



**caringkind** *The Heart of  
Alzheimer's Caregiving*

Issue 1, 2021

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# You Helped This Caregiver Survive the Pandemic

***Elizabeth and Her Mom are Safer and Healthier  
Because of Your Support***

## You Helped This Caregiver Survive the Pandemic

*Elizabeth and Her Mom are Safer and Healthier Because of Your Support*



“I wouldn't be able to get through this pandemic without CaringKind staff like Adina Segal and Nancy Hendley. I'm a New Yorker who works in the fashion industry — I didn't know anything about Alzheimer's caregiving. I was thrown into this with my mom who is 92 years old. I moved in with her because she didn't want to live alone. It'll be a year in March. It's been a roller coaster!”

CaringKind really came through for me. I would call the Helpline all the time – “What am I going to do?!” “How do I get her in the bath?” Now, thanks to Nancy, I am a master at the bath!

I took a class on Understanding Dementia taught by Adina – it was so helpful. I was having all these issues and Adina gave me the tools I needed. My notebook is literally filled.

Not only that, but thanks to a **respite grant** from CaringKind, we were able to hire a home health aide. I was worried about an outside person coming into the house, possibly exposing my mom to Covid. But I had to do it – we simply needed the help. And our aide was terrific.

But then my worst fears came true – our aide was diagnosed with Covid-19 in January. And now I'm back to square one – I can't leave the house without someone being here to take care of my mom. I visit my own apartment briefly just to pick up my mail. It's ... stressful.

But, as hard as things are for us, I remind myself that we're also lucky. My mom was in a rehabilitation facility from September to November of 2020. Communicating while being socially distant was really difficult – for me and for her. The phone was a lifeline for us, but even that was inadequate. She's back home now, where I can control her environment and it's safer. But it's also isolating.

And that's why I'm so grateful for CaringKind. I couldn't stand here today calmly without them. And that's from my heart. I didn't know what to do in certain situations. I would call and say, “I'm on the floor with my mother – can you help me with this?!” And CaringKind did. They're like angels, these people.

Elizabeth's story continues online at [caringkindnyc.org/newsletter](https://caringkindnyc.org/newsletter)

CaringKind offers Respite Grants to eligible NYC caregivers of persons with dementia, offering financial assistance for emergencies. Our one-time grants do not exceed \$2,000. Eligibility is based on need. For more information, contact our Helpline at 646-744-2900.



## Diversity Conference

### We Fought Health Disparities With Your Support!

On February 10th, CaringKind hosted a Diversity Conference to help fight systemic disparities in health care by addressing the needs of African American caregivers.

A distinguished panel of speakers spoke to more than 200 participants. Our speakers included **Dr. Karen Bell**, **Nick Buettner**, **Dan Gasby**, and **Pastor Dr. Lawrence Brown**. With a cooking demonstration by **Melba Wilson**, and an exercise class

by **Coach Lisa Charles**, the conference represents a commitment by CaringKind to support minority caregivers.

The conference also reflects CaringKind's continued efforts to include caregiver wellness as a key pillar in our mission to support Alzheimer's caregivers and the people in their care.

To watch the conference, please visit: [caringkindnyc.org/diversityconference](http://caringkindnyc.org/diversityconference)



## Caregiver Champions

### My Caregiver Champion Story

by Kyle Budinscak, founder of ComForCare



When I decided to open ComForCare in New York City in 2015, we aimed to create a home care service built upon caregivers who are excited about engaging with their clients. If we could identify people with various professional backgrounds – artists, performers, graduate students, educators, semi-retired professionals, etc. – and match them with clients based on their shared interests or personality factors, then we might be able to make a real difference.

Five years into our journey, we've served hundreds of older adults who are facing the challenges of dementia. Our champions are the talented, empathic caregivers who brighten the lives of our clients daily.

I've been encouraged by the efforts of our staff, as well as the many other organizations in our city that are innovating to fight back against the effects of dementia. I believe there is much more progress to come.

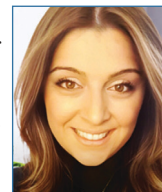
*Kyle's story continues online at [caringkindnyc.org/newsletter](http://caringkindnyc.org/newsletter).*

To become a Caregiver Champion,  
please visit  
[caringkindnyc.org/champions](http://caringkindnyc.org/champions)

## Eleonora's Message

by Eleonora Tornatore-Mikesh  
CaringKind President & CEO

Sitting here and reflecting on the last 12 months of this pandemic, I think about the work that CaringKind has been able to accomplish. At every level, our volunteers and donors make these accomplishments possible. Our volunteer board members spend countless hours on governance, our Helpline volunteers answer urgent caregiver calls, and our volunteer Support Group leaders provide direct support to hundreds of caregivers. And our donors fund it all – allowing CaringKind to survive and thrive.



There are so many unknowns these days, we're more stressed than ever. Which is why I'm happy to note that the Mayo Clinic has found six health benefits to volunteering! Research has proven that donating your time to help others develops a new sense of appreciation for yourself. Especially during a pandemic, the Mayo Clinic recommends volunteering – it's a healthy way to channel your time and energy. What else does volunteering do? It can increase your confidence and expand your connections. When we feel empathy and act generously, we can increase levels of oxytocin in our brains. Volunteering can be a mental pick-me-up.

Some people think volunteers just stuff envelopes. The truth is that – as noted above – CaringKind's volunteers provide meaningful support that changes people's lives every day. I have met hundreds of volunteers of all levels, many of whom I now consider colleagues and friends.

In fact, the role of volunteers and donors is so important to us, we've re-designed this quarterly newsletter to focus on the impact that we make with your support. And we've made it just four pages long so that it's economical to print and mail!

The stories on these pages are only possible with your time, talent, and dollars. Please take pride in all you've helped accomplish. Thank you!



## CaringKind Podcast Wins National Award

*You helped us innovate. And now we've been honored for it!*

**Our podcast, Caregiver/Storyteller, has just won a national award!**

The storytelling podcast, created and hosted by our own Chris Doucette, was just named by the Family Caregiver Alliance as the winner of their 2020 Innovations in Alzheimer's Caregiving Award in the Creative Expression category. Not only does the award raise awareness of CaringKind, it also comes with a \$20,000 prize.

Fifty caregiving programs from around the country competed, and in February

the CaringKind podcast was selected as the winner.

We are thrilled to be recognized for the podcast and we are grateful to the Family Caregiver Alliance and the award program funders: The Rosalinde and Arthur Gilbert Foundation and the Helen Daniels Bader Fund, a Bader Philanthropy.

You can find the  
**Caregiver/Storyteller** podcast  
on iTunes and other podcast apps.  
Or, you can listen right from  
our website at:  
[caringkindnyc.org/podcast](http://caringkindnyc.org/podcast).

## CaringKind Helped Find a Missing Person A Person with Dementia Went Missing



On a chilly Friday late afternoon in December, just a day after a nor-easter left the New York area, every caregiver's worst nightmare happened: the person in their care went missing. A 75-year old Russian-speaking woman from Long Island wandered in Brooklyn. New York City issued a Missing Vulnerable Adult Alert, a system designed to alert the public of a missing vulnerable senior.

### CaringKind Took Action

The woman was last seen in Brooklyn, so CaringKind's Wanderer's Safety Program team sprang into action. Staff posted information about the woman on social media and contacted the detective who was handling the case. Next, we created and emailed a Missing Person Bulletin to hospital emergency rooms and admitting departments, social workers, and several New York City Police Department Neighborhood Coordination Officers (NCOs).

### The Person with Dementia Was Found!

Just a few hours later, the missing woman was found! Shortly after the WSP email blast, an NYPD NCO who

received CaringKind's email recognized the woman walking in Coney Island. The officer approached her, confirmed her identity, escorted her to a nearby police precinct, and contacted her family. Thanks to the coordinated efforts of the police, MedicAlert, and the CaringKind MedicAlert NYC Wanderers Safety Program, the woman was reunited safely with her family less than 24 hours after going missing.

To help us help the next person who wanders away from safety, please consider supporting CaringKind with a donation. Thank you!

For more information about enrolling in the Wanderer's Safety Program, go to: [www.caringkindnyc.org/wandersafety](http://www.caringkindnyc.org/wandersafety)

### Education Webinars

During the pandemic, we were able to convert to Online Webinars, and our programs and trainings have continued monthly.

For dates, times, and registration, visit [caringkindnyc.org](http://caringkindnyc.org), or call our Helpline at 646-744-2900.

*Thank you for helping to fund these critical educational seminars for caregivers.*



## SAVE THE DATES!

Connect2Culture and  
Orpheus Chamber Orchestra  
invite you to

### A Musical Experience

Featuring Classical and  
Popular Music Selections

**Tuesday, April 6, 2-3pm**

Please join us at our  
Virtual Gala  
along with Alissa Anderegg,  
Miss World America 2020

**CaringKind Gala:  
Monday, June 7**

**CaringKind Walks**  
Brooklyn: September 26  
Manhattan: October 10

**caringkind**  
Alzheimer's  
**Walk**

# In Memory of Elinor Gipfel, 1936 – 2020

By Stephanie Aragon  
Vice President of Caregiving Services

Elinor Gipfel's beautiful smile and great laugh lit up the Helpline office whenever she volunteered. Elinor was a loyal supporter of CaringKind and enjoyed giving back to the community. A retired public school teacher, she was a proud and dignified woman and fiercely independent. Even when she had to use a cane traveling



from Brooklyn to our Manhattan office, Elinor was here every Friday at 7:45 am, with a coffee, croissant, and newspaper in hand. A lifelong musician, she would come to the office with her flute, practicing after her helpline shift. Elinor had a passion for learning. She spoke fluent German and French and loved to listen to staff speak in different languages.

Always interested in the latest news about Alzheimer's disease research, Elinor left newspaper clippings and magazine articles on my desk to share with staff. Elinor went above and beyond with callers. Not only would she educate them about the stages of dementia, she would also teach them about the derivation of the word dementia. In a final act of generosity and caring, Elinor made a generous bequest from her estate, ensuring that caregivers can find information and support in the future. She will be greatly missed.

*Elinor's story continues at [caringkindnyc.org/newsletter](http://caringkindnyc.org/newsletter).*

**Thank you to our donors and volunteers who help fund and operate our programs!**

Helpline  
Support Groups  
Family Caregiver Training  
Professional Caregiver Training  
Education Seminars  
Wanderer's Safety Program

Connect2Culture  
Chinese Outreach  
Latinx Outreach  
African American Outreach  
Caregiver/Storyteller Podcast

## A Legacy Like Elinor's

To name CaringKind as a beneficiary of your estate, you can have a significant impact on improving the quality of care for those affected by Alzheimer's disease.

Your bequest may have estate tax planning benefits as well. The following is sample bequest language for discussion with your attorney:

I, \_\_\_\_\_ (first and last name, city, state, zip), give, devise and bequeath to CaringKind (or Alzheimer's Disease and Related Disorders, New York City, Inc.) with offices located at 360 Lexington Avenue, 3rd Floor, New York, New York 10017, (insert written amount of gift, percentage of the estate, or residuary of estate, or description of property) to be used for (insert "its unrestricted use" or name of CaringKind program).



## Ways to Give

### Giving by Check

Please make checks payable to CaringKind and mail to:  
360 Lexington Avenue, 3rd Floor  
New York, NY 10017

### Online/Credit Card

Visit [www.caringkindnyc.org](http://www.caringkindnyc.org) and click on Donate or call 646-744-2908. We accept MasterCard, Visa, and American Express.

### Appreciated Securities

Gifts such as stocks or bonds may offer substantial tax advantages. Please speak to your tax advisor.

### Bequests

By remembering CaringKind in your will, you can have a significant impact on improving the quality of care for those affected by Alzheimer's disease. Your bequest may have estate tax planning benefits as well. The following is sample bequest language for discussion with your attorney:

I, \_\_\_\_\_ (first and last name, city, state, zip), give, devise and bequeath to CaringKind (or Alzheimer's Disease and Related Disorders, New York City, Inc.) with offices located at 360 Lexington Avenue, 3rd Floor, New York, New York 10017, (insert written amount of gift, percentage of the estate, or residuary of estate, or description of property) to be used for (insert "its unrestricted use" or name of CaringKind program).

### Life Insurance and Retirement Plans

CaringKind can be named a beneficiary of your retirement plan or insurance policy.

### Donor Advised Funds

If you have established a donor advised fund through another organization (e.g., community foundation, investment firm) you may recommend the award of a grant to CaringKind. Please check the guidelines pertaining to your donor advised fund.

### Corporate Giving

Payroll deductions, matching gifts, and event sponsorships are ways to support CaringKind.

100% of your donation supports New York City individuals and families affected by an Alzheimer's or dementia diagnosis.

Please contact Carol Berne at  
646-744-2905 or [cberne@cknyc.org](mailto:cberne@cknyc.org)  
if you would like additional information.

## OUR MISSION

The mission of CaringKind is to create, deliver, and promote comprehensive and compassionate care and support services for individuals and families affected by Alzheimer's disease and related dementias, and to eliminate Alzheimer's disease through the advancement of research. We achieve our mission by providing programs and services for individuals with dementia, their family and professional caregivers; increasing public awareness; collaborating with research centers; and informing public policy through advocacy.