

alzheimer's association™

Rhode Island Chapter Spring 2008 Newsletter
245 Waterman Street, Suite 306, Providence, RI 02906
(401) 421-0008 (f)401-421-0115 www.alz.org/ri

 Community
Health Charities®
New England
WORKING FOR A HEALTHY AMERICA



*Special Thanks 2008
Memory Walk Platinum Sponsor*



*Memory Walk September 28, 2008
Providence and Newport
Sponsorships Available—\$1,000—\$10,000, call
Camilla before the end of June at 421-0008
Or email camilla.farrell@alz.org*

It's that time of year again! We are getting underway for Memory Walk 2008. Memory Walk is Sunday, September 28, 2008. We are looking for creative, compassionate Rhode Islanders to join our Newport and Providence Memory Walk Committees. They will work closely with staff to create and ensure our 2008 Memory Walk is successful. Help us reach our goal of \$265,000—we need you! We meet once a month; the meeting dates are...

Providence Committee

May 21, June 18, July 16, Aug. 20, Sept. 10, all at 8:30 a.m.
Chapter Office, Providence, RI or

**Newport Committee—Call Chapter Office
REGISTER YOUR TEAM ONLINE!!!**

It's not too early to start a team and start to collect pledges.
You can go to www.providencememorywalk.kintera.org,
or for the Newport walk
go to www.newportmemorywalk.kintera.org to sign up.
Call Bella Garcia at 421-0008.

**REMINDER
THE NEWS-
LETTER IS
SENT VIA
EMAIL NOW
PLEASE
EMAIL
Donna.Costa@
alz.org WITH
YOUR EMAIL
ADDRESS
THANKS!**

*10 Million U.S. Baby Boomers will
Develop Alzheimer's Disease*

That is the headline for the 2008 Alzheimer's Disease Facts and Figures, the Alzheimer's Association annual statistical abstract.

Benchmarks documented in the report include the following:

- Overall number of Americans with Alzheimer's disease(AD) nationally and for each State;
- Proportion of women and men with AD and other dementias
- Projections for future growth of the disease
- Number of family caregivers and hours of care
- Use/costs of health care, long term care, and hospice for AD/dementias
- Impact on Medicare/Medicaid/U.S. businesses/families
- Death rates by age, gender, ethnicity

Topics on which the report elaborates include an overview of Alzheimer's disease, a prevalence discussion, aspects of family caregiving, use and costs of care, the mortality implications, and lifetime risk as this pertains to gender and age. Read the entire report on the website of the National Alzheimer's Association at www.alz.org

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Mission Statement:
To eliminate
Alzheimer's disease
through the
advancement of
research; to provide
and enhance care
and support for all
affected; and to
reduce the risk of
dementia through the
promotion of brain
health.

*Join Us at the Annual Alzheimer's Association Golf Tournament
Monday, June 9th, Kirkbrae Country Club, Lincoln, RI*

We have an exciting day planned for you on June 9th: challenging golf, wonderful food, an exciting renovated clubhouse, putting contest, double or nothing, silent auction with a trip to the Ritz Carlton Golf Resort in Georgia, and lots of great raffle prizes ranging from golf foursomes to restaurant certificates...something *fore everyone*.

⇒ *Gold Sponsor- \$5,000 includes 3 foursomes, front page ad, tee sign, 1st hole preference first swing, listing in our quarterly newsletter, plaque, and sponsor table.*

⇒ *Silver Sponsor—\$2,500 includes 2 foursomes, ad in program book, listing in our quarterly newsletter, tee sign, plaque.*

⇒ *Bronze Sponsor—\$1,200 includes 1 foursome, ad in our program book, tee sign, plaque.*

⇒ *Tee Sponsor—\$100 includes tee sign, name listed in program book.*

Also available—ad space in our program book—just check out our website or call Bella at 421-0008. See you at the tournament.



**JUNE 9TH
IS YOUR
TEE TIME
WE NEED
GOLFERS!!!**

State Legislation Addresses Problem of Wandering

Senator Rhoda Perry has introduced a Bill, on behalf of the Rhode Island Chapter, to help speed up the rescue of a dementia person who wanders from his/her locale.

Senate Bill 08-S2933 requires the State Police to establish procedures which would provide notice to law enforcement agencies, media outlets, and other appropriate entities anytime a person with dementia is determined to be missing. The State Police do a very good job communicating this information to local police departments and State law enforcement agencies in neighboring States. This legislation will expand notification efforts, especially with media outlets, who are very crucial to alerting the public to the missing person situation.

It is estimated that over half of dementia persons wander. Experience has shown that early discovery of them increases the probability that they can be found alive. With time as the essence for safe return, this proposal is another vital piece in the efforts to address the wandering danger.

Senator Perry's Bill has passed the State Senate. Every effort will be made to secure passage in the House of Representatives and approval by the Governor. Then a specific plan of action will be coordinated with the State Police.

We are grateful for the interest that Senator Perry has shown in partnering with the Rhode Island Chapter to help keep dementia persons safe.

Farewell and Thanks to our Dedicated Board Members

Simonne Coutinho and Cynthia Holzer, MD are leaving our Board of Directors after serving the maximum of six years. We are grateful to Simonne and Cindy for all the ways they have helped the RI Chapter. Their valuable opinions, fund development and personal generosity, and their strong commitment to the Association mission for assisting families has been accompanied by a wonderful support of the Chapter staff. We know they will still help us further our work in the community. Thanks so much Simonne and Cindy.

Training Employees for Alzheimer's Management Offered at the Association

The educational program, "Training Employees for Alzheimer's Management" (T.E.A.M.) is again being offered to individuals at the Association offices, 245 Waterman Street in Providence. Any individual who works in long-term care and would like to receive this training may register. Also, a facility may send staff for the training at our offices, rather than having training on-site at their facility. The next program will begin Wednesday, June 4th and will be offered again in September and November. The cost for the program is \$25 per person, which must be paid prior to the start of the program, and a minimum of 10 participants will be required for the program to be held. For more information or to register please call the office at 421-0008 or contact Rita St.Pierre via email at rita.stpierre@alz.org.

Live and Learn, the social program designed and implemented with a grant from the Department of Elderly Affairs, is an ongoing

Live and Learn A Success

success at both the Warwick Library and the Kent County YMCA. We consistently have participants at both sites each week who are in the early stages of memory loss. All activities at the library are planned by the Program Director of the Alzheimer's Association, with regular input from the participants. We frequently have guests join us, including a pet therapist and registered drama therapist/storyteller.

At the YMCA the participants spend their time in various health-related activities: walking the nature trail and playing tennis in good weather, spending time in the weight training room, shooting baskets in the gym, doing chair aerobics, learning to dance, etc. A YMCA staff person assigned to our program plans and supervises the activities, and there is always a staff person from the Alzheimer's Association present as well. Participants in both locations consistently relate how much they enjoy their time, as well as interacting with "such nice people."

We have now expanded the Y program to the East Side/Mt. Hope YMCA in Providence where participants meet on Mondays from 12:30-2:00 p.m. As with the program in Warwick, a YMCA staff person is assigned to work with our group in health-related activities appropriate for the participants. Anyone interested in participating either in Warwick or Providence – or both – can contact Rita St.Pierre at 421-0008 or via email at rita.stpierre@alz.org.

Where would we be without our wonderful volunteers?

Special Thanks to Owen Bligh, a student at Providence College who helps the RI Chapter staff with various projects throughout the year including the auction, Memory Walk, pins, and anything we asked. Thanks Owen for your fine work and positive attitude. Have a great summer!!!

Thanks to Nancy Pedagno, a volunteer and caregiver, who answers the helpline for her dedication and support over the last six months. Nancy also signed up to serve on the Memory Walk committee. Nancy is relocating and she will be greatly missed. Good luck and much success to you.

Many thanks to Joan Kent for her tireless efforts with our countless fundraisers over the years. Joan is always ready to lend a hand, whether it be knitting wonderful items for our auctions, helping her husband with photography, serving on a committee, or answering the Helpline. We appreciate all you do!!!

Thanks to Larry Kent, our dutiful photographer who takes photographs of all the golfers at our tournament and all of the Memory Walk teams too! Larry and his wife Joan donate their time, and the photographs for our fundraisers. Thanks for your generosity.

Capital City Auction a Huge Success Thanks to Auction Donors, Sponsors, and Participants

We raised \$43,000 to support programs and services for people with Alzheimer's disease at the Capital City Auction on March 13, 2008 at the Roger Williams Park Casino.

Channel 12's Tony Petrarca was our Master of Ceremonies and did a great job encouraging bidders at the live auction. Some of the highlights were a trip to the Cayman Islands with airfare and Chef dinner that was auctioned off twice because of popularity, Red Sox Premium seats, and a Home Makeover.

Carrabba's Italian Grill sponsored the fantastic food and Johnson & Wales University provided the servers. It was a wonderful night of fundraising, food, and fanfare.

Many thanks to all of our generous donors who support our events!!!



Capital City Auction: From Left to Right: Executive Director, Elizabeth Morancy, Providence Mayor David Cicilline, Auction Co-Chair, Kathy Gann, PhD, and Auction Co-Chair Susan Leone-Pomfret, Warwick Mayor Scott Avedisian

*Thank You to Sid "The Package" Abruzzi
For his Fundraising Surfing Event
To Benefit the Alzheimer' Association*

*Thank You to Bankers Life & Casualty Co.
For hosting Forget Me Not Days to Benefit
the Alzheimer's Association*

Sid Abruzzi, a native Newporter, avid surfer and skater hosted a surfing fundraiser to honor his Mom, Ruth Abruzzi, who suffers from Alzheimer's disease. The surfing event was held at Second Beach on May 4th—there was a \$20 entry fee and lots of great prizes. Sid and his surfing buddies raised \$2700 to help people with Alzheimer's disease in Rhode Island.

The proceeds from events like this support education for families dealing with the challenges of Alzheimer's disease, the 24-hour Helpline, and advocacy.

A BIG surfing thank you to all who participated in the event—SID!!!

For five years running, Bankers Life and Casualty Company has organized "Forget Me Not Days", a homegrown fundraiser to collect donations for the Alzheimer's Association and raise public awareness of the disease. In 2007, agents and volunteers nationwide raised more than \$178,000 for local Alzheimer's chapters. In addition, Bankers recognized the Association on a National level with a \$100,000 unrestricted donation to aid in the support of the mission.

On May 17th, employees of the Bankers Life in Warwick volunteered to collect donations at the Warwick Mall and had a successful day of fundraising. We appreciate the all the money they raised and their dedication to the Rhode Island Chapter.



***It's not too early to start your Memory Walk team—sign up online for Providence or Newport—
Providencememorywalk.kintera.org
Newportmemorywalk.kintera.org
Memory Walk is Sept. 28, 2008***

Review the following list of ways to keep your stress within tolerable limits and prevent an overload. Debrief yourself daily, monitor your “stress barometer” and utilize some or all of the following suggestions to live a more meaningful and satisfying life. Hopefully you won’t have the time to dwell on “the dark, scary or any other negative thoughts.” All of your available energy should be channeled into controlling your emotions while striving to make something positive out of a very negative passage of your life. Stay clear of the most worthless emotion, which is self-pity.

- Realize your limitations as a caregiver. Acknowledge early on that in order to survive in the role of caregiver you will constantly need to ask for help.
- Join a club or organization to stay involved with other people.
- Remember that you still have your own life to live.
- Seek some type of daily respite in the form of an Adult Day Care Center or friend or hiring someone privately or through an agency.
- Eat a well-balanced diet, get adequate sleep and monitor your health with annual physical examinations.
- Exercise regularly.
- Utilize relaxation exercises daily.
- Keep a sense of humor.
- Volunteer your time at organizations such as the Alzheimer’s Association.
- Work part-time to keep yourself actively involved outside of your caregiver role.
- Socialize with friends and family.
- Find time for a hobby that is pleasurable.
- Educate yourself about Alzheimer’s disease.
- Prepare yourself in advance to develop the mindset over time that assisted living or a nursing home setting will be appropriate and even necessary in future years.
- And last but not least, if you feel that you are losing control in spite of your efforts, for heaven’s sake, seek professional help. There is no stigma attached to helping yourself when your role as full-time caregiver begins to destroy your very being.

Why We Need Your Help!

“Every 71 Seconds Someone in America
Develops Alzheimer’s Disease”

Helpline

Your Direct Line To:

- Supportive Listening
- Resource Materials
- Support Groups
- Latest Research
- Public Policy News
- and more!

Consultation

Your Direct Link to:

- In-office meeting with Program Staff
 - Help in developing a plan and direction for care
 - Problem solving
 - On-going guidance
 - Connection with community resources
- 401-421-0008
1-800-272-3900

**Call our
800 number
24 hours/7days
a week
to talk directly
with someone
who can help.**



Spring Schedule

May 22 (Thursday) 6:30-8:00pm
Johnston Senior Center
1291 Hartford Ave.
Legal & Financial Considerations
When It's Alzheimer's
Presenter- Laura Krohn, Esq.

June 10 (Tuesday) 7:00-8:30
Westerly Adult Day
65 Wells Street
Understanding Challenging Behaviors
Presenter- Marge Angilly
Susan Vinhateiro

June 24 (Tuesday) 1:00 – 2:00 pm
Richmond Senior Center
1168 Main Street
Maintain Your Brain
Presenter – Marge Angilly

June 26 (Thursday) 6:30-8:00
Barrington Senior Center
281 County Rd
Legal & Financial Considerations
When It's Alzheimer's
Presenter- Mark Heffner, Esq.

All workshops are free but pre-registration is required. Call Donna at 421-0008 to reserve a seat. Thank You

Brain Health—Think About Your Future—Maintain Your Brain Today

The National Alzheimer's Association makes the following statement on their web site.

When people think of staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing – even sleeping.

The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementia.

Do you want to learn more about keeping your brain healthy? Then the Maintain Your Brain workshop is for you. We offer a one-hour, educational and entertaining exploration of the latest insights about what you can do for lifelong brain health. In addition to having fun at our workshop, you will learn:

- Basic brain facts
- Ways to keep your memory sharp
- The close connection between brain health and heart health
- Brain-healthy lifestyle strategies

If you belong to a church group, civic group, senior center or other kind of group and would like to learn more, call Marge Angilly at 421-0008 to schedule a workshop.

Cookbooks for Sale—\$15

Purchase a wonderful cookbook filled with great recipes from our friends and family. Call 421-0008 or visit our website.



Forget Me Not Pins—\$20 each

A Friendly Reminder that the Forget-Me-Not pin is still on sale for \$20—Purchase a pin for your friends and family and help a worthy cause. Call the Chapter office at 421-0008 or on-line at www.alz.org/ri



Alzheimer's Specific Support Groups

What is a support group? Support groups are regularly scheduled, free gatherings of persons who are providing care for persons with Alzheimer's disease or a related disorder. The groups are facilitated by persons trained by the Alzheimer's Association and are held throughout the state in community-based settings. The primary purpose of these groups is to provide education/knowledge about the disease and caregiving skills. The combination of education and emotional support should enable caregiver to feel better at the end of the meeting. Groups remind caregivers they are not alone, give them a chance to say what they are feeling in a supportive environment, learn new strategies and resources in the community and foster support networks. Each group has its own character and each meeting is different. It may take some time to find the right group. The schedule of groups is listed below. ***Be sure to contact the group leader before attending group.***

1. Alzheimer's Specific Support Groups: These groups focus *exclusively* on the challenges and concerns of caregivers of persons with Alzheimer's disease or a related disorder.

Setting	Group leader(s)	Phone	Day/Time
Cranston- Hope Alzheimer's Center <i>Adult Day Care provided</i>	Dottie Poveromo & Ellen Grizzetti	946-9220	2 nd Wednesday 2:30-4:00 p.m.
East Greenwich –Law Offices of Laura Krohn	Charlene Leveillee	474-4844	Every Thursday 6-8:00 pm
East Providence- RI Mood & Memory Clinic	Holly Adams & Donna Cimini	435-8950	4 th Monday 1:30 pm
Greenville- Dora C. Howard Adult Day Ctr.	Kathy Biddle	949-3890	4 th Wednesday 1:00-3:00 p.m.
Lincoln- Lincoln Senior Center	Lois Durkin	723-3270	3 rd Thursday 10:30 a.m.
North Kingstown –Beechwood House	Kathleen Carland Tess McWilliams	268-1590 Kathleen	4 th Tuesday 3:00p.m. -4:30p.m.
Pawtucket – Leon Mathieu Senior Center	Mary Lauzon	722-3560 Ext382	3 rd Thursday 1:00 p.m.
Portsmouth - Multi- Purpose Senior Center	Judy Travis	683-4106	Every Tuesday 9:30 a.m.
Portsmouth - VNS of Newport & Bristol Counties	Susan Dugan & Connie Palumbo Nicky Piermont	682-2100 Susan	2 nd Thursday 6:30 p.m.
Providence - Alzheimer's Association Office (Room 506)	Marge Angilly & Susan Vinhateiro	421-0008 Marge	1 st & 3 rd Tuesday 6:30 -8:00 p.m.
Warren - First Baptist Church	Elaine Jones MD & Joan Miller	289-0992	4 th Wednesday 6:30 p.m.
Westerly - Westerly Adult Day Services	Karen Hawthorn	596-1336	2 nd Tuesday 7:00 p.m.
Woonsocket – Alternative Adult Care	Christine Sauro	766-0516	1 st Wednesday 7:00 p.m.

Memorials and Donations

Alice Adams
Ezauro Airoso
Helen Albertson
Alice Albies
Jean Allen
Dorothy Arruda
Edward Barry Jr.
Margaret Bassett
Vera Beard
Florence Bell
Lucienne Benoit
Lena Biccicchio
Dolores Botelho
Norma Brent
Dorothy Brothers
Betty Brown
Catherine Burgess
Aristides (Steve) Cabral
Frank Cambra
Augusto Campopiano
James Capaldi
John Carreira
Doris Connery
Ethel Creed
Georgia Degnan
Catherine DeLorenzo
Pauline DeSantis

Alice Devaney
Richard Dickervitz
Benjamin Frank DiSano
Rev. Abdulahad Doumato
John Duarte
Barbara Duquette
Eunice Dursin
Ernest Evans
Anna Famiano
Josephine Ferrante
Anna Feula
Donals Fonatine
Antonion Gana
Linwood Gardiner
Johnn Thomas Glynn
Louis Goff
Howard Hadfield
Theresa Halpin
Virginia Handy
Dr. Louis Hanna
Margaret Harrison
Genevieve Haynes
Charles Hebblewaite
Arnold Hellewell
Frances Hill
Doris P. Howarth
Harold B. Jacober

Beatrice Joaquin
George L. Johnson
Beverly Jordan
Helen M. Kalaskowski
Leonard G. King
Robert Klenk
Richard Krupke
Martha Lazaroff
Edouard A. Lesperance
Evelyn Levine
Frank Lind
Nancy D. Lind
Barbara L. Little
Alice Mansolillo
Yvonne F. Marquis
Beverly D. McAninch
Rita M. McClelland
Kenneth Mello, Sr.
Grace M. Monaco
Arthur Moody
Austin Nagle
Luciano Nardone, Sr.
Yvonne Normandin
Elsie Norton
John A. Palana
Jeannette L. Parent
Frederick Peltier, Jr.

Wilma Perry
Robert L. Plante
Amalia E. Principe
Anastasia Remington
John David Reposa
Corinne Resmini
Elaine O'Rourke Reynolds
Doris D. Rochefort
Mavis Rudolph
Evelyn Ruscetta
Joseph Parul Ruscito
Celia Santos
Helen Sardelli
Eleanor Schweichert
Betty J. Stedman
Filomena "Mena" Sukaskas
Maurice H. Trudel Sr.
Evelyn Walek
Rachel J. Waltz
Beverly Werner
Sanford White
Myrtle Witham
Lawrence Zeppa
Martha Zitkin

Thank You



Rhode Island Chapter
245 Waterman St., Suite 306
Providence, RI 02906

If you no longer want to receive the newsletter, or you are receiving duplicate mailings, please call 401-421-0008