

## **A Common Beginning**

"Just over 10 years ago, I noticed that my husband, Ken, was often repeating himself. At the time, I figured it was just a sign of old age. I knew nothing about Alzheimer's or dementia. When he made a trip to Hong Kong to visit his family, I received a phone call from them. They were concerned that his repetition was a sign of a deeper problem. When he returned, I scheduled an appointment for him. And that's when he was diagnosed with Alzheimer's.

## **You Gave This Caregiver Exactly What She Needed**

## **'I Must Always Be Vigilant.'**

My husband was a professor – he loved to debate and argue. He was also very active – he never rested. That was his nature. The progression of Alzheimer's has limited his ability to communicate and function independently, but his drive and vocalization remain as strong as ever. As a result, I must always be vigilant. He is always moving and vocalizing – at all hours of the day and night. He can sing for 1.5 hours straight! I get no continuous sleep. I am always checking on him. I am exhausted!

## **How a Flyer Changed Everything**

I tried seeking support through other programs, but I didn't find them very helpful. I felt very depressed and frustrated. Then, one day, I saw a flyer in Chinese promoting a support group for Alzheimer's caregivers. I joined immediately and the CaringKind group facilitated by Ms. Weijing Shi gave me exactly what I needed! I attend every month – I never miss a meeting. The other participants are in the same boat and they understand what I'm going through.

I learn from everyone, and sometimes Weijing invites speakers who have expertise that I find really helpful. It is through this group that I learned about CaringKind's Family Caregiving training. I took that training, and it was very helpful. Learning not to argue with Ken was a great lesson!

## **Life is Better**

I still get frustrated sometimes, but life is much better. He's sick and it's not his fault. Eventually, he'll need to move into a nursing home. I've cared for him for 10 years and, as a result, I've delayed some of my own healthcare needs to do so. The importance of caring for myself is also something that CaringKind has helped me understand.

CaringKind gives great support to caregivers like me, and I am so very grateful!"

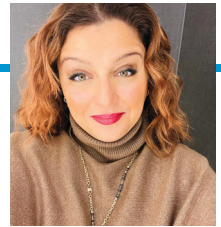


***Christina Yau,  
caregiver for her  
husband, Dr. Ken Yau,  
who has Alzheimer's.***

### **INSIDE:**

- Year End Letter
- Fundraising Updates
- MAP Program
- Training & Education Schedule

## Letter from the President



Eleonora Tornatore-Mikesh  
CaringKind President and CEO

**Dear Friends,**

I hope you and your family are well and safe during this difficult time. As I close my first year as CEO of CaringKind, I am deeply grateful for your support. And as I look back with pride, **I ask you to continue or even expand** your generosity as we prepare for new challenges.

You have allowed us to survive and even grow after our office transitioned to virtual service:

- Our **MedicAlert® NYC Wanderer's Safety Program** enrolled more families than ever.
- The network of **Support Groups** grew to almost 90, via telephone conferencing and Zoom.
- Our **Helpline** staff fielded more than 7,300.
- Our **licensed Social Workers** provided more than 600 support sessions with families.
- We trained over 370 **Home-Care Workers** in dementia care in English, Spanish and Chinese.
- We reached more than **8,300 Caregivers** in African American, Chinese, Latino, and Orthodox Jewish communities.
- Our **Connect2Culture** programs were active with our arts and cultural partners.

Here's a note from one of the families we helped this year with your support:

*Dear Stephanie,*

*I truly appreciated connecting with you. Thank you to YOU and the entire team for your support of me as a caregiver. It started with my Beloved Dad and now my Dear Mother. The support is a lifeline. I hope you know how much the work you do saves lives. I could not do this by myself... I am grateful and blessed...*

*Warmly, Josette*

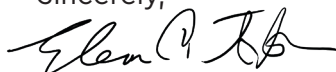
**Our staff and board draw energy from many such comments as we continue to face considerable challenges. Covid-19 is an ongoing problem;** it has made dementia caregiving so much more difficult. Dementia caregivers are exhausted from the constant stress and worry, isolation, and fear. They tell us that their care recipients are declining quickly from the lack of stimulation and loss of their usual routines. Those in nursing homes are now, finally, able to receive visitors.

But the collateral damage of the pandemic lingers, and more than ever we ask for your help to meet growing demands and to keep our programs free of charge. We hope that you will consider making a **100% tax-deductible year-end donation.**

**We recognize that we are living in challenging times. Please know that a gift of any amount would be greatly appreciated and have a healing impact on the caregiver families we serve, however gifts of \$250, \$500 or \$1,000 are especially needed. CaringKind would not be here without you!**

On behalf of CaringKind, I wish you a healthy, peaceful, and productive 2022 and thank you for supporting our work today and into the future.

Sincerely,



Eleonora Tornatore-Mikesh  
President and CEO

P.S. Donations can be made on our secure website [www.caringkindnyc.org/yearend](http://www.caringkindnyc.org/yearend)  
For additional ways to donate, including stock, please contact **646-744-2900**.



# You Helped Our Walkers and Marathoners Raise Over \$850,000!



Angie Deane, NYC Marathon runner

**CaringKind Walkers** laced up their shoes in Brooklyn and Manhattan and raised over **\$650,000** for Alzheimer's and dementia caregiving! Our new location at the Naumburg Bandshell in Central Park was a huge success. Both of our Walks together raised over \$650,000 to help CaringKind support people with dementia and their caregivers. Special thanks to the Patricof family, Walk Chair Dr. Alisa Kauffman, and David Hyde Pierce for their support and leadership.

We are equally proud of our **Marathon** team. On November 7th, 49 runners ran the NYC Marathon in honor of their loved ones and in support of CaringKind. Together, this team raised over **\$200,000** in support of Alzheimer's caregiving. The fundraising minimum for each runner is \$3,500 each, and each runner met and exceeded that minimum. Of particular note is **Angie Deane**, who raised an astonishing \$27,523! Congratulations, Marathon Team – and thank you!

Interested in running with CaringKind?  
Email Chris Doucette at  
[athletes@cknyc.org](mailto:athletes@cknyc.org)



## Introducing the MAP Program at CaringKind

Are you a former caregiver of a person with dementia?

Would you like to give back?

Would you like to become a mentor for someone who needs support?

*You've come to the right place!*

This NYC pilot program pairs individuals with mild cognitive impairment (MCI) or dementia, and their support partners, with a compassionate and experienced volunteer/mentor, maybe YOU!

As a mentor, you will have the opportunity to give persons living with dementia and their support partners the empathy and understanding they need from someone “who has been through it” while providing

valuable education on how to live well with dementia and connect them to community resources and clinical trials. Training and support to the mentor will be provided by CaringKind.

*Call us for more information:*

Marcia Henne, MAP Program Manager:  
646-744-2937 or [mhenne@cknyc.org](mailto:mhenne@cknyc.org)  
[www.caringkindnyc.org](http://www.caringkindnyc.org)  
[www.memoryadvocatepeers.org](http://www.memoryadvocatepeers.org)



# Free Live Webinars in January and February

Webinars are at Eastern Time, and in English unless otherwise specified.

## January

### Understanding Dementia

Jan. 18 10 am – 12 pm

Dec. 18 5:30 – 7:30 pm

### Legal and Financial

Jan. 11 12 – 1:30 pm

Jan. 24 5:30 – 7:30 pm

### *In Chinese:*

Jan. 11 10 – 11:30am

### Medicaid Home Care

Jan. 6 5:30 – 7:00 pm

### Monthly

### Education Meeting

**Mitigating Financial Concerns for People Living with Dementia and their Care Partners**

Jan. 10: 6:00 – 8:00 pm

## February

### Understanding Dementia

Feb. 11 10 am – 12:00 pm

Feb. 22 5:30 – 7:30 pm

### Legal and Financial

Feb. 7 12:00 – 1:30 pm

Feb. 28 5:30 – 7:00 pm

### Medicaid Home Care

Feb. 3 5:30 – 7:00 pm

### Family Caregiver Workshop

*In Chinese, 4 days:*

Feb. 9, 16, 23, March 2

*In English, 4 days:*

April 6, 13, 20, and 27

### Monthly

### Education Meeting

**Topic TBD**

Feb. 14: 6:00 – 8:00 pm

## 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. 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.

## 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.

## Training

### Understanding Dementia for Professionals

Jan. 25 2:00-4:00 pm

Register by calling the  
CaringKind Helpline: 646-744-2900