kansas, where he and his wife Elsie managed the family farm for many years and raised five children.*

## Caregiving Bridge Links Families, Nursing Home Staff

This past season, our annual LEAD Day explored several important dimensions of caring for our elderly population with Alzheimer's disease. Catherine J. Votaw, RN, a family member and medical education and communications specialist, was invited to deliver a presentation. Catherine is the new editor of our Newsletter, and we thought it would be appropriate to introduce her through her own story.

In her remarks to the audience of legislators, elder care workers and other family caregivers at the State House, Catherine told her family's story of the difficult journey involved in her mother's nursing home placement and its aftermath:

"My mother, Sarah J. Votaw... was a sweet and gentle lady, smart and discerning, a devoted wife, mother, artist and church volunteer... she was gifted with style and taste, and a dry Midwestern sense of humor. The entire experience of her illness—witnessing its insidious onset, managing its manifestations at home and coping with her final days in the nursing home and the aftermath of losing her... has changed our family forever, individually and collectively. She never really seemed to understand where she was in the nursing home or why she was there, and we were powerless to explain it in a way she could comprehend."

She emphasized the importance of building a **caregiving bridge** between the resident's family and nursing home staff in order to promote high standards of informed care and patient comfort in a highly stressful situation. Some of the bricks used to build her family's caregiving bridge included feeding her mother and other residents at the nursing home; checking her mother's closet and bureau drawers to organize the contents and weed out other residents' belongings; offering input into care plan meetings and initiating communication with health care providers; stopping in to visit her mother after work; forming friendships with other family members; and assisting activities staff by reading poetry to the residents and co-leading games designed to promote balance and coordination.

Even with assistance from families, Catherine noted, nursing home staff must carry a heavy burden in light of insufficient staffing, long hours, and inadequate respite. She implored the audience to continue their efforts for increased public attention to the staffing crisis, and for increased volunteer involvement:


"I am convinced that Alzheimer's patients in a nursing home setting desperately need the consistent presence of

sincere, caring, mature, well-trained staff in as close to a 1:1 ratio as is humanly possible. Residents' fears about themselves may well be accentuated by a perception that their caregivers are in short supply. Peace of mind for residents and families is either transitory or easily eroded, and the friends I continue to see in the family support group are worried about the daily challenges faced by their loved ones in this poignantly vulnerable population. I believe that when there are too few caregivers for too many patients, the risk of accidents, late or missed medications, other inadvertent treatment errors, bedsores, malnutrition, and other problems invariably rises, especially on the evening and night shifts.

"My principal message to caregivers of newly-diagnosed patients is to hold your head high, take a deep breath, and educate yourselves as best you can in order to manage your own situation as effectively as possible, without seriously compromising your own health, careers and families. It's a tall order. The tragic news that a loved one has been diagnosed with probable Alzheimer's disease or a related disorder must somehow be faced on many levels: emotionally, physically, financially, legally and spiritually. The Alzheimer's Association can provide assistance on all aspects of coping with the memory-impaired person, as well as help in identifying your own needs. Don't feel you are being weak in asking for help; in this case, not asking for the help you need, will only weaken you and everyone around you.

Catherine concluded by urging caregivers to resist the temptation to neglect their own health and other needs, in the wake of demands imposed by caregiving:

"Finally, pay attention to the principal elements of your own health status, including a well-balanced diet, exercise and a good night's sleep. Talk with your personal physician about having a complete physical examination, or at least a checkup on any existing medical issues, with the goal of keeping small problems small. It will be that much more difficult for you to care for your ill relative and others in your family if your own health is in jeopardy. Join support groups for people undergoing the same experiences, even if you feel uncomfortable at the outset. Talk about your feelings. If your loved one has already passed away, check into hospice bereavement groups, which can be a tremendous help in facing the grief process.

"Grieving and healing take time, and happen in stages. I will never forget my mother and all she meant to our family, but I am now more able to focus on her grace, humor, and wisdom, and the example she set. I wish all family caregivers the strength and determination you will need as you go forward, and urge you to care for yourselves, as well." 

—Jim Wessler, Executive Director

*Support Group listing continued from back cover*

<b>Holliston:</b> Lynette Dunn-Nastasi	508/429-3568	Christine Bonfiglio	781/297-8211
<b>Hopedale:</b> Charlene Machnik	508/473-2992	Carol McLaughlin	781/230-2100
<b>Hopkinton:</b> Pat McKinney	508/435-0222	<b>Taunton:</b> Barbara Richards	508/823-4493
<b>Kingston:</b> Gerry Menard	781/585-4100	<b>Tewksbury:</b> Elaine St. Cyr	978/657-0800
<b>Lee:</b> Jennifer Pilcher	413/243-4747	<b>Turners Falls:</b> Molly Chambers	413/773-5555
<b>Leicester:</b> Eva Dawson	508/987-8056	<b>Wakefield:</b> Lynn Zaloga	781/224-2800
<b>Lowell:</b> Daphne Dumont	978/458-8773	<b>Ware:</b> Stasia Wozniak	413/967-2245
<b>Ludlow:</b> Barbara Messler	413/589-7581	or Heather Jackson	413/867-7716
<b>Lynn:</b> Harriet Udoff	978/937-5576	<b>Wareham:</b> Carolyn Cardoza	508/758-2173 or 508/991-5015
Lisa Mercurio	781/596-2992	<b>Watertown:</b> Ruth Gordon	617/491-1823
<b>Malden:</b> Jolyn Ek	781/324-4999	<b>Wayland:</b> Candace Steingisser	508/358-3000
<b>Marlboro:</b> Sean Caulfield	508/481-9898	<b>Webster:</b> Carolyn Racicot	508/949-3598
Joyce Henderson	508/485-4040	<b>Wellesley:</b> Amy Beck	781/237-6400
<b>Medford:</b> Douglas Lloyd	781/324-5759	Cathy Buckley	781/431-5337
<b>Mendon:</b> Marlene Fregeau	508/473-0862	Peggy Mullen	508/533-7020
<b>Merrimac:</b> Patricia Lavoie	978/803-3296	<b>Westboro:</b> Julie Palmieri	508/836-4354 x706
<b>Methuen:</b> Donna Koski	978/682-3582	<b>Westfield:</b> Christy Beaulieu	413/568-2341
<b>Middleboro:</b> Robella Coates	508/946-2490	Ellen Nepomuceno	413/781-5070
<b>Milford:</b> Marlene Fregeau	508/473-0862	<b>Weston:</b> Shirley Earle	781/893-0154
<b>Millbury:</b> Pat Clark	508/793-0088	<b>Westwood:</b> Peter Byron	781/326-5652
<b>Natick:</b> Jan Chiampa	508/655-1000 x21	<b>Weymouth:</b> Kerry O'Malley	781/337-3121
Judy Sabol	508/650-9003	Marsha Frankel	781/340-9100
or Susan Scheib	508/653-3081	<b>Williamstown:</b> Fredrica Sloan	413/458-8127
Lois Pecora	508/655-5000 x3988	<b>Winchester:</b> Valerie Gramolini	978/897-7455
<b>New Bedford:</b> Judith Wilde	508/997-9396	<b>Woburn:</b> Jennifer Jaroch	781/932-0350
Jenny Nelia	508/998-7807	<b>Worcester:</b> Dianne Protano	508/756-7176
<b>Newburyport:</b>		Mary Poulin	508/852-0600
Patricia Lavoie	978/803-3296 or 465-5361 x25	Faith Bandama	508/791-5543
<b>Newton:</b> Kathleen Connolly	617/630-2743	Ann Fitman	508/753-4791
<b>North Adams:</b> Beth Hinkley	413/664-4536	<b>Worthington/Cummington:</b>	
<b>North Easton:</b> Marsha Shalek	508/238-7053	Lucille Temple or Sandra Epperly	413/238-5584
<b>Norwood:</b> Diane Simoni	781/769-4495	<b>Specialized Groups</b>	
<b>Palmer:</b> Carol Coiz	413/283-8361	<i>Caregivers of Mentally Retarded Adults with AD</i>	
<b>Peabody:</b> Linda Smith	978/531-2254 x137	Linda Bimbo	781/324-4303
<b>Pittsfield:</b> Beth Cerow	413/445-2300	<i>People with Early Stage Alzheimer's and Their Caregivers</i>	
Robert Hamilton	413/499-0524	Cambridge: Elaine Silverio	508/429-1577
Beth Hinkley	413/499-1992	Danvers: Carol Owen or D'arcy Adams	978/774-4400 x3064
Ann Maynard	413/442-4978	Natick: Joanne Koenig-Coste	508/879-5338
<b>Quincy:</b> Kathy Prince	617/471-5712	or Lois Pecora	508/655-5000
<b>Reading:</b> Anne Marie Bourque	781/944-1132	Weymouth: Julie Barcelo	781/340-9100
or Marie Ammer	781/942-9056	<i>People with AD and Their Caregivers</i>	
<b>Rockland:</b> Laureen Walsh	978/878-0095	Wellesley: Peggy Mullen	508/533-7020
<b>Saugus:</b> Shelly Peacock	781/233-8123	<i>Families of VA Patients with AD</i>	
<b>Scituate:</b> Marla Kaplan	781/681-1065	Bedford: Jennifer Hill	781/687-2701
<b>Somerville:</b> Sara Demetry	617/868-6323	<i>Spanish-language Group/En Español</i>	
<b>Somerset:</b> Bernadette Mackin		Boston: Conchita Rodriguez	617/868-8599
or John Rogers	508/679-2240	Springfield: Lydia Serrano	413/781-8800
<b>Southbridge:</b> Roger LaMontagne	508/765-9771	<i>Spouses' Group</i>	
Susan Kleszczka	508/248-7344	Brockton: GERALANN DiDomenico	508/427-6099
<b>South Lancaster:</b> Harriet Klayman	978/368-6414	<i>Younger Adult Caregivers:</i>	
<b>Springfield:</b> Ellen Nepomuceno	413/781-5070	Erin Whalen	617/868-6718
<b>Stoughton:</b> Sandy Putney	781/821-4990		

## Support Groups

### Basic Training for New Support Group Leaders

**THURSDAY, NOVEMBER 9**  
The Atrium, Agawam

The Support Group Leaders Committee is pleased to offer the final fall training workshop for new and prospective leaders of Alzheimer's support groups. The workshop will be held 1:30-4:30 p.m. at The Atrium in Agawam and is free of charge. It is designed to cover important basic information about starting and leading an Alzheimer family support group, and features our Support Group Leaders' Manual. Advance registration is required. For more information, call Harriet Udoff at 978.937.5576 or e-mail [harriet.udoff@alz.org](mailto:harriet.udoff@alz.org).

### Reunión Mensual de Familias

Para familiares que cuiden a seres queridos con pérdida de memoria, Alzheimer's u otra demencia, las reuniones se efectuarán los primeros miércoles de cada mes.

Desde las 12:30 hasta la 1:30 de la tarde. Sera en Farnsworth House, 90 South St., Jamaica Plain. Para mas información llamen a Conchita Rodriguez al 617/868-8599.

## Support Groups

Support groups provide a forum for family members and friends of people with Alzheimer's disease to share feelings, concerns and information, and to support each other in coping with the effects of Alzheimer's disease or one of the related disorders. Each group varies in size and frequency of meeting. Please call the support group leaders listed on this page for further info.

For information on support groups on Cape Cod, call the Alzheimer's Association of Cape Cod and the Islands at 508/775-5656.

These groups are open to the public. In addition, many day programs and nursing homes offer groups open to the families of their patients. Support groups are independently run and this listing should not be construed as a recommendation.

### Early Stage Patient Series

We are now recruiting participants for a new three-part education series specifically for early-stage patients. Dr. Paul Raia and Harriet Udoff will facilitate the meetings in our Cambridge office. For more information, please call 617.868.6718, ext. 214.

We are a member of



Thank you for your payroll deduction contribution.

<b>Abington:</b> Sharmila Biswas	781/871-0200	<b>Chelmsford:</b> Pat Keene	978/251-8491
<b>Acton:</b> Joanne Chaulk	978/486-0590	Sandy Simon	978/250-6122
or Jean Fleming	978/264-9643	Susan Antkowiak	978/934-0000
<b>Agawam:</b> Judy Pothu	413/821-9911	<b>Chelsea:</b> William Nadler	781/284-2872
<b>Amesbury:</b> Patricia Lavoie	978/803-3296	<b>Chicopee:</b> Elaine Mitchell	413/592-7738
<b>Amherst:</b> Shirley Crites	413/548-6800	Judy Pothul	413/821-9911
<b>Andover:</b> Rachel Zalvan	978/623-8321	<b>Clinton:</b> Laura Beckman-Devik	978/365-7376
<b>Arlington:</b> Laurie August	781/316-3400	<b>Concord:</b> Carol Symonds	781/863-2376
<b>Athol:</b> Wanda Landry	978/249-3717	or Nancy Crowley	978/371-3400
<b>Attleboro:</b> Annie Sirois or Patsy Daniels	508/222-6655	<b>Danvers:</b> Lois Stern	978/750-4540
or Ginny McDermott	508/222-0118 x2122	D'arcy Adams	978/774-4400 x3064
Sharon Leary	978/226-6150	Jeanne Parent	978/777-5717
Mary McCormack	508/222-6655	<b>Duxbury:</b> Nancy Lee Strowasser	
<b>Ayer:</b> Patty Arakelian or Jeannette Coutu	978/772-1704	or Sandi Wright	781/585-2397
<b>Boston:</b>		<b>East Longmeadow:</b>	
<b>Brighton,</b> Mary Ellen Peters	617/789-2618	Ellen Nepomuceno	413/781-5070
<b>Dorchester,</b> Donna Allen	617/474-1194	<b>Easton:</b> Carol McLaughlin	508/230-2100
<b>Downtown,</b> Stephanie Brett	617/726-2639	<b>Fairhaven:</b> Sharon Jenson	508/997-3193
or Maureen Tardelli	617/391-7878	<b>Fall River:</b> Nancy Reed	508/679-0011
<b>Hyde Park,</b> Carol Westheimer or		Paulette Masse	508/379-9700
Wendy Marks	781/455-8588	or Judy Elste	508/675-2101
<b>Jamaica Plain,</b> Denise Reichenbacher	617/983-2300	<b>Fitchburg:</b> Alice Murphy or Joanne Harris	978/343-5368
<b>Roslindale,</b> Lisa Talayco	617/363-2329	Ellen Sparrow	978/632-1230
<b>Roxbury,</b> Ilene Marsh	617/361-7486	<b>Foxboro:</b> Diane Caldwell	508/543-7336
or Michael Kincade	617/868-6718	<b>Framingham:</b> Deborah Young	508/879-8000
<b>West Roxbury,</b> Susan O'Connell or		Jayne Goldman	508/788-6050
Stephanie Brinkhaus	617/325-1230	<b>Gardner:</b> Chris Santum	978/632-5477
<b>Bourne:</b> Judy Anthony	800/870-1800	<b>Gloucester:</b> Janett Lavender or Mary Spittle	978/281-1750
<b>Braintree:</b> Alisa LaCoste	781/843-1860 x629	<b>Great Barrington:</b> Kelly Thorm	413/528-2650
<b>Bridgewater:</b> Jean Giguere	508/697-4368	<b>Hadley:</b> Claudia Benoit	413/584-5057
<b>Brookline:</b> Pattie Chase	617/232-0291	<b>Haverhill:</b> John Freeman	978/346-4743
or Howard Block	781/455-8588	or Nancy Savarese	978/683-2771
<b>Burlington:</b> Sue Mike	781/272-2857	Fran Eisenman or Pam McCallum	978/469-0169
<b>Cambridge:</b> Alice McCarter, Mary Costello	617/547-3543x22	<b>Hingham:</b> Jo Ann Mitchell	781/749-5417
<b>Canton:</b> Susan Brady	781/828-7450x307	Eleanor Blair	781/749-4774

*Support Group listing continues on inside cover*



36 Cameron Avenue  
Cambridge, MA 02140

**Non-Profit Org.**  
**U.S. Postage**  
**PAID**  
**Boston, MA**  
**Permit No. 50215**

Address correction requested

Dated material—please deliver promptly