

# caringkind

*The Heart of Alzheimer's Caregiving*

## Serving Our Community



**Volume Two 2019**

- Please see our Spring Campaign letter on page 9.

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CaringKind meets the  
Better Business Bureau  
Wise Giving  
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for Charity Accountability.



Dear Readers,

Spring is here at last! What a pleasure to feel the sun on my face, to take long walks and to watch the tulips and daffodils bloom. Nature has the power to heal and restore us and no one needs this more than dedicated and hardworking dementia caregivers. If you are caring for someone with dementia, I hope you can take some time to enjoy our city's beautiful parks and gardens. You can also expand on this experience by participating in CaringKind programs offered in partnership with the Brooklyn Botanic Garden and the New York Botanical Garden.

In January, I experienced nature in a different setting when I visited Shenzhen, China at the invitation of the Shenzhen Mental Health Center and Shenzhen Kangning Psychiatric Hospital. I was joined by Weijing Shi, our Chinese and Queens Outreach Manager, Mei-Guey Jan, our Queens Outreach Manager and Dementia Care Trainer, and Ann Wyatt, our Palliative and Residential Care Consultant. Over 150 Chinese healthcare professionals heard presentations about CaringKind's model of care and support.

The program took place in an indoor conference center. By the weekend, I was starving for sunlight and exercise and took off for the Mangrove Coastal Ecological Park. I was soon restored by walking along the water, looking at Hong Kong across the bay and watching families strolling together. The coconut palms, mango and mangrove trees provided a much-needed respite from the bustle and traffic of urban Shenzhen.

Returning home, I better understood China's need for caregiving resources. Today, there are 5.8 million Americans diagnosed with Alzheimer's or a related dementia and an additional 487,000 diagnosed annually. By comparison, there are 9.5 million Chinese who have been diagnosed, a population growing by 1 million each year. China is facing a profound health care challenge.

It was difficult to fully grasp the complex Chinese long-term care system. But I had

the sense that health care professionals were working hard to initiate a comprehensive system of care. They were eager for CaringKind's information and the opportunity to learn a practical approach to care and support that would acknowledge the needs of the person with dementia and the caregiver.

I want to recognize Dr. Tie Bang Liu, Director of Kangning Psychiatric Hospital, for his vision and commitment to improving the lives of persons with dementia and their families.

My visit reinforced the message that Alzheimer's is truly a global issue and that caregivers, wherever they are, need support, resources, programs and services. Fortunately, all New Yorkers have these available by calling CaringKind's Helpline at 646-744-2900 for information, guidance and support. New Yorkers do not have to face the challenge of dementia caregiving alone. We are here for you.



**P.S. Please support our Spring Campaign on page 9.**

P.P.S. We expanded our relationship to the Chinese community on both sides of the world. On March 14th, CaringKind was proud to be the beneficiary of the annual Mei-Hua Society Gala Banquet.

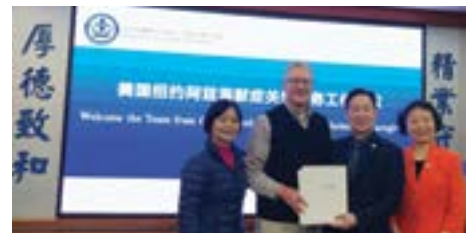


**JED A. LEVINE**  
President & CEO  
jlevine@caringkindnyc.org

## CaringKind in Shenzhen, China



Weijing Shi



Mei-Guey Jan, Jed A. Levine, Dr. Liu, Weijing Shi



Weijing Shi, Jed A. Levine, Anne Wyatt, Mei-Guey Jan



CaringKind staff with translators and conference organizers from Kangning Psychiatric Hospital.

## Looking at Dementia Through a New Lens



**NANCY HENDLEY**  
Dementia Care Trainer

In April, CaringKind, in collaboration with NYU Langone's Family Support Program, had the good fortune to host a screening of the recently released documentary, "The Rest I Make Up", directed and produced by Michelle Memran. This film asks us to view dementia through a new lens, one that is perhaps less judgmental, one that embraces life, one that gives us a unique and compelling way to convey the complexities of Alzheimer's disease to family members and professional caregivers.

The filmmaker has worked as a journalist, a reporter, researcher, and an editor in New York City. She's written for numerous publications, including *Newsweek*, *The New York Times*, and *Vanity Fair*. "The Rest I Make Up" is Michelle's first film, for which she has received funding from the New York State Council on the Arts, numerous foundations and more than 600 individual donors. This award-winning film premiered at MoMA and has been shown in film festivals across the country – and most recently in London and Havana – to rave reviews.

"The Rest I Make Up" chronicles Michelle's decade-long friendship with Maria Irene Fornes, a prolific and celebrated Cuban-American playwright and educator. The film follows Fornes, who, despite the onset of dementia, continues to create a vital, dignified and inspiring life for herself and those fortunate enough to know her.

Great documentaries like this one open our eyes, foster empathy and test long held beliefs.

It is unfortunate that Alzheimer's disease has been described as a loss of self. This categorization seems dismissive and frightening. But, we know that with training and education, we can uncover the "enduring self", the self that remains with a person who has a dementia diagnosis. We know that we can "find" the person and connect with them... even if only briefly.

CaringKind has been offering opportunities for precisely this kind of training and education, free of charge, for over 35 years. Our 10-hour Family Caregiver Workshops, monthly Monday Evening Education Lectures, and our Dementia Care Training for Professional Caregivers, present ample opportunities for all individuals and families affected by a diagnosis of Alzheimer's or a related dementia to become more knowledgeable.

The 10-hour Family Caregiver Workshops, offered in English, Spanish, and Chinese, are based on the person-centered care approach are conducted in a supportive, non-judgmental environment. These interactive sessions include understanding the illness, enhancing communication, addressing distress, and caring for the caregiver with the intention to improve the quality of life of both person with the illness and for family members.

The nationally recognized Dementia Care Training for Professional Caregivers empowers direct care workers to provide the highest quality of care for people with dementia. The program is tailored to give insight into the illness, to educate about the disease process, to give practical tips and tools of communication, to fully



explore person centered care, to address ways to ameliorate distress, and finally to allow care workers to see dementia from the person with the disease's point of view. Currently offered on an ongoing basis in Chinese, Spanish, and English, the training remains a source of pride for the organization.

Monthly education meetings hosted by CaringKind and presented by expert professionals in the field give caregivers focused information on pressing current issues in the field of dementia care.

We believe it is possible to see the person with dementia as portrayed by filmmaker Michelle Memran in "The Rest I Make Up." When we do so, we see new possibilities in the relationship with a person with dementia. We find hope among the challenges of the illness. It takes an effort to change our habitual ways of seeing and acting. At CaringKind, we believe it is an effort worth making.

## Our Success Lies in our Partnerships



**PAULA RICE**

Manager of African American Outreach  
price@caringskindnyc.org

Caringkind's African American Outreach continues to make inroads in the community because we recognize the importance of relationship building and awareness. We build trust and increase recognition of CaringKind programs and services by partnering with a vast array of community organizations. With their help, we can educate our constituents about Alzheimer's disease and related dementias, including where to go for an assessment, for treatment and for services. Most importantly, we are empowering the community to take charge of the well being of their families and themselves.

Our goal to educate the community is the hallmark of our outreach efforts. African Americans are at greater risk of developing Alzheimer's than whites, because of disproportionate rates of hypertension, diabetes, heart disease and obesity. Education and information allows the community to better understand how to manage these risks. Knowing your numbers, eating heart healthy diets and exercising are core messages of CaringKind's AA Outreach.

Our partnerships help us spread the word throughout the community.

Over the years, CaringKind partnerships have expanded to include political leaders, medical research centers, community health organizations, advocacy groups and faith-based institutions. Through our partnership with HAS (Harlem Advocates for Seniors), we galvanized a group of family members and caregivers who had been touched by Alzheimer's disease. Because of our visibility within HAS, this group participated in Caringkind's Walk to End Alzheimer's by joining the team "Harlem Supporters". They walked with family members and friends and raised funds to advance CaringKind programs and services.

Our collaboration with Columbia University Medical Center's NIH African American Genetic Research Study is another example of effective relationship building. Through this partnership we co-sponsored two very successful symposiums with elected officials. One took place in Harlem at the State Office building. With the endorsement of Councilman Bill Perkins, we had a robust turnout to hear a general overview of Alzheimer's and related dementias, comments from a former caregiver and a presentation by Dr. Reitz, the lead researcher of the NIH AA Genetic study. Dr. Reitz discussed the history of African Americans and research and assured the participants that much has changed. The research community recognizes past transgressions and has

established policies and guidelines that ensures transparency, safety and privacy for all participants. She expressed the importance of the inclusion of African Americans in research studies because genetic differences have an impact on research outcomes. As a result of her informative and passionate presentation, several families signed up for the study.

Because of the success of this symposium, we replicated it in the Bronx. With the endorsement of Councilman Andy King, who had a family member affected by Alzheimer's, we held a symposium at the NAACP Headquarters in the Bronx. Again, we had a successful event with families registering for the research study.

An example of how our relationship building has extended to the faith-based community is a recent request from a member of the ministerial staff to establish a support group at a church. Several congregants have been affected by the disease and are in need of support services. Their request was forwarded to our Director of Support Groups. She is currently identifying a support group leader to support these families through their caregiver journeys.

Caringkind's African American Outreach is proud of its' accomplishments, but we do not rest on our laurels. We continue to reinforce our current relationships and actively seek to build new ones to enable us to accomplish our mission of providing education and services to all who need our help.



Are You or a Loved One  
Struggling With Memory  
Loss or Alzheimer's Disease?  
CONSIDER A CLINICAL RESEARCH STUDY AS THE NEXT  
**STOP ON YOUR JOURNEY.**

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DRUG DEVELOPMENT CORPORATION

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### What Are The First Signs of Alzheimer's Disease?

Mild forgetfulness can be a normal part of the aging process. But when memory problems begin to seriously affect daily life, they could be early signs of Alzheimer's disease or another dementia.

#### Some of the early warning signs:

- Memory loss that disrupts daily life
- Difficulty planning or solving problems
- Forgetting how to do familiar tasks
- Confusion with dates, time or place
- Trouble with spatial relationships
- New problems with words in speaking or writing
- Misplacing objects and the inability to retrace steps
- Altered decision making; poor judgment or relying on someone else, such as a spouse to make decisions or answer questions
- Withdrawal from work or social situations; difficulty initiating activities and participating in social interactions
- Mood swings and changes in personality

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*When the time comes, please know that we are here.*

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## Daylight Savings Time and Its Effects on Wandering



**ELIZABETH BRAVO SANTIAGO**

Director of Wanderer's Safety Program

esantiago@caringskindnyc.org

The transition from Standard to Daylight Savings Time is disruptive for many of us. For those with Alzheimer's disease and related dementias, the transition can create confusion, making the caregiver's difficult job even harder. And during these longer days, when the weather is warm, there is greater risk that a person with dementia may wander – one of the greatest concerns of family and professional caregivers

Last month, on a warm and sunny morning, CaringKind received a missing person report for Mr. T, whose daily routine included a 30-minute walk whenever the weather permitted. Mr. T greatly enjoyed his walks.

Earlier that day Mr. T's caregiver, Sandra, noticed Mr. T staring out the living room window. Sandra asked Mr. T if he would like to go out for a walk and stop for a cup of coffee at a nearby donut shop. After Mr. T agreed, Sandra helped him dress, but she felt that he was upset with her. This was out of character for Mr. T.

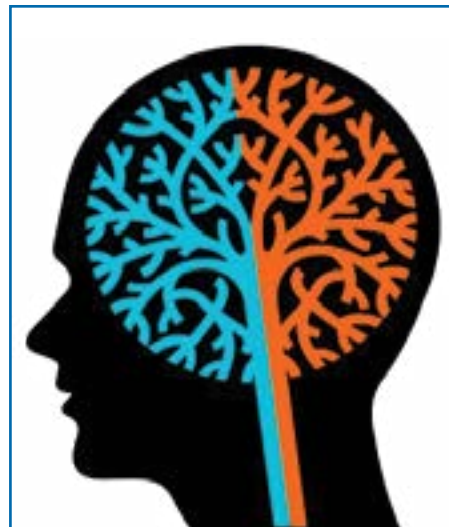


Mr. T was very quiet as they left the house. As they walked, Sandra noticed Mr. T's pace was a little faster than normal. Sandra looked at her watch and saw they had been walking for over an hour. She did not want Mr. T to get dehydrated, so they stopped at a coffee shop for a cold beverage. While waiting for their order, Sandra asked Mr. T if his legs were tired. He said no, but with more agitation than usual. Sandra was puzzled.

When Sandra went to pick up their order from the food counter, Mr. T wandered out of the coffee shop, vanishing from sight. Because it was a beautiful day and the evening temperatures remained very comfortable, he wandered into the late hours of the night.

When the New York City Police Department canvassed the area, an officer noticed a man sitting on a park bench. The officer was carrying Mr. T's picture. He walked closer and saw a bracelet with an orange Caduceus symbol with the words Medic Alert. The officer identified Mr. T and notified Sandra and his family. All were greatly relieved.

When someone goes missing it is an emotional and stressful time for caregivers and family members. Mr. T's story shows how enrolling the person you care for in the MedicAlert® NYC Wanderer's Safety Program provides a priceless safety net. The Wanderer's Safety Program's low-tech identification product provides emergency responders and emergency room staff with the person's name and an identification number along with the number for MedicAlert's 24-Hour Emergency Response Hotline, which assists in finding people who have wandered or who have a medical emergency.



If you are thinking about enrolling the person you care for or have questions concerning the program, please call the **MedicAlertNYC Wanderers Safety Program** at **646-744-2918**.

We can assist you with enrollment over the telephone or you can visit [caringskindnyc.org](http://caringskindnyc.org) and enroll on line.

Don't wait until a crisis occurs. The best time to enroll is now!

### Giving by Check



#### 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 with Credit Card



#### Online/Credit Card

Visit [www.caringkindnyc.org](http://www.caringkindnyc.org) and click on Donate or call 646-744-2900.  
We accept MasterCard, Visa, and American Express.

### Appreciated Securities



#### Appreciated Securities

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

### Bequests



#### 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.

### Donor Advised Funds



#### 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.

### Life Insurance and Retirement Plans



#### Life Insurance and Retirement Plans

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

### Corporate Giving



#### Corporate Giving

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

### Monthly Giving



#### Monthly Giving

By giving to CaringKind each month, you'll join a community committed to providing the gold standard of dementia care for all New Yorkers.

### Tribute Gifts and Campaigns



#### Tribute Gifts and Campaigns

Honor a loved one, or someone special in your life, or give back for the help that you received by a caring professional at CaringKind.

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

*CaringKind is a tax-exempt organization under Section 501(C)(3) of the Internal Revenue Code (Tax ID number 13-3277408) and your gifts are tax deductible to the full extent of the law.*

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



## Dear Friends of CaringKind,

It is with tremendous gratitude that I invite you to join my family as we honor and recognize the bravest members of the CaringKind family – the caregiver.



Our father passed away from complications due to Alzheimer's in October 2018 when he was only 70 years old. Alzheimer's not only robbed him of his beautiful life with our family, but it stole his professional livelihood – that of a congregational Rabbi in his beloved New York City where he described his professional career as "God's pediatrician" – providing care and comfort to all of His children.

It was a role that put his caregiver responsibilities in the public spotlight of our City. We all knew that there was no greater caregiver than our Dad, his congregation knew it and the City knew it too, regardless of religious affiliation. We could have never imagined how quickly Dad's professional calling would turn; that he could no longer be the caregiver – a role that brought him such spiritual fulfillment.

Away from the spotlight and as Dad's illness worsened, our family quickly learned that the greatest caregiver in our family, the one who would probably never receive the same public appreciation as her husband, was our Mom.

With the support of CaringKind, our mother and we were blessed with wonderful resources – the Wanderer's Safety Bracelet to put our mind at ease in case Dad wandered, information and referrals on home care services and long-term care, and, most important, daily support – all to serve as our compass as we navigated the trials and tribulations of caring for our Dad in his final years with us.

- **CaringKind sees the whole person, not just this cruel disease, and understands the need for an individualized support system.**
- **CaringKind connects caregivers to a community of people and the right resources, at the right time, with deep rooted relationships in NYC.**
- **CaringKind provides caregivers the time and space to care for themselves and the person for whom they are caring.**

Our family remains in awe of our Mom and we thank her every day for being the best caregiver to our Dad. And we think of all the caregivers out there – the silent heroes in this most difficult battle all across our beloved City. We could have never cared for our Dad without CaringKind, its most dedicated staff and its resources.

**I am asking you to consider making a gift today to honor these caregivers and to help ensure that CaringKind can continue to provide the programs and services we need to serve them – the bravest members on this daunting and painful journey. In doing so, we are fulfilling Dad's calling – providing care and comfort to all of God's children. For our family, there is no greater legacy.**

Sincerely,

Rachel Posner

## Caregiver Pilot Programs in Cultural Institutions



**MEREDITH WONG**

Manager of connect2culture®  
mwong@caringkindnyc.org

A diagnosis of dementia not only changes the life of the person living with the disease, it has a dramatic impact on friends and family. The person with dementia contends with behavioral and personality shifts, cognitive, spatial and perceptual changes and other symptoms that affect their ability to function. While both experiencing and monitoring this emotional rollercoaster, caregivers put their lives on hold to take care of the personal, medical and business affairs for the person in their care. A caregiver's life – previously filled with jobs, friends, family, and social activities – is replaced with logistical, clinical, legal, and financial responsibilities. The caregiver's identity, independent of the person with dementia, diminishes as their focus shifts to care.

To alleviate a caregiver's feelings of isolation and frustration, CaringKind's connect2culture® program partners with several New York City cultural institutions to create opportunities for self-reflection and recharging. Organizations like Ailey Arts in Education (a program of the Alvin Ailey Dance Foundation), the Rubin Museum and the Intrepid Sea, Air and Space Museum work with us to create safe and comfortable spaces for caregivers to enjoy each other's company in interactive and guided cultural experiences.

Connect2culture and Ailey Arts in Education created two dance workshop series – AileyDance for Caregivers and AileyDance for Caregivers and Individuals

with Dementia – at the New Settlement Community Center in the Mt. Eden neighborhood of the Bronx. AileyDance for Caregivers teaches choreographed dance combinations in a variety of dance styles. AileyDance for Caregivers and Individuals with Dementia, similar to AileyDance for Caregivers in content, will be adapted to the needs and abilities of the participants with dementia and will involve working in pairs. Some of these dance movements can be duplicated at home as engagement activities and encouragement to stay active.

Continuing their collaboration to support caregivers, connect2culture and The Rubin Museum's program, Empowering Caregivers: Mindful Tours, Conversation, and Community, encourages mindful self-reflection through conversation about contemporary and ancient art. Caregivers engage in dialogue around universal themes of leading a meaningful life. The museum purposefully creates a comfortable environment for exploration, where the needs for respite and support are understood and participation is encouraged and valued. While some caregivers may come to learn about the works of art and the ideas behind them, Empowering Caregivers is ultimately about connection through shared cultural experiences. To round out the experience, conversations continue over light refreshments in the Museum's Café Serai where participants can talk, laugh, eat and enjoy time with new friends. In the fall session, some caregivers stayed in the café to talk after the tea had ended and others spent additional time in the galleries. One caregiver explained that the experience reduced her stress, that she appreciated having this time for herself and that she wished the program could be offered more frequently.

This summer, the Intrepid Sea, Air and

Space Museum will host a pilot program for caregivers on their World War II aircraft carrier. Combining music and dance, caregivers will connect informally through a social activity. The Intrepid's caregiver appreciation event recognizes the need for self-care, bringing together families whose lives have been dramatically changed by this disease. The program will enable engagement through music, storytelling and memories of service, family, and community.

Whether music, dance, art or history is an interest, caregiver programs are available for New York City families impacted by Alzheimer's and dementia; to take time for themselves and to enjoy meeting others who understand the need for social and emotional support. If you are interested in these programs, please use the contact information listed below.

### Ailey Arts in Education

AileyDance for Caregivers –  
Starts Tuesday, May 28, 6-7:30pm

AileyDance for Caregivers and  
Individuals with Dementia –  
Starts Tuesday, June 4, 2-3:00pm

CaringKind  
24-hour Helpline: 646-744-2900

### Rubin Museum

Empowering Caregivers: Mindful  
Tours, Conversation, and  
Community

Upcoming program:  
Wednesday, June 12, 6-7:30PM

access@rubinmuseum.org  
or 212-620-5000 x319

Intrepid Sea, Air and Space Museum  
Program TBD

## Charity Ratings: How To Be A Good Consumer Of Information And Resources



**LOU-ELLEN BARKAN**  
Founding Director  
lbarkan@caringkindnyc.org

CaringKind, like all not for profits (NFPs), submits data to several ratings organizations. This brief summary should serve to make it easier for you to understand and analyze what you are seeing.

On December 1, 2015 CaringKind chose to discontinue our affiliation agreement with the Chicago based Alzheimer's Association and returned to our roots as an independent 501 c 3. Our day to day operations remained the same; providing programs and services for individuals and families affected by an Alzheimer's diagnosis; training professionals in the field and advocating for care and research. While we knew that the transition might create some short-term brand confusion, we recognized an opportunity to re-organize to better serve the community.

I am proud to report that throughout this period; we continue to provide the gold standard in dementia care and support for all New Yorkers who need our help.

We are proud of our rating as a Better Business Bureau Accredited Charity and our GuideStar Silver Star rating. But constituents are confused by how these and other similar agencies establish their ratings. To clarify: 1) These rating agencies are privately run. They are not government agencies. 2) Their ratings are established by compressing complex and detailed information in an attempt to standardize and simplify the presentation. This results in losing important detail that differentiates different kinds of NFPs 3) Rating agencies do not distinguish between organizations, like CaringKind, that are 95% funded by private donors vs those funded by government grants and programs including Medicare and Medicaid.

One particularly difficult standard is the ratio of funds spent on program vs. development/administrative expenses commonly referred to as "overhead." (You can learn more about this in a TED

talk by Dan Pallotta as he explains how "overhead" has been unfairly demonized.) Traditionally, rating agencies provide more favorable ratings for organizations that spend a large portion of their revenue on programs. This means that if an organization has a single employee administering the distribution of funds to other agencies without directly delivering any programs, the NFP is shown as spending 99% of revenue on programs, delivering a favorable rating. Hardly a fair comparison with agencies raising and spending funds on staff, offices, supplies and other administrative expenses in order to actually deliver a program or service work. Obviously, these agencies have to invest in fundraising staff and resources, even more so if they are primarily dependent on private funding.

As a reminder, CaringKind is 95% privately funded and today, as in the past, uses every dollar to help a growing community of families that need our help. So, when you see a rating for CaringKind or any NFP and you have questions,, dig down below the superficial information. Ask questions and get the detail. You will be surprised at what you learn.

**caringkind**  
**Athletes To End**  
**Alzheimer's®**

**You Can Run With Us!**

**TCS NYC Marathon**  
**November 3, 2019**

The New York City Marathon course is a 26.2-mile block party through all five boroughs of the world's most diverse city, and is a model for big-city marathons around the world.



For more information, please go to [www.caringkindnyc.org/nycmarathon-apply](http://www.caringkindnyc.org/nycmarathon-apply)



## 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:

May 10	12:00 - 2:00 p.m.	Manhattan
May 15	5:30 - 7:30 p.m.	Manhattan
May 21	2:00 - 4:00 p.m.	Manhattan
June 14	12:00 - 2:00 p.m.	Manhattan
June 18	5:00pm - 7:00 p.m.	Brooklyn
June 19	5:30 - 7:30 p.m.	Manhattan
July 12	12:00 - 2:00 p.m.	Manhattan
July 16	2:00 - 4:00 p.m.	Brooklyn
July 17	5:30 - 7:30 p.m.	Manhattan

### Upcoming Date in Spanish

June 7	11:00 a.m. - 1:00 p.m.	Manhattan
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### Upcoming Date in Chinese (Mandarin)

May 5	1:00 - 4:00 p.m.	Queens
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Contact our 24-hour Helpline at 646-744-2900 for more information.

## Legal & Financial Seminar

An attorney specializing in elder law discusses important topics Alzheimer's and dementia caregivers should understand before meeting with a personal attorney. Topics include power of attorney, guardianship, Medicaid eligibility, long-term care insurance, healthcare proxy, and more.

*It is recommended that you attend an Understanding Dementia: What You Need to Know and Where to Go Seminar prior to attending.*

### Upcoming Dates in English:

Manhattan	
May 6	12:00 - 1:30 p.m.
May 20	5:30 - 7:00 p.m.
June 3	12:00 - 1:30 p.m.
June 17	5:30 - 7:00 p.m.
July 1	12:00 - 1:30 p.m.
July 15	5:30 - 7:00 p.m.

### Upcoming Dates in Chinese: (Mandarin)

Manhattan	
June 19	1:30 - 3:30 p.m.

## Seminars for Professionals

### Understanding Dementia for Professionals:

May 22	3:00 - 5:00 p.m.	Manhattan
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The Seminars are free of charge.  
Two (2) Social Work Continuing Education units are available for a fee.

## 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:

May 2	5:30 - 7:00 p.m.	Manhattan
June 6	5:30 - 7:00 p.m.	Manhattan
July 11		Manhattan



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## Monthly Education Meetings

Meeting topics change monthly.  
All meetings from 6:00 – 8:00 p.m.

### Monday, May 13

#### Managing Caregiver Stress

- What is stress? Do caregivers face special stressors?
- Recognize your symptoms of stress
- Identify strategies to relieve your stress
- Are there benefits to stress?

#### Speaker:

**Cynthia Epstein, LCSW** at the NYU Langone Alzheimer's Disease & Related Dementias Family Support Program

### Monday, June 10

#### Communication and Dementia

- Learn how to detect changes in communication at different stages of dementia.
- Find out which visual and environmental cues can support daily activities.
- Uncover verbal and non-verbal ways to communicate.

#### Speaker:

**Amy Torres, CaringKind, Director of Training**

## Family Caregiver Workshops

During this 10-hour workshop series, caregivers learn to view the world from the perspective of the person with dementia. They also learn how to communicate more effectively with the person for whom they are caring and receive new insights on how to manage the challenging behaviors often associated with Alzheimer's disease, as well as the importance of self-care. Attendance is required at all workshops in a series.

#### Upcoming Dates in English – In Manhattan:

May 22, 29, June 5, 12 Evenings

#### Upcoming Dates in Spanish – In Manhattan:

May 20, 27, June 3, 10 Mid-mornings

#### Upcoming Dates in Chinese – In Queens:

May 22, 29, June 5, 12 Afternoons

## connect2culture

### Dance Workshop Series

#### AileyDance for Caregivers

**Tuesdays 6:00 – 7:30pm**

**May 28, July 9, August 13**

*Join us for a unique opportunity to experience the joy, contagious energy, and excitement of dance!*

To Register: Call **CaringKind's 24-hour Helpline at 646-744-2900** or email [helpline@caringkindnyc.org](mailto:helpline@caringkindnyc.org).

Registration required at least one week in advance of the workshop dates.

**To register, please call our  
24-hour Helpline at  
646-744-2900  
or visit [www.caringkindnyc.org](http://www.caringkindnyc.org).**

**Registration is required.**

**Space is limited.**

All meetings are free of charge  
and subject to change.

You may notice that specific locations of  
upcoming meetings are not listed.  
You will receive location information  
during your registration call.

**We wish to thank the following community  
partners for providing meeting space:**

Atria Senior Living, Kew Gardens

Carter Burden/Leonard Covello

Senior Program

Heights & Hills

Selfhelp Alzheimer's Resource Program

Queens Library

Avis – South Shore JCC

The Brielle at Seaview

Hand in Hand Together Homecare



## Introducing MUSIC & MEMORY® at Home for Our Families



As part of our commitment to the highest quality of care, we are pleased to bring the powerful benefits of personalized music to your family.

Music & Memory is an evidence-based, field-tested program, which helps people living with a wide range of cognitive and physical conditions find renewed joy and connection to life through musical favorites. Our team is trained to help you develop a personalized playlist on a digital music player for your family member's use.

### How Does Personalized Music Make a Difference at Home?

- Helps your family member "age in place" and remain at home longer
- Provides respite and tools for you and in-home care professionals
- Eases the stress of transitioning from one environment to another
- Offers a low-cost, effective option to reduce reliance on mood-altering medications

### Who Can Participate?

Anyone receiving our services can participate in MUSIC & MEMORY® at Home. There is no charge for this program. Interested? Please contact **Stephen at CaringKind 646-744-2900**

For more information about Music & Memory, visit **[musicandmemory.org](http://musicandmemory.org)**.



# caringkind chronicles

Writer: Jennifer Camper Artist: Ivan Velez

Story 2 Episode 2 Previous Stories: [caringkindnyc.org/comic](http://caringkindnyc.org/comic)



CaringKind provides free programs and services for people with Alzheimer's and dementia and for their caregivers.  
24-hour Helpline: 646-744-2900 ~ [www.caringkindnyc.org](http://www.caringkindnyc.org)

[caringkindnyc.org](http://caringkindnyc.org)



# Walk Because You Care

caringkind  
Alzheimer's  
Walk

## BROOKLYN

Sunday  
Sept. 22, 9am  
Coney Island  
Boardwalk

## MANHATTAN

Sunday  
Oct. 13, 9am  
Riverside Park

## SIGN UP TODAY!

[caringkindnyc.org/walk](http://caringkindnyc.org/walk)

24-hour Helpline:  
646-744-2900

[walk@caringkindnyc.org](mailto:walk@caringkindnyc.org)

### 3<sup>rd</sup> Annual Tech Expo!

Caring for Today with the Technology of Tomorrow  
(Manhattan Walk)



CaringKind is NYC's central address for dementia care and has been providing free programs and services for individuals and families affected by Alzheimer's or other dementias for over thirty years.

*CaringKind was formerly known as the Alzheimer's Association, New York City Chapter.*

Doggie Dugout Costume  
Parade! (Manhattan Walk)

