

# caringkind

*The Heart of Alzheimer's Caregiving*

Our  
Commitment  
to Excellence

2020

Volume One 2020

• Please read about our new program "Beginnings at CaringKind" on page 4.

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Alzheimer's Caregiving


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24-hour Helpline: 646-744-2900

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Formerly known as  
the Alzheimer's Association, NYC Chapter

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they are considered valuable as information.  
The organization assumes no liability for the use or  
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Dear Reader,

Over the past forty years, while much has changed in the world of Alzheimer's and dementia care, CaringKind has been steadfast in our mission and our commitment to excellence. We believe that individuals and families facing a diagnosis of Alzheimer's or a related dementia deserve the highest standard of support. Our fundamental approach is to let each client's unique situation inform a personal care plan. This supports a positive outcome in the short term. Then, over the longer term, as the disease progresses and takes a greater toll, we support our clients' needs through the end of life and bereavement. Our clients and their families rely on us for many years.

As cognition declines, persons with dementia lose the ability to process thoughts, express themselves, understand written and verbal communication, exhibit good judgement, and regulate their emotions. As these changes occur, families face devastating loss. Eventually, a person with dementia loses the ability to function independently, to plan, to do tasks as simple as making a cup of tea or putting on a sock. For family members facing this emotional roller coaster of dementia care, CaringKind provides stability based in education and information, the keystones of our work. The more our clients know, the better prepared they are to solve the problems of today and to deal with the challenges ahead.

But with a disease this distinctly human, an equally human response is necessary. We recognize the emotional consequences of caregiving. Simply giving information is not enough. Our social workers have the experience and sensitivity to perceive when and how to deliver information to family members. To achieve this, we must be available in person or on the phone whenever a healing, comforting voice is needed – to guide a support group and train support group leaders; to welcome clients to family caregiver and home health aide training; to enroll individuals

in CaringKind's MedicAlert® Wanderer's Safety Program, and to work with our NYPD partners when our clients wander and are lost.

We demand an equal level of excellence in our community partners, including those in the research community working diligently to expedite the development of effective therapies. In addition to our research partner Cure Alzheimer's Fund, we are proud to collaborate with Columbia University's Taub Center, NYU Langone Medical Center, Mount Sinai Medical Center, and Montefiore Medical Center, with whom we collaborate on presenting the Annual Comprehensive Approach to Dementia Symposium for over two decades. Most recently we were delighted to be awarded a sub-contract on an NIA grant, Engagement in Longevity Medicine (ELM), granted to NYU Langone Medical Center. As part of this team we are spreading a message about the importance of engaging older adults in research on aging, dementia, and healthy living.

Our commitment to excellence is reflected in the many prestigious foundation grants we have received over the last year thanks to the outstanding efforts of our SVP of Development, Carol Berne. We are gratified by the confidence placed in us by these



**JED A. LEVINE**  
President & CEO  
jlevine@cknyc.org

foundations. They have recognized our work and our commitment to excellence with their ongoing support.

In the new decade, we will continue to achieve our mission with a strong commitment to excellence. We will bring our gold standard of care and over forty years of experience to New York City's diverse communities. We will translate our proven resources into diverse languages and cultural traditions, ensuring that our message reaches those who need our help. We hope that by the end of this decade – or sooner – we will have effective therapies, but in the interim, we remain committed to serve all who need us.

In closing, our great thanks to those who supported our 2019 Year-End Campaign. Your contributions are material recognition of your trust in us to deliver the very best care at the highest standard of excellence. For that, and for supporting our work, I thank you and wish you a wonderful start to the new decade.

# Beginnings at CaringKind

## A New Program for Early to Mid-Stage Dementia

We are delighted to announce a new program, *Beginnings at CaringKind*, held in the Harry and Jeanette Weinberg Early Stage Center, which was launched in November 2019.

The program provides a supportive environment and specialized socialization programs for older adults with early or mid-stage Alzheimer's disease, dementia, and other neurocognitive disorders.



Each meeting offers social, intellectual, and physical engagement in an uplifting and safe environment. Our goal is for each of our members to experience authentic joy and connection with others whenever they join us.

The program is especially beneficial for people who prefer to remain in their homes and age in place, but still desire

to be part of an active and welcoming community. *Beginnings* also provides respite and support to family caregivers, who can recharge with peace of mind while their friend or relative is participating in the program.

There are qualifying criteria in order to join the program. Each individual must be:

- Living with early or mid-stage Alzheimer's disease, dementia, or a related neurocognitive disorder.
- Independent in activities of daily living.
- 60 years of age or older; younger adults considered on a case-by-case basis.

Our trained team meets with potential members and their families for an assessment to ensure that the program will be the right fit.

Once an individual is enrolled, they will experience:

### Enhanced Well-Being

Social engagement can improve one's cognitive functioning while reducing symptoms of clinical depression and other mental health challenges. More than an affirming social experience, *Beginnings*



includes group meditation, yoga, and healthful food for members.

### Creative Programming

Our members determine what we do together. Guest lecturers from leading cultural organizations frequently join us. Past guests have included a flutist from Lincoln Center, a docent of Friends of the High Line, and a salsa dance teacher.

### Welcoming Community

Our diverse members include retired professionals, artists, homemakers, and teachers. We all share a lifelong passion for learning and a commitment to accepting people as they are. Together, we rise above the challenges of neurocognitive disorders and continue to enjoy everything life has to offer.

### Intimate Gathering

Because we limit our membership, each person is able to connect with others without getting lost in the crowd. Our small size also ensures that each of our members receives individualized attention.

The *Beginnings* program meets at CaringKind each week on Monday, Tuesday, and Thursday, from 11 am – 2 pm, with a fee of \$85/session.

**For more information, or to register for *Beginnings at CaringKind*, please contact our 24-hour Helpline at 646-744-2900.**



## Highlights from A Brooklyn Social Work Case



**ADINA SEGAL**  
Jewish Community Outreach  
Social Worker  
asegal@cknyc.org

Susan was referred to CaringKind by a social worker, at Sephardic Bikur Holim in Brooklyn, for help with her parents. Her father had been recently diagnosed with Alzheimer's disease and her mother had a number of medical issues, including visual impairment. Susan needed guidance on how to persuade her parents to stop driving and to get a home health aide to assist with household maintenance and meal preparation.

When Susan first met with me, CaringKind's social worker in Brooklyn, she discussed her own difficulties in accepting her father's diagnosis. What made it even more challenging was that the neurologist who examined her father never scheduled a follow-up with

the family to discuss the results of the medical testing. Susan took matters into her own hands and called the doctor, only to receive the devastating diagnosis over the phone. This same physician only agreed to make a follow-up appointment four months later. Understandably, Susan felt lost having this news with nowhere to turn for information or support. She also grappled with deciding whether to tell her parents about her father's diagnosis.

I helped Susan understand the implications of the diagnosis and encouraged her to learn all she could about the disease. Accordingly, Susan attended our Understanding Dementia Seminar for Family Caregivers as well as our Annual Meeting where experts in Alzheimer's and dementia discussed innovations in diagnosis. Susan was so inspired by all that she learned from her meetings, she encouraged her siblings to participate in CaringKind programs as well.

Several family meetings ensued where I met with both siblings as well as their mother. It was at this session that Susan felt safe and comfortable enough to share

her father's diagnosis with her family. Upon hearing the information, her mother was understandably distressed. I provided the emotional support she needed to process the news. By the end of the session, Susan was able to have a productive discussion with her mother about driving and obtaining household help.

With a diagnosis of Alzheimer's disease or any dementia, acceptance of a diagnosis is an ongoing process. This includes learning new information and adapting to a new situation. When working with many members of a family, each person will go through acceptance and denial at varying times. Through professional guidance and compassionate care, they were able to gain the knowledge and strength to get through their frustrating ordeal. And Susan, her parents, and her siblings know that they can contact CaringKind at any time to manage the practical and caring aspects of their lives while receiving the emotional support they need.



### City & State NY's Health Power 100

*List ranks the most powerful people in New York City's healthcare community.*

We are pleased to announce that Jed A. Levine, President & CEO of CaringKind ranks among this year's Health Power 100 list.

Healthcare ~ Community ~ Influence ~ Resources ~ Excellence

## Innovative Approaches to Recruitment and Retention of Diverse Older Adults in Research Studies

By Kate Radcliffe

Research Coordinator, Division of Geriatric Medicine & Palliative Care Department of Medicine, NYU Langone Health, and the NYU ELM Team



Scientific evidence drives guidelines on diagnosis, management, and treatment of medical conditions, including Alzheimer's disease and related dementias. Scientific advancement in the diagnosis and treatment of Alzheimer's disease has never been more urgent. Despite its importance, clinical trial participation has been steadily declining over the last 30 years, including for those who are 60 years and older. This is especially problematic for those from underrepresented groups, which include nonwhite and various ethnic groups. This absence of diversity makes it difficult to get results that are meaningful to a wide range of older people. Researchers at NYU Langone Health recognize that diversity is of critical importance to the study of Alzheimer's disease and other age-related conditions. With funding from the National Institutes of Aging over the next three years, an NYU research collaborative will work to improve the representation of diverse communities in aging research.

**Announcing the ELM Research Collaborative** ~ The ELM (Engagement in Longevity and Medicine) Research Collaborative is an innovative strategy to improve the participation of older adults in clinical research. ELM is a collaboration among health services and community researchers across New York City who are committed to improving the health of underrepresented older adults. Housed at NYU Langone Health, ELM includes organizations such as CaringKind, the Department for the Aging (DFTA), in addition to partners from AARP, Hamilton Madison House, and Korean Community Services. ELM's broad reach benefits from long-standing partnerships with organizations who have experience

working with diverse communities across New York City.

Over the next three years, the ELM team will be examining best methods to improve representation from diverse communities in research focused on Alzheimer's disease and related dementias as well as in research of other aging-related conditions. Below are some of the exciting approaches that the ELM Research Collaborative will be developing.

**Developing and Testing Innovative Approaches** ~ The ELM Research Collaborative will test and evaluate approaches to improve the participation of diverse older adults in research using new technologies within the NYU Langone Electronic Health Record as well as through working with on-the-ground "community navigators" – people who represent the community and help others find resources and answer questions. ELM will study specific methods and messages to identify those that are most effective in recruiting older adults in research. This work will involve studies that are already actively recruiting.

### **Strengthening the Capacity of Research Teams to Recruit Older Adults** ~

Conducting research with older adult populations requires understanding of the unique and real-life challenges of older people. For example, an older participant's difficulty getting around may require the study team to help with transportation. Investigators often use study participation criteria that do not allow subjects who have trouble with memory or thinking. This can limit the generalizability of research findings. Hearing loss or other sensory impairments may make it difficult for the subject to communicate with the study team, also limiting opportunities for participation. Research that involves older populations requires targeted strategies to recruit and retain participants. Drawing upon years of experience in aging research

and the expertise of organizations like CaringKind, ELM will be developing and implementing a training program to improve the ability of existing and future research teams in getting older adults to participate and continue to participate in research. This novel training program will be a resource for research programs throughout the United States.

**Create an "Aging Registry"** ~ In collaboration with ELM's academic and community organization partners, the Collaborative will create an electronic "registry" of willing current and former research subjects as well as individuals who have never been a research participant but have some level of interest. From this registry, researchers will be able to identify potential research participants and offer participation. This registry will serve as an ever-growing resource to assist researchers focused on aging-related conditions such as Alzheimer's disease and it will link to other national registries, furthering the reach of ELM's efforts.

**Learning More** ~ Although the ELM Research Collaborative is still early in development, the ELM team is hard at work and plans to have some resources ready before the end of the year. We will be updating you as the program progresses and as more resources become available. If you are interested in learning more please contact the Research Manager, Jessica Smilowitz at [Jessica.smilowitz@nyulangone.org](mailto:Jessica.smilowitz@nyulangone.org)

A clinical trial is a research study where investigators try new strategies or medications on groups of people to see if they are effective. Some participants receive the new strategy or medication while others receive an inactive or "placebo" pill or neutral approach to test the difference in response.

## Join Our Teams!

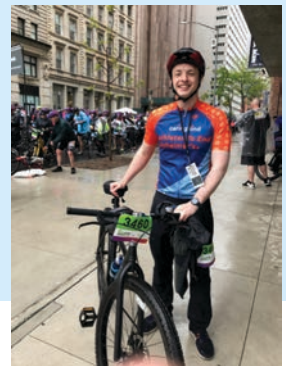
### TD Five Boro Bike Tour May 3, 2020

Join 32,000 cyclists all riding on car-free streets throughout all five boros of New York City! It's not a race, it's a ride of a lifetime! CaringKind has just a few entries remaining for this incredible event. And, with a fundraising minimum of just \$1,000, the TD Five Boro Bike Tour is our most accessible event!

Each rider gets:

- A graphic CaringKind athletic tech tee to wear while training.
- A special bike jersey for the Tour.
- The satisfaction of supporting families affected by Alzheimer's and dementia.

To learn more, visit:  
[caringkindnyc.org/biketour-apply](http://caringkindnyc.org/biketour-apply)



### TackleALZ March 7 - May 9, 2020

We're recruiting players and coaches for TackleALZ and our 2020 season! Whether you're a first-timer or a veteran of flag football, TackleALZ is a great way to play a fun game while making friends and raising critical funds for Alzheimer's and dementia caregiving. Last year, TackleALZ raised \$217,000 for CaringKind.

The team practices on Saturdays from March 7 - May 9, all leading up to The Big Game in mid-May.

To learn more, and to see photos and videos, visit:  
[caringkindnyc.org/about-tacklealz](http://caringkindnyc.org/about-tacklealz)

### Your Gift Sustains Us



**CAROL BERNE**

Senior Vice President of Development  
cberne@cknyc.org

When I think of CaringKind and our achievements through the years, I am inspired by the thousands of the donors who lend support to ensure that we continue to be New York City's leading resource in dementia care. Gifts, large and small, come from individuals, foundations, and corporations. With more than 95% of our operating budget driven by philanthropy, we are always mindful of maintaining the highest standards of performance for all of our programming and outreach efforts so that donors have the assurance of knowing that their gift was used wisely and well. It's our mission that we continue to be a trusted lifeline for families affected by dementia.

We thank the donor community for making possible our expansion and growth. We have extended our reach and now have six satellite offices around New York City and its boroughs, enabling us to serve families directly where they live. We have strengthened our social work department by adding an outreach manager dedicated to the Bronx, and launching a new initiative to reach the Orthodox Jewish community, staffed by our first Jewish Community Outreach Social Worker. We are building our resources with the development of an education and training program on family dynamics and family conflict, as caring for a person with dementia is often a leading cause of friction among family caregivers. And this year, we plan to take the next step in our transformative palliative care

initiative by developing a *Guide for Family Caregivers on Palliative Care*, so that caregivers are knowledgeable about this comfort-care approach for their relative with dementia. Further to this agenda, this spring we will hold a symposium focused on pain and pain management.

These programs are just a sampling of our many achievements over the year. Alzheimer's disease and dementia often carry a hidden toll, as family caregivers suffer alongside the diagnosed individual. Dementia caregiving is unpredictable, all-encompassing, highly demanding, financially draining, and it can continue for years. As the disease progresses, caregiving responsibilities escalate until the person requires care around the clock. Family caregivers become key decision-makers tasked with managing every aspect of care, including finances, safety, and personal and medical care. Many families will encounter common challenges, such as a relative with dementia who needs but refuses help; a confusing health care system; exorbitant care expenses; and the need to balance caregiving with other demands.

When you support CaringKind, the impact of your gift is immediate. It is felt by a caregiving wife who has just completed the Family Caregiver Workshop where she has learned invaluable coping skills. It is felt by the son who attends one of our 85 Caregiver Support Groups and now knows there are others in a similar situation who understand what he is going through. Ultimately, your gift represents a commitment to good care. As we wait for a treatment or cure – which may be decades away – you can take action now, knowing that you are transforming a life today.

#### Ways to Give

##### Giving by Check

Please make checks payable to CaringKind and mail to:

360 Lexington Avenue, 3<sup>rd</sup> 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 or 2927. 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, 3<sup>rd</sup> 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.**

**The following organizations ARE NOT affiliated with CaringKind:**

Alzheimer's Association  
Alzheimer's Association, NYC Chapter  
Alzheimer's Disease Resource Center (ADRC)  
Alzheimer's Drug Discovery Foundation  
Bright Focus Foundation

## CaringKind Welcomes Our New Board Members

CaringKind is delighted to welcome these passionate and dedicated individuals to our Board of Directors.

**Rachel Berk** is a Deloitte Risk & Financial



Advisory Senior Manager in Deloitte Financial Advisory Services LLP. She has over fifteen years of experience providing forensic accounting, financial analysis, due diligence, and compliance services to law firms, boards of directors, and corporate clients. She is a certified public accountant, certified fraud examiner, certified insolvency and restructuring advisor, and is certified in financial forensics. Ms. Berk has been published in many widely read publications and is a frequent speaker who has taught numerous seminars on accounting, fraud, internal controls, and SEC topics for corporate clients and law firms.

*Ms. Berk's Professional Affiliations:* Member of American Institute of Certified Public Accountants (AICPA), Member of Association of Certified Fraud Examiners (ACFE), Member of Association of Insolvency and Restructuring Advisors (AIRA). *Her Community Affiliations:* Member of Board of Directors of New York State Institute on Disability (NYSID).

**Betty J Brennan**, RN, has spent more than



forty years in health care, the majority of which focused on the development and management of innovative healthcare services in home care and hospice. She is the former owner and

operator of Doctors and Nurses Homecare in Orange County, CA and subsequently a San Diego County based home health agency. She also was founder, president, and CEO of Beacon Hospice.

Betty has contributed to the advancement of the quality of end-of-life care with proprietary services for terminal sufferers of cancer, cardiac disease, and dementia. In 2006, Betty was a recipient of the Ernst & Young Entrepreneur of the Year award. She was also highlighted by the National Hospice and Palliative Care Organization for the development of best practices in the care of dementia patients at the end of life.

Betty, a registered nurse, holds a nursing degree from the Eastern Maine School of Nursing, and her BSN (Bachelor of Science in Nursing).

**Brendan J. Lynch** is Senior Vice President,

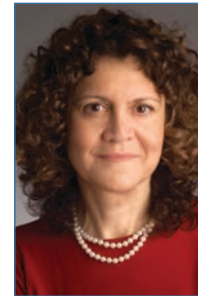


Human Resources Shared Services at MetLife, where he leads the HR Shared Services organization that is focused on providing employee centered solutions and services to their customers throughout the organization. Brendan is also the executive sponsor of MetLife's HREvolution – the firm's global HR transformation program focused on preparing for the workforce of the future through superior strategic partnerships, services, and digital experiences.

Brendan joined MetLife in April 2019 with a leadership acumen spanning 25+ years in many global, strategic and operational experiences from various industries and served as Vice President, Human Resources Services for Johnson & Johnson after leading

several Johnson & Johnson commercial businesses. Brendan has also held positions at The Estee Lauder Companies, PepsiCo, and Warner Lambert (now Pfizer).

**Sandra S. Baron** is a Senior Fellow at Yale Law



School's Information Society Project and the Abrams Institute for Freedom of Expression and a Visiting Clinical Lecturer in Law. Prior to this post, she was Executive Director of the Media Law Resource

Center, a not-for-profit organization dedicated to media law research, policy, education and advocacy, and was also involved in the management of the MLRC Institute, its sister organization devoted to public education on First Amendment issues.

She is a member of the Board of Directors of Community Access to the Arts, Great Barrington, MA, The Brigid Alliance, New York, NY, and the Issues and Advocacy Board of Planned Parenthood of New York City (recently disbanded in light of the PPNYC merger and the creation of Planned Parenthood of Greater New York in January 2020).

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# A Caregiver is Not Alone with CaringKind

**Katie Jordan**  
Caregiver

I was 28 years old when my father was diagnosed with dementia.

At 28 years old, there are so many things on your mind. You're thinking about your career, your relationships, your next vacation...

You're not supposed to be thinking about how to care for an ailing parent – at least, not yet.

But I had to. He's my dad.

When it started, my dad still had his fair share of "good days."

If you've ever cared for someone with Alzheimer's or dementia, you know how much the good days mean to you when they come.

In time, however, it got much harder. The good days became less frequent – and the bad days got progressively worse. But here's the worst part...

As a 28-year-old, I had no friends or coworkers who understood what I was going through. No one in my peer group had ever been put in my position. While some tried to be helpful, they just couldn't get it.

It all made me feel so... alone.

There was no one who could help me. And I had nowhere left to turn...

... until I discovered CaringKind.

When I first learned of the work CaringKind does to support Alzheimer's and dementia caregivers here in New York City, I knew I needed to reach out and ask for help.

What happened next changed my life forever.

I called CaringKind's Helpline and, within minutes, I felt more supported than I'd felt in months.

Not only was the CaringKind team quick



to provide me with helpful techniques, strategies, and resources to care for Dad, but they became my emotional support, too.

CaringKind made me the caregiver my Dad deserved. And with CaringKind, I wasn't alone anymore. They have life-changing support groups. And I still attend a group to this day.

My CaringKind support group has helped me so much over the years. I don't know how I would be able to care for Dad without it!

## In the Community: Satellite Offices Around the City

Responding to an urgent need to serve the boroughs of New York City, CaringKind is on the ground in the neighborhoods of the communities we serve. With six satellite offices, including those in Manhattan's Chinatown, and Flushing, Queens, The Bronx, Yonkers, and two locations in Brooklyn – Gravesend/Sheepshead Bay and Borough Park – we are reaching out to individuals and families close to their homes.

We are targeting our services to be especially helpful and relevant to diverse New York communities. We are serving the Chinese-speaking community in Manhattan's Chinatown and Flushing, the Spanish-speaking community in the Bronx and in Yonkers at the Montefiore

Medical Center, and the Orthodox Jewish community in Brooklyn, funded by the Sephardic Home for the Aged Foundation. In Brooklyn, we have already partnered with Zicharon and Sephardic Bikur Holim, who have generously provided space for our social worker heading the program there.

Our commitment to diversity and outreach is demonstrated by our expanded presence. We are offering one-on-one consultations, support groups, and education workshops directly to the families of those struggling with the complexities of caring for someone with dementia. This step is fulfilling the dream CaringKind has long held as a strategic priority.



## Our Commitment to Excellence and Saving Lives



**ELIZABETH BRAVO SANTIAGO**  
Director of Wanderer's Safety Program  
esantiago@cknyc.org

Few people realize that wandering is a common and potentially life-threatening behavior of persons with dementia. Statistically, six out of ten people will wander, and if a wanderer is not found within a 24-hour period, there is a possibility he or she could be seriously injured or deceased.

This can be a stressful and emotionally draining time for caregivers. Caringkind MedicAlert® NYC Wanderer's Safety Program is always available to assist caregivers by providing support during the time that a person with dementia is missing. Afterwards, once they are found safely and reunited with their family, CaringKind provides guidance and care planning to ensure the safety of the person who has gone wandering. The person



with dementia receives an identification bracelet inscribed with a statement that the person is memory impaired, the person's first name, a numerical code linked to a health record, and a 24-hour emergency phone number.

MedicAlert® operates as a live 24-hour emergency response service for any person with dementia who experiences a medical emergency, or who may wander and become lost. Because of our partnership with them, we continue to boast a 98% success rate in Caringkind MedicAlert® NYC Wanderer's Safety Program – a testament to its excellence and performance through this affiliation.

At the time of enrollment, we ask caregivers to provide the member's physical characteristics, list of critical medications, health conditions, and any known allergies, wrist measurement, and a current photo.

This information is kept confidential in our MedicAlert® NYC Wanderer's Safety Program National Database and is only given to the police department or emergency room staff when needed.

We could not be as effective as we are without the help, support, and participation of our New York City Police Department, emergency responders, and good Samaritans who have helped us find wanderers due to our missing persons bulletins, social media, or because they noticed a MedicAlert® bracelet on the individual who was missing. We are very grateful for this collaboration.

Once enrolled with the MedicAlert® NYC Wanderer's Safety Program, it is important to have the individual with dementia wear their identification bracelet.

Statistically,  
six out of ten  
people with  
dementia will  
wander.

Here are some suggestions to help encourage someone to wear their identification bracelet:

- Have a grandchild or long-time friend present the bracelet. The individual may appreciate the gesture, cherish and wear the bracelet.
- Ask the physician or nurse to present the jewelry. If the individual has a medical appointment soon after receiving the bracelet, ask the physician or nurse to place the bracelet on the client during the appointment.
- Caregivers may want to order a matching bracelet. Seeing another person wear the bracelet may make it more acceptable for the memory-impaired person to wear it.
- Keep in mind that presentation is everything. Wrap the identification bracelet in a box and present it as a gift.

Help us to save lives. Enroll the person you care for today. It's easy to register.

Visit our website:  
[www.caringkindnyc.org/wandersafety](http://www.caringkindnyc.org/wandersafety)  
or call our Helpline at 646-744-2900.

You will also be giving yourself peace of mind.

## Annual Meeting Presents Innovative Alzheimer's Research

Our Annual Research Meeting on October 28, *Innovative Approaches to Alzheimer's Diagnostics and Research*, brought together a dynamic panel of experts including Dr. Peter Davies, Dr. Angela R. Kramer, Terry Fokas, and moderated by Dr. Max Gomez.

Dr. Gomez is an award-winning broadcast journalist who rejoined WCBS-TV as a medical reporter in June 2007 and has served on a host of advisory boards, including the national board of directors for the American Heart Association, Princeton Alumni Weekly, and the Partnership for After School Education. He is also co-author of *The Healing Cell: How the Greatest Revolution in Medical History is Changing Your Life*, a primer on the number uses of adult stem cells in treating and curing diseases.

Peter Davies, PhD, has been instrumental in developing the currently approved drugs for Alzheimer's Disease – Aricept, Exelon, and Razadyne. He is now the Director of the Litwin/Zucker Center for Research on Alzheimer's Disease at Northwell Health's Feinstein Institutes for Medical Research.

A pioneer in the field of Alzheimer's disease with over 40 years of experience in science and research, he shared his perspective as he noted disappointing results of many major trials and is focusing on researching new treatments and diagnostic tests as there is no effective intervention, medical treatment, or cure for this devastating illness.

Dr. Angela Kamer, DMD, MS, PhD, is Associate Professor in the Department of Periodontology and Implant Dentistry, New York University College of Dentistry, New York. She shared insights into the possible connection between periodontal gum disease and the risk factor for developing Alzheimer's disease. The main cause of periodontal disease is bacterial plaque which creates an inflammatory response in the gums. Studies coming from her research groups showed that periodontal disease may contribute to an increased risk of developing Alzheimer's Disease and change in cognition. She is published in highly regarded peer reviewed journals and co-edited *A Clinician's Guide to Systemic Effects of Periodontal Diseases*.



Terry Fokas, JD, LLM is a product development VP at BioEye Ltd. The firm developed and markets an epilepsy seizure monitoring, detection and reporting application running on Apple Smartwatches. Given the overlap between epileptic seizures and neurodegeneration, BioEye and Overwatch are collaborating on new technologies that utilize ocular biomarkers to detect changes in brain activity.

These new and novel insights and approaches to diagnostic methods are identifying risk factors that go beyond modifying lifestyle habits. Our Annual Meeting is dedicated to bringing you the latest in research and development on a variety of topics.

## 2020 Lunar New Year Celebration: The Year of the Rat

CaringKind's Lunar New Year Celebration took place at CaringKind on Friday, January 31. Over ninety people from the New York City Chinese community attended, including people with dementia, caregivers, and volunteers.

The celebration included a presentation, *Challenges and Advantages of Dementia Caregivers*, by Dr. Jinyu Liu, PhD, Associate Professor of School of Social Work, Columbia University. There was also a

demonstration of Calligraphy and Chinese painting, Chinese music played on an erhu (traditional Chinese instrument), songs from the Yue Opera, Tai Chi Fan Dancing, and a "Lucky Raffle." In addition to the entertainment, the group had a discussion about the meaning of The Year of the Rat and enjoyed delicious Chinese food.

It was a wonderful and glorious experience for everyone that attended.



## Maintaining Our Standard of Excellence



**LOU-ELLEN BARKAN**

Founding Director  
lbarkan@cknyc.org

Last month, I attended a retirement dinner for an old friend. The room was overflowing with Ruth's colleagues from thirty years in business and her many friends. Also present were appreciative board and staff members from a host of community-based organizations benefitting from Ruth's generosity. The accolades flowed during the presentations. But what I remember best was a comment made by one speaker.

"We are here," she said, "to honor and celebrate a woman who represents 'the gold standard' in everything she does."

*The gold standard.* I considered the phrase: a standard of enduring excellence representing the best of class. Intuitively, I could name a few individuals and organizations that could be described as the gold standard; each successful in achieving their goals and mission and demonstrating qualities of honesty, reliability, kindness, and clear communication.

Hopefully, we all know a few people who meet this test. But how many organizations can we name that demonstrate consistent excellent performance combined with adherence to the important qualities listed above? After sixteen years with CaringKind, I'm proud that the community considers CaringKind to be the gold standard in Alzheimer's and dementia care.

When CaringKind staff delivers resources, service, and programs to individuals and families affected by a diagnosis of Alzheimer's or a related dementia, they

communicate with empathy and honesty. Staff members know that each family and individual has a unique situation that will require an honest assessment of the challenges ahead. But in every case, staff ensures that clients are treated with dignity and kindness.

I often invite the public to visit our offices – to see the work, meet the staff, ask questions. Those who visit confirm that we are doing unique and critical work with a standard of excellence unmatched in the community. After more than thirty-five years delivering services, CaringKind remains *the gold standard in dementia care*.

If you or anyone you know needs our help, visit our website [www.caringkindnyc.org](http://www.caringkindnyc.org), call our Helpline at 646-744-2900, or stop by to visit our offices located at 360 Lexington Avenue, 3rd Floor. I look forward to welcoming you.



### caringkind Forget-Me-Not Gala Monday, May 4, 2020

#### Master of Ceremonies

Bill Ritter, *Anchor, WABC TV Eyewitness News*

#### Corporate Leadership Award

Ivan Cheung, *Global President, Eisai Neurology Chairman, Eisai USA*

#### Gala Chair

Rachel L. Posner

The Pierre • 2 East 61 Street • New York City  
6:30pm Cocktails and Silent Auction  
7:30pm Dinner and Dancing

For more information, please contact Linda Centeno at [lceneno@cknyc.org](mailto:lceneno@cknyc.org) or 646-744-2923  
[www.caringkindnyc.org/gala](http://www.caringkindnyc.org/gala)

Your Community Resource for Alzheimer's and Dementia Support

### In the Forefront of Expertise and Service



#### Interactive Helpline Calls

We responded to 8,000 calls on our 24-hour Helpline, the gateway to our services through which our trained staff provides guidance and support as well as referrals to resources from over 200 community partners.



#### Problem-Solving Counseling Sessions

Our licensed social workers provided more than 850 counseling sessions, solving immediate problems before developing a short-term care plan and resources for ongoing guidance during the long course of the disease.



#### Informative Caregiver Education

Educated more than 1,000 caregivers through our learning seminars, covering topics from legal and financial planning to resources for long-term care.



#### Empowering Caregiver Training

We trained over 500 family and professional caregivers, empowering them with skills and resources to provide the best possible care while easing their own burdens.



#### Life-Saving MedicAlert® NYC Wanderer's Safety Program

We added more than 1,000 people with dementia to the more than 30,000 already registered in our CaringKind MedicAlert® NYC Wanderers' Safety Program, which ensures that when individuals with dementia wander, they have the best chance of being found.



#### Dynamic Support Groups

We hosted 85 ongoing support groups, each facilitated by a trained and supervised professional. These supportive peer groups promote social and emotional strength by sharing resources and developing supportive peer relationships.



#### Partnerships with Cultural Institutions

We trained docents and staff at 18 of NYC's most prominent cultural institutions, bringing their outstanding resources within reach of our clients and their families through our connect2culture program.



#### Host to Major Conferences

We held major conferences focused on care and research, each hosting prominent members of the research community — attended by over 500 participants.



#### Our Leading Palliative Care Program

We expanded our national reach, fielding requests for information and training throughout the country. This includes requests for our innovative Palliative Care program, which has become the gold standard for late-stage dementia care.



#### Forging International Relationships

We continue to be an international leader in the field of caregiving, welcoming calls and visitors from countries around the world. Their medical, human service, and government representatives know that CaringKind has the proven knowledge and experience to guide them as they build resources in their own countries.



### Monthly Education Meetings

Meeting topics change monthly and are in English. Meetings are from 6:00 – 8:00 pm, in Manhattan.

**Monday, March 9**

**(FTD) Frontotemporal Degeneration: The Dementia No One Knows About**

**Monday, April 13**

**Understanding Homecare**

**Monday, May 11**

**Managing Conflict in Family Caregiving**

### Family Caregiver Workshop

During this 10-hour workshop series, caregivers learn to view the world from the perspective of the person with dementia. Topics covered include: communication, managing behavior, and self-care. Attendance is required at all 4 sessions in a series.

*Upcoming Series in English:*

Evenings in Manhattan, March 30, April 6, 13, 20  
Mornings in Manhattan, May 27, June 3, 10, 17

*Upcoming Series in Spanish:*

Afternoons in Manhattan, April 13, 20, 27, May 4  
Afternoons in Manhattan, May 26, June 2, 9, 16

*Upcoming Series in Chinese (Mandarin):*

Afternoons in Queens, May 15, 22, 29, June 5

### Seminars & Training for Professionals

**Managing Conflict in Families With Dementia: The Role of the Professional**

This Seminar is free of charge. Three (3) Social Work Continuing Education units are available for a fee.  
April 22 2:00 - 5:00 pm Manhattan

**Understanding Dementia for Professionals**

This Seminar is free of charge. Two (2) Social Work Continuing Education units are available for a fee.  
April 29 3:00 - 5:00 pm Manhattan

**Dementia Care Training for Professional Caregivers**

Attendance is required at all 7 sessions in a series.

*Upcoming Series in English, full days in Manhattan:*  
May 7, 14, 21, 28, June 4, 11, 18

*Upcoming Series in Spanish, full days in Manhattan:*  
April 23, 30, May 7, 14, 21, 28, June 4

*Upcoming Series in Chinese (Mandarin), full days in Manhattan:*

March 20, 27, April 3, 10, 17, 24, May 1  
May 27, June 3, 10, 17, 24, July 1, 8

### Understanding Dementia Seminar: What You Need to Know and Where to Go

Sessions provide family members and friends with information about Alzheimer's, other types of dementia, resources, and services available.

*Upcoming Dates in English:*

March 11	5:30 - 7:30 pm	Bronx
March 13	12:00 - 2:00 pm	Manhattan
March 17	2:00 - 4:00 pm	Brooklyn
March 18	5:30 - 7:30 pm	Manhattan
April 14	6:00 - 8:00 pm	Brooklyn
April 15	5:30 - 7:30 pm	Manhattan
May 8	12:00 - 2:00 pm	Manhattan
May 19	2:00 - 4:00 pm	Brooklyn
May 20	5:30 - 7:30 pm	Manhattan

*Upcoming Date in Chinese (Mandarin):*

May 3 1:00 - 4:00 pm Queens

### Legal & Financial Seminar

An elder law attorney discusses important topics caregivers should understand before meeting with their own attorney. Topics include: power of attorney, guardianship, Medicaid eligibility, long-term care insurance, healthcare proxy, and more.

*Prior attendance at an Understanding Dementia seminar is recommended.*

*Upcoming Dates in English, In Manhattan:*

March 16	5:30 - 7:00 pm
April 6	12:00 - 1:30 pm
April 20	5:30 - 7:00 pm
May 4	12:00 - 1:30 pm
May 18	5:30 - 7:00 pm

### Medicaid Home Care Seminar: A Practical Guide to the System

Caregivers are guided through the application process for Medicaid home care service.

*Prior attendance at a Legal & Financial Seminar is required.*

*Upcoming Dates in English:*

*In Manhattan:*  
5:30 - 7:00 pm  
March 5, April 2, May 7

### Support Group Leader Training

Attendance is required at all 4 sessions in a series.

*Upcoming dates in English, in Manhattan, full days:*

April 3, 10, 17, 24

To register, please call our  
**24-hour Helpline at 646-744-2900.**

Registration is required. Space is limited.  
All meetings are free of charge and subject to change.  
Location information provided upon registration.



*The Heart of Alzheimer's Caregiving*

## **Programs and Services**

24-hour Helpline: 646-744-2900

Social Work Services

Support Groups

MedicAlert® NYC Wanderer's Safety Program

Diversity & Outreach

connect2culture®

Beginnings at CaringKind

## **Education and Training**

Understanding Dementia for Caregivers & Professionals

Dementia Care Training for Professional Caregivers

Monthly Education Meeting

Legal & Financial Seminar

Medicaid Home Care Seminar

Family Caregiver Workshop

**New York City's leading resource  
for Alzheimer's and dementia support.**

