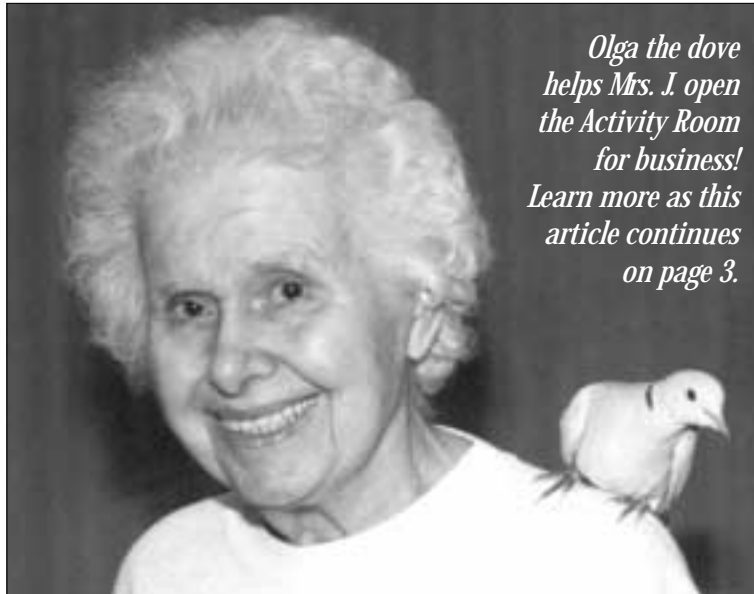


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Massachusetts Chapter



Olga the dove helps Mrs. J. open the Activity Room for business! Learn more as this article continues on page 3.

Life and Leisure in Long-Term Care: Heidi's Notebook

Activities Therapy Provides Habilitative Approach for Residents

By Heidi Wallner, ADC

Prelude

Dawn has already receded into the bright sunshine of a languid, late summer morning. I gather my briefcase and bag and walk from my car to the nursing home, thinking about the special care unit (SCU) residents in our Activities program and what we'll do today. A cardinal—symbol of courage—comes in for a landing on a small Scotch pine near the front door.

Business of living. As an Activities Director, my job is to plan, implement, and evaluate a comprehensive Activities therapy program for residents in a long-term care setting. A well-balanced program will include input from the SCU program director, nursing staff, and other health professionals. We offer specialized groups, activities, meals and snacks, and exercise sessions for residents every day of the year.

continued on page 3

Mark Your Calendars Now!

See Calendar section on page 10 for details.

Western MA Conference Tuesday, November 6

Professional caregivers are invited to hear Dr. Ladislav Volicer's keynote address at the Springfield Sheraton, Springfield. *Page 16.*

Simons Research Symposium Wednesday, November 7

Join us at the Colonnade Hotel in Boston to learn about alternative medicine in Alzheimer's disease. Dr. Steven DeKosky of the University of Pittsburgh is this year's Simons Lecturer. See *Calendar* section.

Annual Family Conference Saturday, December 8

We look forward to seeing family members, friends, and persons with AD at the Holiday Inn in Worcester. See *Calendar* section.

DON'T MISS the Winter, 2002 Newsletter for complete coverage of Memory Walk 2001!

Is it really possible that some of the medicines, herbs, and vitamins I keep hearing about could improve memory?



Read Dr. Know's answer, page 6.

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From the Executive Director: Celebrating Our Humanity

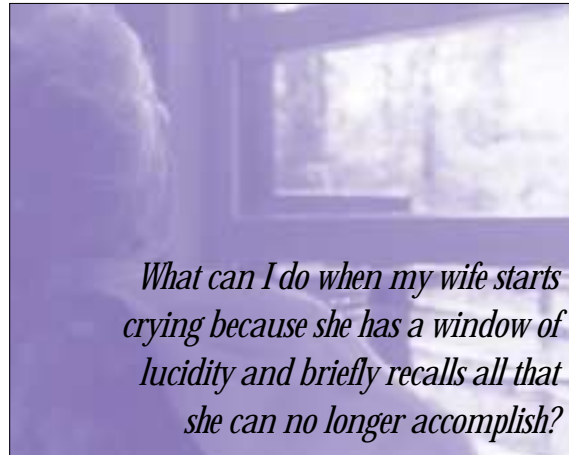
Summer Education Series Offers Coping Strategies, Affirmation

This past summer, the Alzheimer's Association organized our first summer education series at each of our three offices: Springfield, Lowell, and Cambridge. Included in each program was a three-part education series for caregivers covering an overview of Alzheimer's disease, a presentation on relevant legal and financial issues, and a presentation on managing behaviors.

Mission of caring I was able to attend several of these sessions and was struck not only by the skillful volunteer presenters, but also by the dedicated caregivers seeking information and support for their difficult, under-appreciated work. More than 250 caregivers attended the summer programs.

One of the talks focused on managing behaviors. Many of the questions were very moving. One caregiver asked how she should respond when her spouse states, "I want my life back". Another caregiver asked what he should do when his wife starts crying because she experiences a **window of lucidity** and briefly recalls all that she is no longer able to accomplish.

Another caregiver described how her husband announces he wants to make breakfast two hours after dinner, or wakes up in the middle of the night to prepare breakfast. This gentleman



What can I do when my wife starts crying because she has a window of lucidity and briefly recalls all that she can no longer accomplish?

(Photo by Janet Taylor)

proceeds to pour the cereal, make coffee, and put out plates and spoons. She asked the presenter for advice on how to respond. After a thoughtful pause, the presenter did *not* make recommendations on how to redirect the person with Alzheimer's so that he would forget about making breakfast.

Shifting viewpoint

Instead, it was suggested that the caregiver consider celebrating the fact that her husband still has the capacity to make

breakfast. Rather than redirect, why not bask in the remaining capability that her husband still displays? The presenter suggested that the caregiver focus on understanding how important it is for her husband to still feel competent, even as they munch on cereal at 11:00 at night.

By the end of this exchange, many in the group had tears in their eyes. I left the workshop with the reminder that we assist thousands of brave caregivers **doing their best to support the remaining capabilities** of their loved ones, day in and day out. I left with a reaffirmation for how severely challenging this disease can be. And again, I was gently but powerfully reminded why we need the Alzheimer's Association.

—Jim Wessler

In Memoriam

Maureen Reagan

Our Chapter mourns the loss of National Alzheimer's Association Board member and leading advocate Maureen Reagan, daughter of former President Ronald Reagan, who has Alzheimer's disease. Ms. Reagan passed away August 8 after a courageous battle with melanoma.

Since the time her father made his diagnosis public in 1994, Ms. Reagan was an outspoken and dedicated champion of people with Alzheimer's disease and their families. The Alzheimer's Association is deeply grateful to Maureen for her tireless efforts to raise public awareness about the disease, support caregivers, and substantially increase our nation's commitment to Alzheimer research.

Gifts to the National Alzheimer's Association Maureen Reagan Tribute Fund can be sent via the MA Chapter, 36 Cameron Ave., Cambridge, MA 02140. Ms. Reagan's family will be notified of all memorial gifts to the Alzheimer's Association.

—Heidi Ganss



Dr. Rosalie Wolf

It is with deep sadness that we inform you of the death of Rosalie Wolf in late June, following a long illness. Dr. Wolf had been involved in the work of our Chapter for the past two decades. She served on our Board of Directors and was an active member of the Chapter's Advocacy Committee.

Since 1990, Dr. Wolf served as Executive Director of the Institute on Aging at the University of MA Memorial Medical Center in Worcester. She also held faculty appointments in the Departments of Medicine and Community Medicine and Family Practice at the University of MA Medical Center.

In addition, Dr. Wolf founded and co-edited the **Journal of Elder Abuse and Neglect** and was recognized as an expert in the field of elder abuse. Among her many awards, Dr. Wolf recently received the 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. We will greatly miss her energy, thoughtfulness, dedication, and her caring personality. □



Life and Leisure in Long-Term Care: Heidi's Notebook *(continued from page 1)*

We help our residents feel safe, happy, and engaged in activities appropriate to their physical/cognitive/emotional status... to go forward in a modified way with at least some of the business of living they had known in earlier years. Although some people believe the Activities Department consists of Bingo games and birthday parties, nothing could be further from the truth!

Activities therapy is rather the **vibrant focal point** of the resident's treatment plan in long-term care settings. As Raia and Koenig-Coste have documented, an Activities program forms the central rehabilitative mechanism by which people with dementia can maximize existing skills and capabilities—offering hope, dignity, and *feelings of success*.

As a backdrop, we first consider the SCU physical landscape, including the Activity Room, which should be designed architecturally to keep the residents' special needs in mind. The resulting **protective environment**, including non-skid carpeting, non-reflective floors, and bright lighting, helps residents to feel safe and more naturally refocus away from more difficult tasks tapping into skills and capabilities submerged by the dementing illnesses afflicting them.

Emotions endure. Raia also notes that the primary goal of Habilitation Therapy is to bring about a positive emotion and maintain that emotion over the course of the day. Targeting emotion is really the only channel into the brain that remains intact into the later stages of the disease. Typical forms of therapy cannot be used because they rely, to a great extent, on memory, insight and learning—all capacities damaged fairly early in the course of AD.

Habilitation can help patients hold onto their remaining skills for a longer time period, and also help to avoid developing a number of behavioral problems, such as agitation.

Therapeutic activities are those that help patients hold onto their cognitive skills by structured practice with remaining capacities. Such activities carefully avoid what has already been lost. By selecting activities specific to the individual—ones we know the person can accomplish without frustration—a positive emotion is usually the outcome.

Measured judgments. Therapeutic activities thus can accomplish two therapeutic goals: first, they preserve cognitive abilities longer; and second, they limit behavioral problems. Knowing how and when to introduce and direct the activity is the high-level skill that separates the Activity therapist from the leisure time coordinator. Habilitative activities have **stated measurable goals unique to the individual**, which are reviewed regularly so that the goals can be adjusted.

Now that we're clear about the reasons why Activities therapy is so important for persons with dementia in long-term care settings, let's take a moment to talk in my office. We might further clarify some commonly held misunderstandings about the role of Activities therapy.

Misunderstandings. Unfortunately, even in some well-regarded nursing homes the Activities Department's vital role in the therapeutic process is not well understood. For instance,



Setting a beautiful table is second nature for Mrs. V. After the Activities leader sets placemats around the dining table as a cue, Mrs. V. distributes silverware and napkins. Most residents are familiar with the mealtime routine, so they know who stays in the Activities Room and who eats in the dining room. Photos by the author.

residents exhibiting behavioral problems are sometimes shuttled into the Activity Room, where "someone will watch them." Given lean staff-to-patient ratios and lack of adequate specialized training for aides prevalent in many long-term care facilities, this is not the appropriate first line of defense.

A more effective approach would involve **making sure the resident's basic needs are being met**—such as food and fluids, the need for toileting, and maintaining a normal baseline temperature. A resident may be acting out because she is cold, thirsty, or needs to use the bathroom, and cannot verbalize the problem.

The Activities specialist can also ask the unit nurse whether the resident has had a medication change, has an infection, or has been awake all night. It makes more sense to take two minutes to solve a simple problem, than to redirect the resident to a full Activity Room where she may agitate other residents and cause further disturbance.

Furthermore, most Activity program budgets—more often than not—are established at such low levels that it becomes a severe challenge to the resourcefulness of the Activities leader to design and implement programs that truly **put residents' needs first**. In one facility, I was allowed only 15 cents per resident per day of programming.

continued on page 4

Patient Care and Family Support

Knowing how and when to introduce and direct the activity is the high-level skill that separates the Activity therapist from the leisure time coordinator.

Patient Care and Family Support

Profits need to be funneled into resident care as well as used to enhance balance sheets.

I've often thought of changing the name of the Activities Department to the Life and Leisure Department.

Life and Leisure in Long-Term Care: Heidi's Notebook *(continued from page 3)*

Management teams need to understand that it's hard to fund a cup of coffee when the purse strings are stitched together so tightly. Profits need to be funneled into resident care as well as used to enhance balance sheets.

Process orientation. On the bright side, it's important to point out that many people with dementia live in long-term care facilities not because they need highly skilled nursing care, but ironically because they need to keep living in ways that meet their changing needs. I've often thought of changing the name of the Activities Department to the *Life and Leisure Department*.

We follow a structured daily routine, laugh and reminisce, offer hugs, acceptance and affirmation, and follow the rhythms of life to the best of our abilities. The process is what's really important, not the finished product. At end of day, if we're in a reasonably happy mood and feeling good, we have succeeded.

Morning

Now we're ready to go the Activity Room and meet the residents! I first spot Mr. R. rapping his cane against the doorway, waiting patiently for me. He admits he has forgotten his keys. I jokingly reply that it's a good thing I remembered mine today, and we go in together.

Greeting pets. Mr. R. heads for the bird cage, where he removes the nighttime cover from the resident doves, Frank and Olga, and bids them good morning. He informs me that they need food, fresh water, and a cage cleaning. Then he sits in the chair he uses every day.

Once he's settled, I walk to the dining room and invite the other residents to the Activity Room. We're open for business! One by one, people enter the room, choosing their seats with a bit of cueing. Mrs. C. and Ms. O. head for the rabbit cage, each explaining that the facility's rabbit is hers.

After everyone is settled, I wish everyone a good morning and comment on how well and stylish they look. Mrs. V. is wearing a beautiful red dress with matching shoes and beads. Ms. O. is carrying her summer bag with matching sweater, in case she gets a chill.

First, it's time for **Bend and Stretch** group. This 20-30 minute session is designed to get joints and muscles moving and generally get the blood flowing. All the movements can be done sitting in a chair. We work our way from head to toe.

Following the exercise session, we read the morning paper together. The Activities leader reads a selection of uplifting stories aloud, such as news briefs, sports, weather, and of course, the horoscopes! Today, Mr. R. can expect financial rewards, Ms. O. will find true love at last, and Mrs. V. will be investigating real estate.



Mr. R. takes a break with Frank the dove.

Universal language. We're now hitting our stride with the favorite group of the morning, Coffee Social. Who doesn't need a cup of coffee to really get going? Everyone gets a cookie and a cup of coffee, or two or three, just like at home. We've even learned how to ask for coffee in several different languages, such as *café, kaffe, caoa, or caffè*.

While finishing our coffee, we move into a **sing-a-long**. Most residents usually join in a video singing session starring a man in corny costumes singing about the good old days. Ms. O. collects the empty coffee mugs. Then she approaches me and shakes her finger: "I'm telling your mother—you haven't had your coffee yet. Have a seat and drink up."

Mid-Day

Can you believe it's already lunchtime? Mr. R. rises and sets up a table with eight chairs. Ms. O. wheels a bedside table over to her chair, where she will eat lunch. **Good nutrition and fellowship** are facilitated through well-balanced meals and snacks throughout the day.

A backdrop of classical music transforms each meal into a dining experience. To remove the institutional feeling, we do not serve meals on trays in this particular program.

Favorite films. After lunch, we decide to relax in front of the television for an afternoon movie, usually a classic with our favorites Cary Grant, Judy Garland, or Dean Martin. Our attention span sometimes wanders as the film progresses, which is a good time to transition into **trivia games**. These get our minds turning! The leader asks the questions, but the residents usually teach the staff a thing or two.

Next on our agenda is an afternoon snack, usually a half-sandwich and a glass of juice. On special occasions we'll celebrate with pizza, ice cream, root beer floats, or birthday cake,



Ms. O. chooses just the right purse for the day.

marking the birthdays of all residents born during a particular month.

Afternoons in the Activity Room are focused on **keeping the mind busy**. We offer interactive sessions such as group crossword puzzles, word scrambles, and math quizzes, supplemented with reminiscing. Keeping everyone occupied and entertained as the afternoon progresses is probably the biggest challenge to an Activities therapist. Ms. O. reminds me that I've been hard at work all day, and offers me her seat.

I can overhear Mrs. C. telling visitors that she's "known the nice girl with the long blonde hair since I was a baby. She used to push me around in a baby carriage in Charlestown when I was little." Funny, I only moved to this area eight years ago—but Mrs. C. believes I was part of her life many years ago, helping to make her feel more safe and secure.

Sunset on sundowning The faster the leader can diffuse the first question with a *fiblet*, the less agitation will result, and the chances of residents becoming restless and "needing to get home" will be significantly diminished. For instance, Mrs. C. asks about her paycheck daily and wants to know about the next paid holiday. The Activities leader replies that we get paid every other Tuesday and today is Friday.

At the same time, Mrs. B. is asking whether I've seen her mother. I explain that her mother called earlier to tell her that she had to run a few errands (bank, grocery store, etc.) and she'd be a little later than usual. I apologize for forgetting to give her this message earlier, and ask whether Mrs. B. needs anything else from the store.

Thus, the grocery store list becomes the focus, rather than Mrs. B.'s mother, who passed away 20 years ago. In this way, we **validate the resident's feelings while changing the subject** to deflect away from feelings of insecurity, confusion, and fear to a happier state of mind.

Evening

Once we approach dinnertime, the choppy seas have calmed and we are generally in a smooth sailing mode. The routine for dinner is similar to that for lunch. We reminisce about favorite dinners the residents made for their families.

Delicious memories. I drop hints that I'd love to come for dinner the next time Mrs. V. makes her lasagna with homemade sauce from homegrown tomatoes, or the next time Ms. O. prepares her famous Irish boiled dinner for St. Patrick's Day.

After dinner, we watch *The Golden Girls* and *Wheel of Fortune*, after which we move into another room for the evening movie. Once the movie begins, the staff passes out snacks, usually ice cream or milk and cookies.

The residents are now entrusted to the nursing staff, who helps them with **bedtime preparations** after the movie ends. The Activities staff

heads home after a 10-hour day, reflecting on the joys and frustrations of another day of life and work.

In summary, the Activities professionals have lived another day with the residents. We have been busy, making friends and giving advice; and remembering our first loves, our jobs, and our children. We haven't just filled our time with activities, per se; we have **spent time with each other**, and done so leisurely, at our own pace, in our own way.

Postlude

Spirit of acceptance. Our story of a typical day is punctuated by family visits, special entertainers (such as singers and tap dancers), religious services, making seasonal decorations, and any number of other events and influencing factors. We keep our calendar flexible to accommodate the resident's condition on any given day, and alternate quiet time with active sessions.

Most importantly, we accept each resident as he/she is at this point in time. We don't get embarrassed when Mrs. C., the cleanest, most mannerly lady, throws her dinner across the room. We let residents express themselves as they wish.

I believe that one of the hardest things for families is to realize is that residents in a strong Activities program are busy, and that **the hardest thing for families to believe is that their loved one is still living**. In fact, the residents are probably busier in the long-term care facility than before their admission. Even though your father may be dozing off when you stop by to visit him late in the day, please remember that he's been busy for most of the day. The snapshot in your mind may not reflect the reality of his day.

Each day is not without its challenges, but I know our staff is **maximizing the residents' quality of life**. Come and spend some time with an Activities specialist, to truly appreciate what goes on. Come and **volunteer your time**, because we need the gifts of your stewardship in our world! ☺



Cuddling Lexy is one of Mrs. C.'s favorite activities.



Mrs. J. never misses Coffee Social!

Patient Care and Family Support

The faster the leader can diffuse the first question with a fiblet, the less agitation will result.

The snapshot in your mind may not reflect the reality of his day.

Heidi Wallner, ADC is Director of Activities at Waban Health & Rehabilitation, Inc. in Newton. She holds the Frank J. Manning Gerontology Certificate from U-Mass Boston, and a degree from the Rochester Institute of Technology.

Look for a continuation of this topic in our Winter 2002 issue, when we will explore Activities therapy in the home setting.

Medicine and Science



BE SURE TO TALK TO YOUR DOCTOR BEFORE TAKING ANY OF THESE MEDICATIONS, VITAMINS, HERBS OR MINERALS; and call our Association's Helpline at 1-(800)-548-2111 for more information. b

Ask Dr. Know: Medicines, Herbs, and Vitamins

Dear Dr. Know:

Is it really possible that some of the medicines, herbs, and vitamins I keep hearing about could improve my mother's Alzheimer's disease or even help save my own memory?

—*Curious in Cummington*

Dear Curious:

During the past few years a number of medicines, vitamins, and herbs have been investigated to determine their effect, if any, on Alzheimer's disease. The ones listed below have shown some promise, although none can be considered a cure. In the best of circumstances they may slow the progression of the disease. **Before taking any of the medications, vitamins, or herbs listed below, consult your doctor:** There may be a medical reason why you should not take any one or combination of these pills.

Cholinesterase Inhibitors are compounds that increase the amount of acetylcholine, a neurotransmitter involved in short-term memory that is notably diminished in Alzheimer's disease.

Aricept (donepezil) and *Exelon* (rivastigmine) are both FDA-approved drugs specifically developed to treat the

symptoms of early and early middle-stage Alzheimer's disease. *Reminyl* (galantamine) is the latest in this class of drugs to be approved by the Federal Food and Drug Administration and, like others in this group, is available only by prescription. *Cognex* (tacrine), the first drug of this type to be approved, is rarely used today because of its side effects.

Antioxidants are thought to keep brain cells healthy by reducing damage caused by free radicals or oxidation of cellular materials (think of this oxidation process as the rusting of the computer in the brain cell that keeps it functioning).

Vitamin E is an antioxidant that has been shown to keep your heart healthy, and it appears to provide some protection against the development of Alzheimer's. Based on the notion that what is good for your heart and blood vessels must be good for your brain, many doctors now suggest that their early-stage patients consider using Vitamin E on a daily basis. A recent study suggested that relatively high doses of Vitamin E may slow the decline in early stage patients. Taking between 400 and 1,200 IUs (International Units) once per day should be a safe amount. **Be sure to check with your doctor** before you take this vitamin, however—in some cases, it could be dangerous.

Vitamin C is also an antioxidant. A slow-release form may be the easiest to take. Consider taking 250 mg once/day in slow-release form, or 100 mg twice/day in non-timed-release form.

Vitamin A is another antioxidant. Do not take more than 1,000 IUs, once per day.

Selenium is an antioxidant that can be dangerous if taken in too great an amount. Do not take more than 50 micrograms per day.

Green Tea Extract has recently been identified as an antioxidant. It is probably best to drink the tea several times daily, but in pill form take 500 micrograms daily. There is no evidence that green tea helps people who already have Alzheimer's, but it may help keep you healthy otherwise.

Grapeseed Extract is a very powerful antioxidant; take 500 micrograms per day. If you don't like to take pills, drink purple grape juice or red wine for their health benefits.

Metals. Studies are beginning to indicate that some metals (copper) may benefit the brain cell's ability to protect itself from toxins in early-stage Alzheimer's, whereas in later stages some metals may make things worse.

Anti-Inflammatory Medications have been identified as possibly slowing the progression of dementia, and perhaps protecting

people from getting Alzheimer's by reducing the swelling of brain tissue associated with plaque formation.

Celebrex (rofecoxib) is a Cox-2 inhibitor that has been used to treat arthritic pain. This is a prescription drug that some doctors are now using with their early-stage Alzheimer's patients. A recent study suggests that Celebrex is not as helpful as it was once thought to be; however, in that study a relatively small dose was used. So, it may have been that a higher dose was required in order to observe positive results. Other similar Cox inhibitors are now being examined in relation to AD.

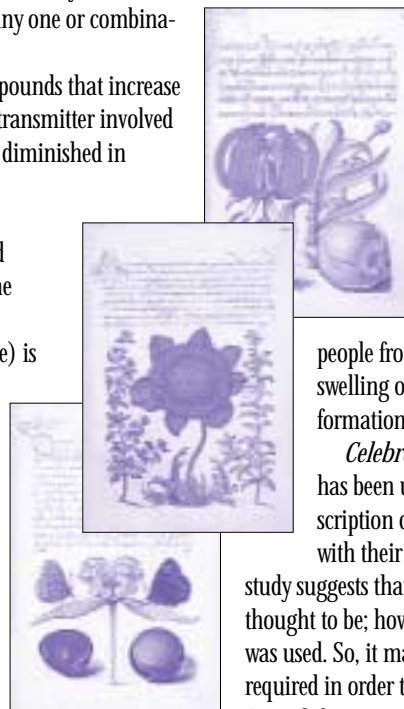
Naproxen is an aspirin-like anti-inflammatory drug that is being tested to determine its effectiveness with AD.

Vitamin B Complex is believed by many researchers to be marginally involved in staving off the progression of Alzheimer's. Folic acid, in particular, has been described as being important to supplement. Find a Vitamin B complex pill that includes folic acid at 300-400 micrograms.

Statins are a class of cholesterol-lowering drugs (such as *Lipitor*) that appear to reduce the chances of getting Alzheimer's. Some researchers believe that these are important drugs for early-stage Alzheimer's patients to consider, although there is no strong evidence yet to support this theory. Lowering cholesterol may not be the major issue, however, but rather the type of fat you eat that can contribute to brain health. Not all forms of fat may be bad for you.

Omega 3 is a fatty acid you may want to consider including in your diet. Eat cold water fish that are rich in Omega 3,

continued on next page



"A Map Through the Maze" Draws Rave Reviews

Professionals Conference Presents Communications Research

Now in its ninth year, *A Map Through the Maze*, our multidisciplinary conference for professionals held May 9, was a resounding success! More than 650 registrants convened at the Royal Plaza Hotel in Marlborough to participate in a substantive education program consisting of inspiring speakers and workshops.

Keynote. Danielle Ripich, Ph.D., Professor and Dean of the College of Health Professions, Medical University of South Carolina presented the keynote address: **Speak to Me, Listen to Me: Communicating with People with Alzheimer's Disease.** She has studied the exact nature of communication patterns and problems experienced by patients at various stages of the disease. One of her many interesting findings is that patients need at least three social contacts each day in order to maintain emotional well being.

Dr. Ripich has devised practical methods for utilizing her body of research data and improving communication through the **Focused Program for Caregivers**, based on linguistic principles and her own experience in working with patients. Some of her recommendations include facing the patient directly; calling his or her name; gaining and maintaining eye contact; and using short, simple, direct sentences to facilitate exchange, enhanced by touch and facial expressions.

Cultural Sensitivity. These research-based strategies developed by Dr. Ripich have been shown to result in an improved quality of life for both caregivers and patients at each disease stage. She also drew attention to the need for caregivers to be aware of cultural considerations in influencing communication styles of people from different ethnic backgrounds.

Program evaluations showered praise on the expert speakers and presenters. Two panels—one consisting of people with Alzheimer's disease, and another of family members—were especially moving to participants. The panels evoked these heartfelt comments:

"I only hope I can be as strong as these women if I am ever faced with a similar situation."

"These experiences helped me, as a social worker in long term care, to realize the struggles and hardships family caregivers endure. Now I can better understand the family members from my own facility."

Supplements. Both the exhibitor fair and poster session also proved to be popular. They offered registrants opportunities to learn about innovative programs, facilities, projects, and services related to Alzheimer care.

The conference was supported, in part, by funding from Eisai/Pfizer, Janssen Pharmaceutica, and Novartis. Many thanks to all—see you for next year's conference

May 8, 2002! ◻



Education

Keynote speaker Dr. Danielle Ripich

"These experiences helped me, as a social worker in long term care, to realize the struggles and hardships family caregivers endure. Now I can better understand the family members from my own facility."

—Conference participant



Registrants, presenters, and exhibitors enjoyed the wide range of offerings. (Photos by Sam Laundon, Natural Light Studios)

Ask Dr. Know: *continued from previous page*

such as salmon, bluefish, mackerel, and sardines, to name a few. You can also take fish oil or Omega 3 in pill form. You may also want to reduce your intake of red meat, hydrogenated fats, and saturated fats in general. Olive oil may have some antioxidant value.

Ginkgo Biloba is an extract from the Ginkgo tree and root. The popular belief is that this extract improves memory, although in studies it has mixed results. A study is presently underway to assess whether Ginkgo can delay the onset of Alzheimer's in healthy adults. Results of the study are not available at this time. It does not appear to significantly help people with Alzheimer's disease. Also, because Ginkgo is a blood-thinning agent, you should not take other medications that thin the blood (such as aspirin or Vitamin E) at the same time. Do not take Ginkgo on your own without your doctor's permission.

Do not take a multiple vitamin that contains large amounts of metals (other than small amounts of copper).

Some scientists think that some metals may be harmful in large amounts to Alzheimer's patients in the middle and later stages of the disease. Recent research suggests that large amounts of zinc may be particularly harmful to Alzheimer's patients. Be aware that some of the anti-cold medications will contain large amounts of zinc.

Be alert. Many over-the-counter compounds now available in pharmacies make claims to be memory-enhancing, anti-aging, "brain supportive" supplements. These compounds may include proteins, hormones, and enzymes that **have not been shown** to help people with Alzheimer's disease. They may even contain harmful substances.

BE SURE TO TALK TO YOUR DOCTOR BEFORE TAKING ANY OF THESE MEDICATIONS, VITAMINS, HERBS OR MINERALS; and call our Association's Helpline at 1-(800)-548-2111 for more information. ◻

"I only hope I can be as strong as these women if I am ever faced with a similar situation."

—Conference participant

Advocacy

These developments are of more than passing interest to the Alzheimer's community in Massachusetts. Leadership from Massachusetts has played a strong role in demonstrating to other chapters that participation by people with Alzheimer's is important.

If you are a person with Alzheimer's disease or a caregiver and would like more information about how to make your voice heard, contact Deborah Thomson or Susan Kelley-Grasso at the Alzheimer's Association, (617) 868-6718.

A Turning Point in Alzheimer's Advocacy?

By Bruce Steiner

The author is caregiver for his partner, Jim Anthony. Jim was awarded the 1999 Annual Advocacy Award by the Massachusetts Chapter in recognition of his outstanding role in speaking for persons with Alzheimer's disease.

This past spring in Washington, DC the national Public Policy Forum of the Alzheimer's Association reached a remarkable milestone—offering its first workshop for people with Alzheimer's disease. This workshop was an immediate, resounding success, attracting a standing-room-only crowd in which everyone shared a sense of exhilaration.

This enthusiasm then expanded into the rest of the Forum through active participation in subsequent sessions by people with Alzheimer's and their caregivers. Hallway conversations suggested that an exciting turning point in Alzheimer's advocacy may be imminent.

Contagious caring. The electricity in the Forum's workshop for people with Alzheimer's was evident upon entering, even before a formal word had been said. Then with Joanne Koenig-Coste's expert moderating, articulate personal stories by two leading participants with Alzheimer's stimulated an extraordinary exchange, in which a broad range of complementary experiences among attendees was shared. By the workshop's end, it was evident that **participation by people with Alzheimer's** is an untapped resource that can add an important new dimension to Alzheimer's advocacy.

These developments are of more than passing interest to the Alzheimer's community in Massachusetts. Leadership from Massachusetts has played a strong role in demonstrating to other chapters that participation by people with Alzheimer's is important. For many years before Joanne Koenig-Coste's seminal workshop this spring, she has quietly helped patients and caregivers in Massachusetts to face our challenges with humor and strength we didn't know was there.

Influential leadership. Joanne has also shown us how satisfying and enjoyable it can be to take an active, empowering role in living with Alzheimer's. Her workshop colleagues this spring demonstrated that Joanne's influence now extends well beyond our state's borders to help patients and caregivers throughout the nation.

Leadership in Alzheimer's advocacy has long been visible locally on Beacon Hill, where testimony of Alzheimer's people and their caregivers has added a compelling voice in support of our priorities. The remarkable recent progress on state issues of concern to the Alzheimer's community can be attributed not only to the strength of the extraordinary professional leadership here, but also to the effective testimony on Beacon Hill of people with Alzheimer's and their caregivers.

Finding our voice. The Massachusetts Chapter and affiliated local professionals for several years have included persons with Alzheimer's as speakers at their family and professional



Jim Anthony, who received the 1999 Annual Advocacy Award from the Massachusetts Chapter.

conferences. The tireless efforts of Rachel Hawk and others to portray directly the experience of Alzheimer's patients, to give voice to their thoughts and feelings, has added humanity and immediacy to the process of sharing expertise and information about the disease's impact.

The strength of the Massachusetts community has also been reflected this year in highly effective pieces in print, on radio, and on television. Most notably, **The Boston Globe** recently placed an article by Bill Orme-Johnson, an early stage patient, on the front page of its Living section, accompanied by his photo. These **effective public relations strategies** are traceable to the leadership of our professionals, particularly Elaine Silverio, who have consistently encouraged Alzheimer's people and their caregivers to speak out, created opportunities for them to do so, and deftly enabled them to seize the moment.

Taking charge. Participants in these efforts to date, whether patients or caregivers, have found their experiences energizing and empowering. Rather than constituting an additional drain on already overloaded schedules, activities such as articles, interviews, local seminar talks, testimony on Beacon Hill, and participation in Capitol Hill activities enable us to take initiative in situations that once seemed to allow only passive acceptance of our fate.

Throughout this impressive recent history, a broad set of opportunities for participation by non-professionals has now been demonstrated. But these opportunities are not always apparent, particularly for new entrants to the community who may be able to make the greatest contributions. **We can now accelerate this progress** by encouraging participation in local conferences and workshops, sponsoring activity on Beacon Hill suited to a range of abilities, writing letters, giving interviews to the press, and promoting attendance at the annual Public Policy Forum in Washington.

I invite you to join us in our journey of advocacy and empowerment. ◻

Book Review: Practical Realities Keeping Busy: A Handbook of Activities for Persons with Dementia

By James R. Dowling. The Johns Hopkins University Press, Baltimore, Maryland (1995): 178 pages.

Reviewed by Caroline R. Grinnell, ACC

Much as we might yearn for a magic pill to cure Alzheimer's disease and its related distressing behaviors, we know it doesn't exist. However, activities therapy for persons with dementia offers good news for families and their loved ones. What are activities in this context, and why should persons with dementia be involved in them? In his book, *Keeping Busy*, James R. Dowling defines the word "activity" and its many applications in caregiving and facilitating quality of life for persons with Alzheimer's disease and related dementias.

Keeping Busy is a handbook filled with ideas, anecdotes, and resources presented in a straightforward and understandable style. Although the book was written based on staff and resident experiences at an Alzheimer's care facility in Maine, the core concepts discussed are useful for all persons caring for someone with Alzheimer's disease, whether at home or in a day program or long-term care facility.

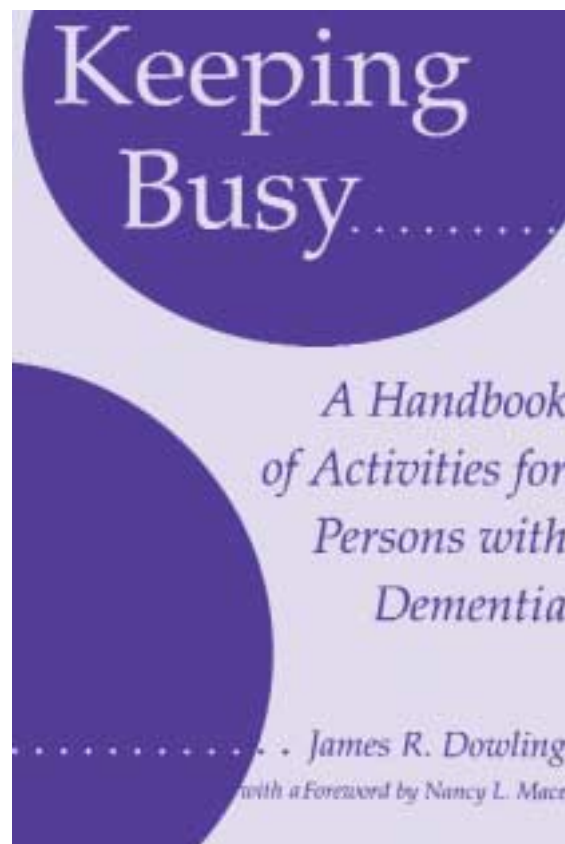
Broad definition. Activities, for use with dementia clients, transcend the stereotypes. According to Dowling, "Activity is everything a person does, and making sure that activity happens is the responsibility of each and every caregiver on the team." Sound a bit idealistic? Not really. Activities are essentially everything we do: basic hygiene routines, work related to our jobs, leisure interests, and home-based tasks.

Activities help instill a sense of self-worth, purpose, and accomplishment, as well as enhance an overall sense of well-being. Activity goals are diversified depending on the tasks involved. They include sensory stimulation, opportunities for emotional expression, spirituality, and physical and mental exercise.

Certainly, we all benefit from a having a sense of purpose and the means to express ourselves; the major difference for persons with dementia is that **they need assistance to participate in their own lives**. This fact of life brings home the team concept, in which everyone is an important part of making activities come together in a synchronized way.

Long cuts. Key Ideas, the initial chapter, outlines the basics: what is activity, what is meant by work, issues of control, behavior management, key approaches, concepts of scheduling, orientation to time and place, and program guidelines. The chapter is a must-read for everyone, novice or veteran in Alzheimer's care, if only to learn what is meant by the term *long cut* (as opposed to *short cut*).

Each subsequent chapter is devoted to one activity topic: Humor, Exercise, Music, Pets, Cooking, Words and Word Games, Table and Social Activities, etc. One can read the book through, cover to cover; or use it as a resource, searching indi-



Education

Keeping Busy is a handbook filled with ideas, anecdotes, and resources presented in a straightforward and understandable style.

vidual chapters for particular ideas and/or clues for solutions to problems. Every chapter provides lists of group ideas and possible modifications, as well as lists of do's and don'ts.

Although Dowling does not profess to have a therapeutic activity in his repertoire for every challenging behavior, *Keeping Busy* does provide a sensible, meaningful guide for caregivers to follow. Its real value lies in its usefulness as a practical resource for making quality of care and quality of life part of everyone's day, to lift hearts as well as hands. ☐

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.

From Our Publications List


- *Keeping Busy: A Handbook of Activities for Persons with Dementia* by James R. Dowling; 1995, softcover, 178 pages. Prices: members \$11.95, non-members \$12.95.

- *Guidelines to Assess and Improve the Quality of Special Care Units in Nursing Homes* by Alzheimer's Association, Massachusetts Chapter; 2000, notebook, 118 pages. Prices: members: \$99.00, non-members \$199.00. For professional use, this sturdy, easy-to-use notebook provides comprehensive information dealing with the Habilitation model of care for establishing and managing dementia Special Care Units (SCUs) in nursing homes. Topics include: guidelines for administration, care planning, activities, and staffing as well as detailed assessment tools for evaluating your Special Care Unit. **Postage Policy:** add **\$3.00** for the first book. Add **\$.25** for each additional book. For delivery beyond the continental U.S., **please call for rate**. We use UPS ground service; no package deliveries to P.O. boxes.

- *Nursing Home Consumer Guide*: What to look for while evaluating a nursing home for someone with Alzheimer's disease; by Alzheimer's Association, Massachusetts Chapter, 2000. Free with free postage for single copies. Mail check with order to Alzheimer's Association, 36 Cameron Ave., Cambridge, MA 02140. To order by credit card, or for copies of the free *Nursing Home Consumer Guide* call (617) 868-6718.


ALZHEIMER'S EDUCATION

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, and taking care of ourselves.  Pre-registration is required for this full day of training, and the charge 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.

November 6, December 4

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 charge 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.

November 14, December 5 and 12, January 9

Annual Simons Research Symposium

Our 11th Annual Simons Research Symposium, featuring a scientific lecture on Alzheimer's disease, will take place at the Colonnade Hotel in Boston. Steven T. DeKosky, M.D. will present "The Why and How of Studying Alternative Medications in Alzheimer's Disease."

Dr. DeKosky is Professor and Interim Chair of the Department of Neurology and Director of the NIA-funded Alzheimer's Disease and Research Center (ADRC) at the University of Pittsburgh. He is also a member and former Chair of the National Medical and Scientific Advisory Council, and Vice Chairman of the Board of Directors of the National Alzheimer's Association.

There is no charge for the lecture or light dessert reception that follows. If you are interested and would like to receive an invitation, please call (617) 868-6718 or visit our web site at www.alzmass.org.

Wednesday, November 7 (7:00-8:30 p.m.)

Western MA Professionals Conference


The Annual Western MA Professional Caregivers Conference, featuring guest speaker Dr. Ladislav Volicer, will be held at the Springfield Sheraton, Springfield. For more information, contact Jeannie Banas at (413) 787-1113.

Tuesday, November 6 (9:00 a.m. to 4:00 p.m.)

Annual Family Conference

Living with Alzheimer's, our annual conference for people with Alzheimer's disease and their families and friends, will be held at the Holiday Inn in Worcester. Our keynote speech will focus on current AD research.

Workshop choices include: Overview of Alzheimer's Disease; Communication Techniques; Activities of Daily Living; Legal and Financial Issues; Resources and Services; and Behavior Management. In addition, a series of workshops for people with Alzheimer's disease and discussion groups for others on Caregiving at Home, Coping with Loss and Change, and Talking with the Rest of the Family will be offered.

 Pre-registration is necessary, and the conference registration fee is \$25, plus \$20 for each additional family member. The fee includes lunch. In addition, a day program will be available for people with dementia who would not benefit from the workshops, but who cannot be left at home. If you are interested and would like to receive a brochure, call (617) 868-6718 or visit our web site at


www.alzmass.org.

Saturday, December 8



(Photo by Heidi Wallner)


Taking Control of Alzheimer's Disease: Home-Based Care Techniques for Families

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 Harriet Udoff. The course will continue into February, and families must plan to attend all six sessions.  There is no charge for the seminar, but pre-registration is required. Alzheimer's Association, Lowell Area Office, HealthSouth at St. Joseph's, 220 Pawtucket St., Lowell. Call Harriet Udoff at (978) 937-5576.

January 10, 17, 24, and 31; and February 7 and 14 (10:00 a.m. to 12:00 p.m.)

**All meet
free of cha
marked**

Times may be subject to change. Please call the number listed.

 indicates pre-registration. If in doubt, call (617) 868-6718.

Visit www.alzmass.org for up-to-date information.

CALENDAR November, December, January 2002

Family Orientation

An education meeting for family members. Topics include diagnosis, treatment, medications, planning, home management, and more. The program is free of charge. Locations, dates, and times 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.

Nov. 15, Dec. 20, Jan. 17 (10:00 a.m.-12:00 p.m.)

Longmeadow: Held at Jewish Geriatric Services, 770 Converse St., Longmeadow. Pre-registration is recommended; please call (413) 787-1113.

Nov. 14, Dec. 12, Jan. 9 (4:00-6:00 p.m.)

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

Nov. 14, Dec. 12, Jan. 9 (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.

Nov. 14, Dec. 12, Jan. 9 (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.

Nov. 14, Dec. 12, Jan. 9 (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.

Nov. 29, Dec. 20, Jan. 24 (6:00-8:00 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.

Nov. 5, Dec. 3, Jan. 7 (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.

Nov. 27, Jan. 22 (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.

Nov. 15, Dec. 20, Jan. 17 (1:30-3:30 p.m.)

Activity-Based Alzheimer's Care Training

A new training program for activity and program professionals. Topics covered will include activity-based care for persons with AD, assessment and care planning, program design, quality activities, program evaluation, and teamwork. Alzheimer's Association, Cambridge Office, 36 Cameron Ave., Cambridge. For more information, contact Erin Whalen at (617) 868-6718, ext. 213.

Wednesday, Jan. 16

Make Plans for November! Time to Learn, Share, Act!

By Rachel Hawk, R.N., M.S.N.

November is **National Alzheimer's Awareness Month!** It's not too soon to begin preparing for this important time of year. Although our hope ignites anew with frequent news reports of important discoveries and research studies about Alzheimer's disease, there is still no cure.

Glowing lamp. What we can do now is to light the lamp of our own wisdom in managing the disease process. We can learn to recognize and understand the symptoms of the stages of Alzheimer's disease. We can give and accept appropriate support and care. Although people manifest different symptoms and the stages overlap, it does help to understand the disease hallmarks and to develop the necessary skills and plans for dealing with each stage *before* it arrives.

Many Massachusetts facilities and agencies will offer educational programs to the public, often free of charge. A variety of excellent programs and conferences, offered both by this Chapter and other organizations, are directed toward providing the most up-to-date information and target various audiences. Support groups offer the ongoing opportunity to learn about the disease and to discuss pertinent issues in a small group setting with others who understand.

Media spotlight. Throughout the month of November there will also be increased national and local media attention to Alzheimer's disease and the problems it causes in peoples' lives. You may learn useful information that you can apply in your own family situation.

Finally, check your local paper and take the time to attend programs that interest you. Talk to your neighbors about what you know and become a part of the educational process yourself. ☐

Rachel Hawk, R.N., M.S.N. is the MA Chapter's Director of Education.

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Development

Pratt Golf Event Nets \$250

Thanks to Wayne and Pam Pratt, Thomas Pratt, and other members of the Pratt Family for organizing the Fourth Annual Borden and Grace Pratt Memorial Golf Tournament, held June 23 at Billerica Country Club. More than 25 people enjoyed a pleasant day of golf and helped to raise close to \$250 for the Alzheimer's Association. *b*

Fourth Annual Verizon Wireless "Make the Link" Golf Tournament Event Raises Over \$95,000 for Alzheimer's Association, MA Chapter

By Dick Fleiss

The day was made to order: warm with low humidity, and not a cloud in the sky. The perfect golfing weather Monday, July 16 was an ideal backdrop to the spectacular setting at the Andover Country Club, this year's host course for the Fourth Annual Verizon Wireless "Make the Link" Golf Tournament presented by Praecis Pharmaceuticals, Inc. The event raised more than \$95,000 for Alzheimer-related programs and services throughout Massachusetts, a considerable gain over last year's returns.

Following a tasty buffet luncheon and an opportunity to warm up on the club's driving range, 148 golfers spread across the course for a 1:30 p.m. shotgun start and an enjoyable afternoon on the links.

Recently retired Green Bay Packers General Manager and Superbowl winner Ron Wolf and former Boston Bruins star Steve Leach joined us as Honorary Co-Chairmen. These two sports legends, who both have been touched by Alzheimer's disease, warmly greeted and socialized with our full complement of golfers during cocktails and dinner following the tournament.

Lively evening. Participants closely examined an intriguing selection of silent auction items and engaged in spirited bidding. At dinner, emcee Jimmy Young once again did a masterful job of overseeing a lively program of speakers, live auction items, and awards.

Event chairman Bob Cipriani welcomed the crowd and gave special thanks to our sponsors, Verizon Wireless, Praecis Pharmaceuticals,



Honorary Chair Steve Leach addresses golfers at the Awards Banquet.

Barton Hyte dazzled the crowd with a fascinating collection of live auction items.

Generous winners. The foursome from Covenant House—Susan McDonough, David Lincoln, Thomas Lucas, and James Mahan—each went home with a three-wedge Ben Hogan set for posting the lowest net score. Defying unbelievable odds, Tom Keenan, for the second year in a row, won the 50-50 raffle (as well as the putting contest). He once again displayed his very generous nature by donating a major portion of his winnings to the Association.

Participants, volunteers, and staff alike enjoyed the day of golfing, but more importantly, were overjoyed that the event was so financially successful. This success will

directly translate into higher levels of support for the Association's programs and services for Alzheimer's patients and their families across the state.

As Chairman Bob Cipriani eloquently observed, "I am truly gratified by the increasing level of support that we have received each year for the tournament, from the golfers, the sponsors, and, of course, the invaluable volunteers. It is an honor to be associated with a highly successful fundraising event for such a worthwhile cause." *b*

Dick Fleiss is the MA Chapter's Development Officer.

Uncle Sam's Matching Gift Program The Bequest from an IRA

By Dan Hoebeke, J.D.

Most people are aware that bequests to charities are not subject to inheritance and estate taxes. Often, though, these same people forget that any amounts left in their I.R.A.'s will be subject to income tax after their deaths—sometimes immediately.

A special tax rule says that if you designate a charity as the beneficiary (or partial beneficiary) of an I.R.A., you not only wipe out estate and inheritance taxes, but those deferred income taxes as well. For individuals who would otherwise owe estate tax, this gift from an I.R.A. may save as much as 75% in taxes.

Win-Win Strategy. In other words, for every dollar you leave to charity, Uncle Sam kicks in another three dollars. So, not only do your estate and heirs save money in estate taxes, but you can make a significant impact and positively affect people with Alzheimer's disease and their families in the state.

If you would like more information on designating the Association as a beneficiary in your will, contact Heidi Ganss or Dick Fleiss in the Development Office at (617) 868-6718, ext. 207. *b*

Daniel Hoebeke, J.D. is Associate Director of Chapter Planned Gifts at the National Alzheimer's Association in Chicago.



The 2001 Winning Foursome (L to R): David Lincoln, James Mahan, Susan McDonough, and Thomas Lucas. (Make the Link Photos by Pete Bartkiewicz, Whitelight Photography)

family members and friends.

Steve Leach spoke with warmth and passion about his father's sad journey with Alzheimer's disease, while Ron Wolf candidly and patiently responded to a myriad of questions concerning the Packers and the NFL. Board Vice Chair Kate Salmon-Robinson offered insight into the Alzheimer's Association's array of programs and services. Auctioneer extraordinaire

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

Bob Cipriani, Chairman
Larry Curran
Jennifer Weinstock Fritz
Skip Jenkins
Elisabeth Lang
Jay McMahon
Nancy Mills
Joe Paresky
Loren Shapiro
Stanley Solomont
Peter Stoner
David Thomson
Lisa Wesley

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

Alzheimer's Association, Mid-Hudson Chapter
Andover Country Club
Athlete's Corner, Andover
Barton K. Hyde Co., Inc.
Beacon Hill Athletic Clubs
Beth-Ann Norton
Betty Jo Prins
BJ's, Tom McMahon
Boston Bruins
Boston Duck Tours
Boston Globe
Boston Red Sox
Boston Symphony Orchestra
Celebrities for Charity

Clark and White
Lincoln Mercury
Corner's Framing
David and Nancy Solomont
David and Pat O'Hearne
Dennis Eckersley
Doug Flutie Junior
Foundation
Elephant Walk Restaurant
Elisabeth Lang
Esthetiques Par Kiki
Skin Care
Fidelity Press
Fleet Center
Fortune Marketing
Unlimited, Inc.
Foxwoods Resort Casino,
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Genesis ElderCare
George and Connie Ganss
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Cipriani Curran
The Hartford
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Newton/Wellesley
The Interface Group
Ipswich Country Club, Pro
Steve Carter
Joseph Gann Jewelers, Boston
KaBloom, Andover
KISS 108-FM



Honorary Chair Ron Wolf with father-in-law and Board Member Stanley Solomont.

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PGA Tour
Renaissance Montreal Hotel
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Rota Portrait Design
Royster Hedgepeth
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Sophea Kim
*Sports Guy and Hard to
Forget* by Charlie Pierce
Sports Museum of
New England
Stanley Solomont
Starbuck's, Andover
Thomson Communications
The Watch Hospital
Whitelight Photography
Whitney Place

Klejna Finishes Race for Mother

Congratulations and many thanks to Joe Klejna of Springfield, who completed the **Sea to Summit Triathlon** in New Castle Island, NH July 28. Joe undertook the triathlon in memory of his mother, Beverly Klejna, who lost her battle with Alzheimer's disease earlier this year; and to provide financial support for the Alzheimer's Association, Massachusetts Chapter.

Joe spent the past year fundraising and preparing for the rigorous and impressive athletic event, consisting of 12 miles of sea kayaking, 90 miles of bicycling and an 8.5 mile uphill run. A truly amazing athlete, Joe successfully completed the triathlon in 11 hours, 20 minutes and 16 seconds! Bravo, Joe!!! ☐

July Team Kickoff

Taking part in the July Team Kickoff of the Greater Boston Memory Walk at Thomas Graves Landing overlooking Canal Park, the site of the Walk, include (L to R): Alan Jacobson, Greater Boston Walk Co-Chair; Sheila Walsh, Greater Boston Walk Co-Chair; Phil Quillard, Regional Vice President of Beverly Healthcare, Corporate Co-Chair; Christine Haden, Regional Director of Programming, Sunrise Assisted Living, Corporate Co-Chair; Jim Wessler, Executive Director of the Alzheimer's Association, MA Chapter; Joanna Cormac-Burt, Senior Vice President, EPOCH Senior Living, Corporate Co-Chair; and Sandy Auerbach, M.D., Chairman of the Board of the Alzheimer's Association, MA Chapter. Not pictured are Dick Blinn, Regional President of Genesis ElderCare, Corporate Co-Chair; and Nancy Holcomb and Judy Rauchwarger, Greater Boston Walk Team Recruitment Co-Chairs. Look for Memory Walk 2001 highlights from the Greater Boston Walk and our eight other walks in our next Newsletter! ☐



(Photo by Roger Appell)

Development

Even More Newlyweds Make Pledge

Bells are ringing for Jennifer Niemi and Steven Proffit! The Alzheimer's Association is very grateful for their recent generous gift in lieu of wedding guest favors at their September wedding. This gift was made in loving honor of their respective grandmothers, Jacqueline A. Cusick and Gertrude Willender.

We also wish to acknowledge the generosity of another pair of newlyweds, Erica Berardi and Philip Rotondo, Jr. of Medford, who were married August 25. They also made a gift to our Chapter in lieu of wedding guest favors.

Best wishes to Jennifer and Steven, and to Erica and Philip, for a lifetime of love and happiness! ☺

Two participants reach the finish line at this multigenerational event. (Photo by Tom Convery)



Comics Combat Despair

Our Chapter applauds Boston-area comedian Tom Morello, who organized "Tools of the Tirade: Comics Against Alzheimer's Disease," held June 26 at the Comedy Studio in Harvard Square, Cambridge. Tom hopes the production—organized in memory of his grandfather, who had Alzheimer's disease—will become an annual tradition at the Comedy Studio. The proceeds from this special event will directly benefit people with Alzheimer's disease and their families.

All of the featured comics, including Tom and Comedy Studio founder Rick Jenkins, donated their valuable time for this innovative production. During her act, comedienne Annette Pollack commented on how the Alzheimer's Association and Dr. Paul Raia helped her and her family when her mother had Alzheimer's disease.

Many thanks to all of the immensely talented comedians for providing laughter and levity in their efforts to combat Alzheimer's disease—Kyria Abrahams, Ross Garmil, Rick Jenkins, John Keating, Kelly MacFarland, Tim McIntire, Tom Morello, Dan Newbower, and Sam Walters. ☺

Remembrance Society: Planning

We are pleased to announce the formation of our Remembrance Society, comprised of individuals who are planning to include the Alzheimer's Association, MA Chapter in their estate plans. Estate planning provides a unique opportunity to continue to make a difference, even after your passing.

Planned gifts to the Alzheimer's Association enable us to continue to serve thousands of individuals and families suffering from the effects of Alzheimer's disease. In addition, a gift to the Alzheimer's Association offers significant tax advantages for your estate.

Please let us know if you have included the Alzheimer's Association in your estate plans, so we can make sure you're part of our exclusive Remembrance Society. Please contact Heidi Ganss, Director of Development at (617) 868-6718, ext. 207 or heidi.ganss@alz.org to learn more about the Remembrance Society. ☺

Fifth Annual Al Dente Event Breaks Record

On Saturday, May 5 more than 650 runners and walkers gathered at the Medford VFW Post 1012 for the 5th Annual Al Dente four-mile Road Race/Walkathon for the benefit of the Alzheimer's Association, MA Chapter. Weather conditions were ideal for the 12:30 p.m. start and results were impressive, both athletically and financially.

The top male runner was **Alex Filides** from Everett with an outstanding time of 22 minutes



Ned Ames (Riverdale, NY) and Scott Gibbons (Boston)



Host Ben Ames (L) shares the evening's festivities with friends (L to R) John Grant, Meera Bhatia, Marika Page, and Bethany Grant. (Photo by Seth Taylor)

Think Spring Emerges in Full Bloom

Kudos to Shannon and Ben Ames for organizing *Think Spring*, a benefit party and auction, held at the Cambridge Boathouse on April 21. Shannon is an avid rower, which made the Cambridge Boat Club a perfect location for this first annual event.

Ben and Shannon know firsthand how Alzheimer's disease affects families. They organized this event in honor of Ben's mother and uncle, as well as Shannon's two uncles. Nearly 100 friends and family gathered for an evening of lively conversation, good food, and great live music at a beautiful spot on the banks of the Charles River. Due to the generosity of their guests, auction donors and event sponsors, the event grossed almost \$7000 with all proceeds benefiting the Alzheimer's Association, Massachusetts Chapter.

Many thanks to Shannon, Ben, and the *Think Springs* sponsors, including Maura Conron of Wildebeest Studios in Waltham, Rick Ashley Photography, The Mercury Gallery, Wellspace, M Salon, Eco Centrix, Toscanini's, and many other generous individuals. ☺

and 25 seconds. The number one female runner, **Maura McGovern** of Medford, crossed the finish line in a dazzling 23 minutes and 38 seconds. This year's event raised approximately \$20,000, exceeding the 2000 results by an impressive 25% and bringing the five-year total amount raised close to \$80,000.

Following the rigorous part of the occasion, everyone enjoyed a barbecue, pizza, clam chowder, music, and much more. All-in-all, a wonderful day for a special cause! Congratulations to Ed Nolan, Ralph Nolan, and their hard-working committee for doing a sensational job. ☺

Night at the Pops Dazzles Participants

By Sheila Watnick

More than 330 friends of the Alzheimer's Association were treated to an unforgettable evening May 31 at the Second Annual *Night at the Pops*. Maestro Keith Lockhart led the Boston Pops Orchestra in a masterful performance featuring bassist Edgar Meyer and the entire bass section.

The dinner and concert event grossed \$72,000, a \$12,000 increase over last year's returns. It also boasted a 65% increase in guests over last year's program.

Honored patrons. The Alzheimer's Association is grateful to Betty and Frank Avruch, who served as Honorary Chairs. A graphic designer and photographer in her own right, Betty recently rediscovered the work of her mother Rose deSmith Greenman, a self-taught artist, who died in 1983 following a seven-year struggle with Alzheimer's.

During her illness, Rose created many beautiful works of art. Several paintings were donated to the Alzheimer's Association to be used on notecards sold to benefit the Association's programs and services.

Frank Avruch is a well-known and respected Boston media personality. He is involved in movie and theatre openings, and



It's a family affair for Night at the Pops Chair Stanley Solomont (R). Just a few of the family members who attended the concert include (L to R) Stanley's nephew Howard Newell with his wife Sandy, and Stanley's son David with his wife Nancy.

participates in various cultural and community events which benefit several worthwhile charitable causes.

Poetic harvest. A surprise guest was U.S. Representative Edward Markey, an outspoken advocate for Alzheimer's research in Washington, DC. After enlightening the audience on his family background, Congressman Markey, who lost his mother to Alzheimer's, ended with these thought-provoking remarks: "Research is medicine's field of dreams, from which we harvest new findings about the causes, treatment, and prevention of disease."

For the second year in a row, we extend our gratitude to Committee Chair and Board Member Stanley Solomont. As he observed, "It was wonderful seeing so many people take part in such a special evening while benefiting the Association and its mission of providing support, education and advocacy for the 130,000 Massachusetts residents stricken with Alzheimer's and their families."

Joining Stanley were his tireless committee members, including Mark Ailinger, Amy Beck, Francesca Correia, Larry Curran, Dick Doucette, Judy Green, Joan Johnson, Nancy Mills, Angela Monahan, Kathy Stafford, Lyn Trojanowski, and Joe Walsh. Special thanks are also extended to pianist Stanley Macht for entertaining the group during the reception, and to Joan Johnson for donating the lovely floral centerpieces.

Teamwork. Making *Night at the Pops* a reality again this year is presenting sponsor Praecis Pharmaceuticals, Inc. William Kubasek, Ph.D., Praecis' Vice President of Program Development, addressed the crowd. Other sponsors included Mr. and Mrs. Joseph Gann and Genesis ElderCare, Patrons; and Bingham Dana LLP, Brian O'Hearne/UBS PaineWebber, and Shirley Spero, Friends.

With two highly successful *Night at the Pops* events behind us, the Alzheimer's Association looks forward to an encore performance in the spring of 2002. □

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

Development

"Research is medicine's field of dreams, from which we harvest new findings about the causes, treatment, and prevention of disease."

—U.S. Representative
Edward Markey



U.S. Congressman Edward Markey (R) enjoys a few laughs with Alzheimer's Association Board Chair Sandy Auerbach, MD. (L) and Honorary Chairs Frank and Betty Avruch. (Night at the Pops photos by Joey Libby)

Flaherty Teaches North Shore Caregivers

Gerald Flaherty of the Chapter's staff is shown here during his June 13 presentation to 30 professional and family caregivers at the Peabody Life Center in Peabody. Sponsored with the North Shore Alzheimer Community Partnership, the presentation focused on the Alzheimer's Association's national Safe Return program, which responds around-the-clock to reports of lost patients. Phyllis Scanzani of Seacoast Nursing and Rehabilitation Center in Gloucester and Pamela Parkinson, Director of the Peabody Life Center assisted in organizing the event. □

(Photo by Partnership member and North Shore attorney Steve Spano)



Safe Return

Western MA News

Big Y Charity Golf Benefits Chapter

The MA Chapter was awarded \$5,000 from the 20th Annual Paul H. D'Amour Memorial Charity Golf Tournament in June. Big Y Foods, Inc. of Springfield sponsors the tournament for its employees and vendors in western and central MA and northern CT. Over the past 20 years, the event has raised more than \$1 million for local charities and the Big Y Scholarship Program. Proceeds from the 2001 tournament benefited 15 organizations. This was the first time the Alzheimer's Association has been a tournament beneficiary, and we deeply appreciate the generosity of Big Y Foods. ◻

Jeannie Banas (R) shares ideas with Mrs. Teiko Sasamori (L), Director of the Tokyo Chapter. Mrs. Fumiko Umemoto (C) from the Kyoto National Office served as translator. (Photo by Paul Banas)



Volunteer Spotlight: Art Ford

With sandy red hair and twinkling blue eyes, Art Ford has served as "Resident Leprechaun" in the Western Regional Office since early in 1999. Art's decision to volunteer for the Alzheimer's Association was directly linked to his late wife's experience.

The love affair between Art Ford and Mary "Mackie" McCormick began when they were high school sophomores. It endured a separation caused by the Korean War and was strengthened through 44 happy years of marriage and raising five children. It survived the Lewy Body disease that attacked a vibrant woman not yet 60 and ended her life in 1998.

Inspiring voice. "Mackie was my best friend," Art observed recently. "She left life, but not my life. I can hear her

In recognition of his Memory Walk leadership, Art Ford was a recipient of the Myer Saxe Fundraising Award, bestowed at the Chapter's Annual Meeting in September.

telling me not to be sad and gloomy, but to do something positive." Taking that philosophy to heart, Art is a member of the Regional Advisory Committee in Western MA and is co-chairing the Pioneer Valley Memory Walk for the second year.

Under Art's leadership, Mackie's Team of nine family members raised over \$3,800 in 2000, paving the way for all family and professional teams at the walk. Now he is helping others with their fund raising efforts and making plans for 500 participants at the Springfield area walk.

When asked what single thing he wants caregivers to remember, Art replied, "You must take care of yourself." Having taken early retirement to care for a wife who became ill in her fifties, he remembers how difficult it is to balance caregiving with the demands of teenage children and holding a job.



Art Ford (front R in cap) and members of Mackie's Team at Pioneer Valley Walk 2000. (Photo by Royster Hedgepeth)

Caregiver focus. Knowing it's easy for family caregivers to put their own needs on hold, Art visits with families during monthly meetings at the Westfield Council on Aging and meets with individual caregivers one-on-one. He focuses much of his volunteer time on helping other caregivers survive. And for these gifts, the MA Chapter staff and the families who turn to us for help are more than grateful for this very special volunteer. ◻

SAVE THE DATE

Professionals Conference: Tuesday, Nov. 6, 9:00 a.m. to 4:00 p.m., at the Springfield Sheraton, Springfield. The Annual Western MA Professional Caregivers Conference, "Nonpharmacological Management of Alzheimer's Disease" will be presented by Ladislav Volicer, M.D., Ph.D. Dr. Volicer is Clinical Director of the Geriatric Research Education and Clinical Center, E.N. Rogers Memorial Veterans Hospital, Bedford, MA; and author of *Management of Challenging Behaviors in Dementia*. For more information contact Jeannie Banas at (413) 787-1113.

JB Visits Alzheimer's Association of Japan

In her own words: On February 21, my family embarked on a 15-day trip to Japan. A curious soul, I decided to combine meetings with the Alzheimer's Association of Japan with a family visit. I first corresponded with Japan's National Office in Kyoto. Dr. Yoshio Miyake, Vice President of the Alzheimer's Association and Medical Director of Geriatric Care Facilities, Kyoto Minami Hospital, helped coordinate visits to chapters in Chiba and Tokyo as well as the national office.

Japan's population of 127 million people is organized into 49 states or prefectures. There are 39 Alzheimer's chapters with 7,000 members. Two-thirds of this total are family caregivers, and the rest are health care professionals.

Chapters have focused on family and caregiver resources, and have just recently started providing educational conferences. The Chiba Chapter helped to establish the first adult day center in Japan. In Tokyo, I learned about the enormous task of reaching 8 million people with two staff members and a few volunteers. Their Help Line receives 10 to 15 calls per day. The dedication of these volunteers and staff for the Association is amazing, considering the limited resources and services available!

Global friendship. Alzheimer's Japan is a member of Alzheimer's Disease International and is hosting an international conference in Kyoto, Japan in October, 2004. As a result of my visit, the Massachusetts Chapter was invited to participate. The trip was truly an enlightening experience. I am looking forward to my next trip and the possibility of becoming a resource for the many chapters in Japan.

—Jeannie Banas

Tanglewood Premiere Raises \$42,000

An especially glorious day in the Berkshires, filled with the music of the Boston Symphony Orchestra and soprano Kiri Te Kanawa, unfolded on Sunday, August 5 as 261 friends of the Alzheimer's Association gathered for the first **Alzheimer's at Tanglewood** fundraiser. Thanks to Presenting Sponsor Janssen Pharmaceutica and Leadership Sponsors Berkshire Healthcare Systems, The Memory Clinic, Northern Berkshire Health System, Quabbin Valley Healthcare, and Sweet Brook Care Centers, more than \$42,000 was raised for the MA Chapter.



David Norton

Guests eagerly sampled treats at a dessert buffet in the Hawthorne Tent on the Tanglewood grounds prior to the afternoon concert. A brief program featured comments by Honorary Chairs David Scribner, Editor of **The Berkshire Eagle**; and Jean Tyler, a founder of the Alzheimer's Association in Massachusetts and author of *The Diminished Mind*, a book about her late husband's struggle with Alzheimer's disease. The third Honorary Chair, Kasey Kaufman of WBZ-TV Channel 4 in Boston, was unable to attend.

Mission of curing. David Norton, President of Janssen Pharmaceutica, spoke about the company's commitment to defeating Alzheimer's disease and to working with the Alzheimer's Association to help people already affected.



Tanglewood Chair Fredrica Sloan (L) and Regional Director Kathryn Hedgepeth (R) applaud the event's success.

Special thanks to Event Chair Fredrica Sloan and her committee: Mark Ailinger, Susan Chalifoux, Karen Gold, Kathryn Hedgepeth, Beth Hinkley, Benjamin Liptzin, Deborah MacDonald, Barbara Milensky, Marion Quinn-Jowett, Suellen Solomon, Nancy Spencer, Diane Weinstein, and Jane Wilson. The team's efforts resulted in a marvelous debut for a new annual event! ☺



Royster Hedgepeth decorating the Hawthorne Tent.



Participants enjoyed the music from Tanglewood lawn seats. (Tanglewood photos by Art Falbo)



State Board Member Barbara Milensky visits with Honorary Chair David Scribner.

Event Volunteer Suellen Solomon; Ruth Freedman; Regional Advisory Committee Member Diane Weinstein, and State Board Member Don Freedman greet Event Chair Fredrica Sloan.



SAVE THE DATES !!! Watch for these Upcoming Events:

Simons Research Symposium: Wednesday, Nov. 7, 7:00-8:30 p.m. Our 11th Annual Simons Symposium lecture and reception will be held at the Colonnade Hotel in Boston. Steven T. DeKosky, M.D., Professor and Interim Chair of the Department of Neurology and Director of the NIA-funded Alzheimer's Disease Research Center (ADRC) at the University of Pittsburgh, will present *The Why and How of Studying Alternative Medications in Alzheimer's Disease*. See Calendar section for details.

Annual Family Conference: Saturday, Dec. 8. "Living with Alzheimer's," our Annual Conference for people with Alzheimer's disease or a related disorder, and their families and friends, will

be held at the Holiday Inn in Worcester. See Calendar section for details.

Conference and Community Celebration: Tuesday, Jan. 15. Caregivers as well as providers will come together on this special day to learn from each other. The event will provide participants with an opportunity to share knowledge and concerns as a means to promote education for African-American families. The conference will also feature a celebration and recognition of caregivers who have provided leadership and inspiration to others. The event will be free of charge. For more information, contact Michael Kincade at (617) 868-6718, ext. 202.

Activity-Based Alzheimer's Care Training: Wednesday, Jan. 16. A new training program for activity and program professionals. Topics covered include activity-based care for persons with AD, assessment and care planning, program design, quality activities, program evaluation, and teamwork. Program will be held at Alzheimer's Association, Cambridge Office, 36 Cameron Ave., Cambridge. For more information contact Erin Whalen at (617) 868-6718, ext. 213.

Alzheimer's Disease, a Spiritual Journey: Wednesday, Jan. 23, 10:00 a.m.-4:00 p.m. This innovative conference for clergy members will be held at Mt. Marie Conference Center, Holyoke, MA. For more information contact Jeannie Banas at (413) 787-1113.

Education

Summer Series a Great Success!

Our three-part Summer Series on Alzheimer's Disease, offered in each of our three offices, was enthusiastically received. Each site offered the same topics: An Introduction to Alzheimer's Disease, Financial and Legal Issues, and Managing Behaviors. More than 250 family and professional caregivers attended the programs, offered in Cambridge, Lowell, and Springfield (also see article, p. 2).

We extend our appreciation to each of the excellent speakers: Marilyn Albert, Ph.D.; Sanford Auerbach, M.D.; Benjamin Liptzin, M.D.; Cheryl Dunn, Esq.; John Fisher, Esq.; Robert Ford, Esq.; Harriet Udoff, M.S.E.; Judith Antonangeli, M.S.N.; and Ms. Jeannie Banas. ◻

Shutterbugs Alert!

Before you file away those extra family photos, send them our way!

We're issuing the hue and cry for attractive photographs to help illustrate our Newsletter. Can you help? It's a great way to help contribute to your MA Chapter's education and communications program, as well as a means of enhancing your family's involvement in our programs and services. A donation of photographs would be most appreciated.

Here's the scoop. We are in need of **high quality photos** in several categories:

- Older people engaged in activities, such as playing with animals or children.
- Older people relating to one another, families and friends, or professional care providers.
- Individual photos of older people, especially those showing emotion.
- Beautiful photos of the natural world and other outdoor shots (remember that our Newsletter is printed in black-and-white), including seascapes, flowers, trees, etc.

Proper I.D. The photos can be color or black and white, but not slides. If you'd like to have names used, carefully print or type the name(s) of each person in the photograph. If you prefer not to reveal names, that's fine, too—but in any event, be sure to include the photographer's name as well as your name, address, and phone number.

Although we can't promise to use every photo, the ones we do select will be used gradually, over time, as they fit into a subject area. Your photographs will add to the texture and quality of our Newsletter, and will be gratefully received. Thank you! ◻

Safe Return Program

Wandering and becoming lost are some of the most common, life-threatening behaviors associated with dementia. The Alzheimer's Association's 24-hour national

Safe Return Program assists in the safe, timely return of memory-impaired individuals who wander away from a home or facility. There's a nominal \$40 one-time enrollment fee, and scholarships are available. Eligible clients of the state's ASAP/Home Care agencies are enrolled free of charge. Give this attractive gift to a loved one! For \$5, matching jewelry is also available, identifying Alzheimer caregivers in an emergency. Call 1-(800)-548-2111 to request information or browse our MA Chapter web site at www.alzmass.org. ◻



Videoconference Board Meeting Extends Outreach

The MA Chapter held its second annual Videoconference Board and Leadership Meeting April 10 at the University of Massachusetts, Boston. The meeting highlighted the Chapter's commitment to utilizing technology to facilitate participation from throughout the state.

Our State Secretary of Elder Affairs, Lillian Glickman, was a featured speaker. Board members and local advisory committee members attended the videoconference, as well as partnership coordinators who traveled to one of three U-Mass sites in Boston, Lowell, or Amherst.

We extend our thanks to the University of Massachusetts for supporting and hosting this meeting, and to the U-Mass Boston campus for being the anchor site. Former Board Chair and U-Mass Professor Nina Silverstein was able to secure a grant from the University of Massachusetts, helping to offset some costs of this unique educational event. ◻

—Jim Wessler

Help for All Seasons

By Erin Whalen

With the holiday season and winter approaching, caregivers of persons with Alzheimer's disease often find that more support and information are needed. The lawn and garden that needed tending during long summer evenings are being raked and prepared for colder months with darker, shorter days. **People are indoors more often**, and need some additional ideas about how to deal with Alzheimer's disease as well as support around their loved one's changing abilities relative to the holiday season.

Having addressed many seasons of concerns, the Helpline continues to give assistance to family members about issues and questions affecting caregivers and persons with Alzheimer's disease. Being diagnosed with Alzheimer's disease is generally a very frightening experience. With education and support, people can begin to understand their situation and hopefully cope and plan for the future.

Just call. Our Helpline counselors are available daily to listen, to offer support, and to offer educational information and resources. Please call us at 1-(800)-548-2111. We are here to stand by you. ◻

Erin Whalen is the MA Chapter's Helpline Coordinator.

Support Group listing continued from back cover

Lowell: Scott Souci or Margaret Swanson	978-459-0546	Turners Falls: Molly Chambers	413-773-5555
Ludlow: Barbara Messler	413-589-7581	Wakefield: Lynn Zaloga	781-224-2800
Lynn: Harriett Udoff or Lisa Mercurio	978-937-5576 781-596-2992	Ware: Stasia Wozniak	413-967-2245
Malden: Jolyn Ek	781-324-4999	Wareham: Carolyn Cardoza	508-758-2173 or 508-991-5015
Mansfield: Christine Filocco	508-261-1333	Watertown: Ruth Gordon	617-491-1823
Marlboro: Sean Caulfield Joyce Henderson	508-481-9898 508-485-4040	Wayland: Candace Steingisser	508-358-3000
Medford: Douglas Lloyd or Sheila Watkus	781-324-5759 781-395-5542	Webster: Carolyn Racicot	508-949-3598
Mendon: Marlene Fregeau or Judy Mitchell	508-473-0862	Wellesley: Amy Beck Nancy Creehan Peggy Mullen	781-237-6400 781-431-5337 508-533-7020
Merrimac: Patricia Lavoie	978-803-3296	West Roxbury: Susan O'Connell or Stephanie Brinkhaus	617-325-1230
Methuen: Donna Koski	978-682-3582	Westboro: Julie Palmieri	508-836-4354 x3706
Middleboro: Robella Coates Carol Ann Mahon	508-946-2490 508-947-4774	Westfield: Ellen Nepomuceno	413-781-5070
Milford: Marlene Fregeau	508-473-0862	Weston: Shirley Earle	781-893-0154
Millbury: Pat Clark	508-793-0088	Westport: Susan Oliveira	508-636-1026
Nahant: Rev. David Dodge	781-581-1202	Westwood: Peter Byron	781-326-5652
Natick: Angela Goodus Judy Sabol or Susan Scheib Lois Pecora	508-655-1000 x21 508-650-9003 508-653-3081 508-655-5000 x3988	Weymouth: Barbara Orlandi Denise Moore or Julie Barcelo	781-337-3121 781-340-9100 781-340-9100
New Bedford: Jenny Nella	508-998-7807	Wilbraham: Beth Vettori	413-596-0006
Newburyport: Patricia Lavoie Charlene Levesque or Ginger Cashman	978-777-2700 978-462-7324	Williamstown: Fredrica Sloan	413-458-8127
Newton: Kathleen Connolly Emily Saffer	617-630-2743 617-558-6443	Winchester: Valerie Gramolini	978-897-7455
North Adams: Beth Hinkley	413-664-4536	Woburn: Jennifer Jaroch	781-932-0350
Northampton: Wendy Perrault or Sheri Weintraub	413-527-7737 413-584-1060	Worcester: Faith Bandama Ann Fitman Allison Leger Debbie DeRossier	508-791-5543 508-753-4791 508-752-2546 508-754-3800 x126
Norwood: Diane Simoni	781-769-4495	Worthington/Cummington: Sandra Epperly or Lucille Temple	413-238-5584
Peabody: Linda Smith	978-531-2254 x137	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>People with AD and their Caregivers</i> Wellesley: Peggy Mullen	508-533-7020
Reading: Anne Marie Bourque or Marie Ammer	781-944-1132 781-942-9059	<i>People with Early Stage Alzheimer's and Their Caregivers</i> Danvers: Carol Owen	978-774-4400 x3064
Rockland: Laureen Walsh	978-878-0099	or D'arcy Adams	
Roxbury: Ilene Marsh or Michael Kincade	617-361-7486 617-868-6718	Cambridge: Elaine Silverio	508-429-1577
Saugus: Debbie Bennett	781-233-8123	Natick: Joanne Koenig-Coste or Lois Pecora	508-879-5338 508-655-5000
Scituate: Marla Kaplan	781-681-1065	Weymouth: Julie Barcelo	781-340-9100
Somerset: John Rogers	508-679-2240	Westboro: Rosalie Hentz or Muriel Baum	508-366-9933 x3797 508-435-0019
Southbridge: Roger LaMontagne Susan Kleszczka	508-765-9771 508-248-7344	<i>Spanish-language Group/En Español</i> Boston: Conchita Rodriguez	617-868-8599
Springfield: Ellen Nepomuceno	413-781-5070	Springfield: Lydia Serrano	413-781-8800
Stoughton: John Scott Karen Sprague or Marsha Phillips Young	781-344-7300 781-344-7661 781-344-7300	<i>Spouses' Group</i> Brockton: GERALANN DiDomenico	508-427-6099
Taunton: Barbara Richards	508-823-4493	Chelmsford: Susan Antkowiak	978-934-0000
Tewksbury: Elaine St. Cyr Sharon Hooper or Paula Drelick	978-657-0800 978-851-3121	<i>Younger Adult Caregivers</i> Cambridge: Erin Whalen	617-868-6718

Support Groups

Basic Training for New Support Group Leaders

The Support Group Leaders Committee is pleased to offer workshops for new and prospective leaders of Alzheimer's support groups. Each workshop 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.

Reunión Mensual de Familias

Si desean información sobre reuniones mensuales de familias, por favor llamen a Conchita Rodriguez al 617.868.8599.



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 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.

Abington: Marie Bates	781-871-0200	Danvers: Gwen Kopka	978-750-4540
Acton: Joanne Chaulk	978-486-0590	D'arcy Adams	978-774-4400 x3064
or Jean Fleming	978-264-9643	Jeanne Parent	978-777-5717
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	508-222-6655	Fall River: Maureen Hebert	508-679-0011
or Ginny McDermott	508-222-0118 x2122	Paulette Masse	508-379-9700
Sharon Leary	978-226-6150	or Judy Elste	508-675-2101
Ayer: Jeannette Coutu or Gary Davis	978-772-1704	Fitchburg: Alice Murphy	978-343-5368
Belmont: Lauren Stork	617-484-0949	or Joanne Harris	
Beverly: Pam Fava	978-927-4227	Judy Wilson	978-632-1230
Boston: Barbara Hawley	617-726-2639	Foxboro: Diane Caldwell	508-337-8419
or Maureen Tardelli	617-391-7878	Framingham: Deborah Young	508-879-8000
Bourne: Judy Anthony	800-870-1800	Jayne Goldman	508-788-6050
Braintree: Denise Hughes	781-848-2714	Franklin: Linda Bonneau	508-528-4600
or Chris Togneri		Gardner: Ray Cormier	978-632-5477
Bridgewater: Kathy Hayes	508-697-0929	Gloucester: Maureen Powers	978-281-1750
or Sue Daniels	508-697-4368	Phyllis Scanzani-Smith	978-283-0300 x150
Brockton: Nancy Bresciani	508-583-2517	Great Barrington: Kelly Thorne	413-528-2650
Marie Albert, RN	508-587-6556	Hadley: Muriel Bolbuc	413-584-5057
Brookline: Pattie Chase	617-232-8848	Haverhill: John Freeman	978-346-4743
or Howard Block	617-277-4289	or Nancy Savarese	978-683-2771
Burlington: Sue Mike	781-272-2857	Fran Eisenman	978-469-0169
or Stacey Kohler	781-744-8114	or Pam McCallum	
Ann Cooper	781-270-9008 x202	Hingham: Jo Ann Mitchell	781-749-5417
Cambridge: Alice McCarter	617-547-3543x22	Eleanor Blair	781-749-4774
or Mary Costello		Holden: Naomi Sohlman	508-829-0270
Trudy Bauer	617-491-1815	Hyde Park: Carol Westheimer	781-455-8588
or Ruth Gordon		or Wendy Marks	
Canton: Susan Brady	781-828-7450 x307	Jamaica Plain: Tara Fleming	617-983-2300
Chelmsford: Pat Keene	978-251-8491	or Susan Kelley-Grasso	617-868-6718
Sandy Simon	978-250-6122	Kingston: Holli Spooner	781-585-4100
Susan Antkowiak	978-934-0000	or Susan Gate	
Chicopee: Judy Pothul	413-821-9911	Lee: Dolores Thimot	413-243-4747
Concord: Arlene Parillo	978-897-2569	Leicester: Eva Dawson	508-987-8056
or Nancy Crowley	978-371-3400	Longmeadow: Jay Brumberg	413-567-6212

Support Group listing continues on inside cover



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