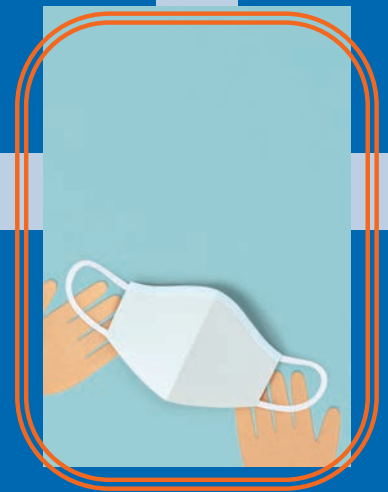
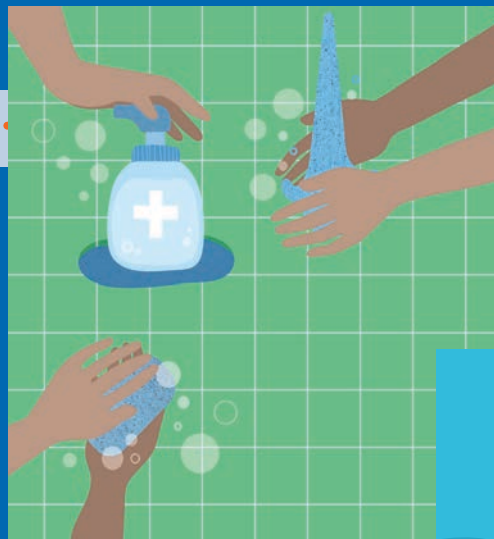


# caringkind

*The Heart of Alzheimer's Caregiving*



You Helped  
Us Rise to  
the Challenge  
*Caregiving During a Crisis*



Issue Three 2020

Please support our Year-End Campaign on page 8.

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Support Group Clinical Supervisor

**Ann Wyatt**  
Palliative and Residential Care

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**Alzheimer's & Dementia  
Caregiving:  
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Dear Reader,

When our precious world is at its darkest, CaringKind is the lighthouse that continues to guide families throughout the Alzheimer's or dementia caregiving journey. And with New York City being hit harder and earlier by Covid-19, CaringKind had the obligation to shine even more brightly. I believe we honored that obligation. But the work is far from over.



**ELEONORA TORNATORE-MIKESH**

President & CEO

[etornatore@cknyc.org](mailto:etornatore@cknyc.org)

When tragedy strikes, our community — caregivers, donors, board, staff, partners, and volunteers — step up to help one another. (And yes, many of you hold more than one of those titles.) Our constituents support however they can, with words of encouragement or emotional support. We have witnessed families opening their hearts and volunteering their time to support our families and fundraise when they can. We have volunteers who have done whatever it takes, from leading support groups to stuffing envelopes.

As we close 2020, now is the perfect time to review who we are and what we've done in service of our mission — especially during this first year of Covid-19.

Here are some of our proudest accomplishments:

- **Our trained dementia specialists answered 6,054 calls to our Helpline.**
- **We pivoted our 83 Support Groups from in-person to virtual platforms.**
- **Our African American, Chinese, Latinx, and Orthodox Jewish Outreach staff communicated with over 8,000 caregivers and provided tools and guidance.**

- **Our social workers held 746 counseling sessions with caregivers to help them manage complex dementia situations.**

- **We trained 123 homecare workers in English, Spanish, and Chinese to become more specialized in Dementia Care.**

- **We created Caregiver Champions, a platform that brings together family and professional caregivers for support, education, advocacy, and amplification.**

These achievements are only possible with support from our donors.

And 99% of our revenue comes from private philanthropy — individuals, foundations, and corporate partners fund our life-saving work. It is particularly humbling to watch families continue to support CaringKind throughout this year. The empathy and kindness demonstrated by our caregiving families is remarkable, especially considering that some of these families have experienced tragedy from Alzheimer's disease, Covid-19, or both. These acts of kindness during a very difficult time make one's heart heavy and one's eyes fill with bittersweet tears. That is what makes our community, and humankind itself, remarkable.

It's always darkest before the dawn, and CaringKind will continue to be the beacon that guides the way. And there are other reasons to be hopeful, including the news that an effective vaccine is on the way. No matter what, I believe that we will be stronger in the end — as an organization, as a community, and as caregivers.

Until then, we focus on the people who need us the most. To remain focused, I start each workday by reading our mission: 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.

Thank you for being a part of the caregiving community. I wish you, your family, and friends good health, happiness, and prosperity this holiday season and the forthcoming year. And if you need any help, we're just a phone call away.

# Self-Care for Caregivers During the Pandemic

By Dasha Kiper

Consulting Clinical Supervisor,  
Support Groups

Unpredictability is something all caregivers live with. Though, for some, there is one constant in their lives: CaringKind support groups. These groups provide the stability and empathy caregivers do not find elsewhere.

Before Maria W. joined a support group, she thought she had to take care of her mother alone. But with the group's encouragement, she acquired a good home health aide and felt her sanity restored. Finally, she could envision a life that was not entirely consumed by Alzheimer's.

But then Covid-19 hit, and like so many caregivers, Maria lost her health care worker. To make matters worse, she also came down with the disease. She panicked: suddenly she didn't have the strength to care for her mom the way she used to and there was no one in the house to help her.

But she had her group.

The group, as always, was there for her. Its members reminded her that the best way to help her mom was to think first of herself. If she was to beat the virus, she had to stop fulfilling most of her usual duties. By giving herself permission to pull back, Maria felt the same relief she would feel when the health care aide stepped through the door.



But what meant the most to her was feeling that her health was important to others.

Knowing that there were people in her life who cared deeply for her helped her get through a time of great stress and uncertainty. She knew that whatever might happen, the group would be there for her. And because she also wanted to be there for the group, she put her needs before her mother's—which, of course, helped them both.

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At Eisai, everything we do is guided by a simple principle: patients and their families come first. We spend time with them. We listen and we learn about their lives, their desires and their greatest needs. We call this **human health care or hhc**, giving first thoughts to patients and their families and helping increase the benefits health care provides.

Our **hhc mission** is what drives us to discover innovative solutions and therapies that help address unmet needs within the communities that we seek to serve.

Eisai is proud to support CaringKind.

**hhc**  
human health care

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## Make Time to Breathe



**MEREDITH WONG**

Manager of connect2culture®  
mwong@cknyc.org

As Covid-19 impacts access to home care and other support services, a caregiver has even more need for respite. It's time to focus on themselves. Too often, a caregiver forgets about their well-being — emotional, physical, and spiritual. While it may take some scheduling adjustments, it's important for a caregiver to make time to breathe, spend time with friends, find ways to recharge. This might include walks in nature, sharing an experience in an art-filled space, listening to music, moving and dancing, or any other enjoyable activity.

Cultural organizations in New York City are slowly reopening to the public while implementing new safety protocols. As they are unable to have group tours or gatherings yet, many are offering similar shared experiences online. This might mean watching a video of a classical concert together and discussing or drawing the colors, textures, or lines it might have inspired. It might also take the form of a virtual walk through a botanical garden and a potting activity.

Art and creative inspiration are everywhere in safe spaces, such as performances and art installation pop-ups in our public spaces — parks, city streets, and other unexpected places. In recognition of the important role they play in easing feelings of loneliness and depression, connect2culture's partners continue to find ways to reach families impacted by dementia through

multi-sensory shared experiences. From living rooms, bedrooms, and outdoor spaces, these opportunities for social stimulation, conversation, and creative expression are available almost every day. You might have the chance to sing a favorite song or dance to an American Standard with others from the comfort of home. Participating in these virtual gatherings and experiences are ways we can all feel the support of our community and find energy to move forward.



**For connect2culture's virtual programs, please visit:**

[www.caringkindnyc.org/connect2culture](http://www.caringkindnyc.org/connect2culture)



**connect 2 culture®**

Engaging people with dementia and their caregivers  
through cultural experiences.

*Connect2culture and Orpheus Chamber Orchestra  
invite you to*

**A Musical Experience**  
Featuring Classical and Popular Music Selections

**Tuesday, January 19, 2-3pm**

To register, please contact the CaringKind Helpline **646-744-2900**  
This program will take place virtually, on the Zoom platform.

## Helping Caregivers Cope



**ADINA SEGAL**

Jewish Community Outreach  
Social Worker  
asegal@cknyc.org

Covid-19 has hit dementia caregivers hard. Over the past nine months, the calls we received were from caregivers, already stressed by caregiving, facing additional stressors from the pandemic. Caregivers expressed concerns about themselves or their care recipient getting sick, navigating home care considerations and trying to figure out how to keep their care recipient engaged, as their regular schedules changed drastically due to closures of senior centers and day programs.

Home care has been and continues to be a major issue for caregivers. Many of our callers asked for assistance with getting more home care hours from Medicaid. In response, the social work department developed two unique seminars tackling the practical and emotional needs of caregivers. The first, **Navigating Medicaid Home Care**, was presented on September 2nd. It helped caregivers understand how to advocate for additional home care hours and went over the process of appealing decisions to cut hours.

The second seminar was **Coping with Caregiving and Difficult Emotions**. Caregivers often called for help with feelings like anger — a very common emotion felt among Alzheimer's caregivers. With the pandemic raging and being in close quarters most of the time with the person with dementia, many caregivers expressed the need for assistance coping

and managing their anger. This seminar validated their experiences and provided some tips for managing that anger. The importance of self-care was also discussed. At the end of the meeting, there was a question-and-answer session in which caregivers were able to discuss their situations and explore ways to respond to their challenges. Many of the participants expressed relief and gratitude at having this forum. One caregiver in particular said that by attending the workshop she no longer felt so alone.

The social work department will continue to be available for caregivers for care consultations and emotional support. The pandemic is an isolating experience for everyone. We are here for our caregivers to try and decrease some of their isolation so they can continue providing care for their person with dementia.

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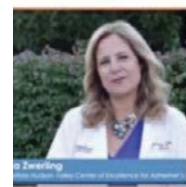
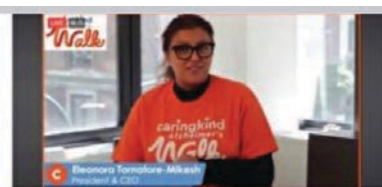
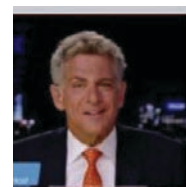


## CaringKind Alzheimer's Walk 2020: We Did It!

Back in May, when we made the decision to pivot the Walk to a fully virtual event, we were pretty nervous. After all, the Walk is our largest community fundraising event of the year. In the middle of a pandemic, would our Walkers return? And by going virtual, where would our Walkers be returning to, exactly? Well, we are very proud to report that our Walkers did return, and they met us on YouTube, Facebook, and Instagram.

We're also proud to report that our Walkers worked harder than ever this year. As a result, Walkers raised an astonishing **\$450,000** for Alzheimer's and dementia caregiving!

The next 12 months will also be challenging, but the road ahead is clearer than it was before. So, to all of our Walkers, team captains, sponsors, and donors: **thank you!**



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

**2020**  
**Forget-Me-Not Gala**  
October 26, 2020 ~ 6:30pm

**Master of Ceremonies**  
Bill Ritter, Anchor, WABC TV, Eyewitness News

**Corporate Leadership Honoree**  
Ivan Cheung, Global President, Eisai Neurology, Chairman, Eisai USA

**Lifetime Leadership Honoree**  
Jed A. Levine

**Gala Chair**  
Rachel L. Posner

**Featuring:**  
A special appearance by **David Hyde Pierce**.  
A musical performance by violinist **Karen DiYanni**, an orchestra musician and teaching artist with The New York Pops.  
A roundtable discussion led by **Dr. Max Gomez**, CBS-2 Medical Reporter.

Join us as we celebrate CaringKind's innovative connectculture® program. In these challenging times, connectculture is bringing the richness of New York City's leading cultural and arts institutions to isolated dementia caregivers and the person in their care.

**LIVE**

**Text "CKGALA" to 44321**

**Donate by texting "CKGALA" to 44321**

Thank you for your support!

**LIVE**

**Ivan Cheung**  
Corporate Leadership Honoree

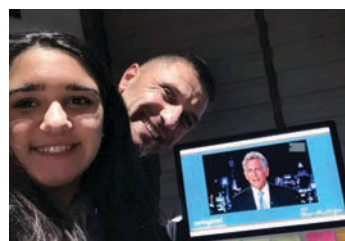
**LIVE**

**Dr. Max Gomez**  
CBS-2 Medical Reporter

## CaringKind's Virtual Gala



Our Forget-Me-Not Gala 2020 streamed online on October 26. The event raised \$750,000 to support our free programs and services. Thanks to all participants, and our sponsors and donors who helped make this event a success!



## Dear Friends of CaringKind,

I hope this year-end letter finds you well and that you and your family are staying healthy. For those who have been impacted by Covid-19, our thoughts are with you and your loved ones.

In these unprecedented times, CaringKind is a beacon of hope and comfort to thousands of families affected by Alzheimer's disease or a related dementia. When we closed our office in mid-March, our foremost priority was to ensure continuity of service for our clients. Within a matter of hours, staff were working remotely from home, caring for their own families while caring for yours. The pace has not lessened.

Calls to our helpline have become more urgent and critical as caregivers are frantic with worry. Covid-19 has presented new challenges — more isolation, greater depression and stress for the caregiver, and higher anxiety and agitation for the family member with dementia. For those in long-term care, the impact has been profound as families are unable to visit their relative to provide much needed hands-on care and the warmth of the “human touch.” Our skilled dementia care specialists and social workers respond to every client with compassion, while providing concrete and expert guidance in dementia care, based on a foundation of knowledge built over 40 years of serving the Alzheimer's community. Our clients are our best advocates, with statements such as the following:

### **“Without CaringKind, I don't know how I would have survived over the past several months.”**

CaringKind has been a lifeline for thousands of families during this time. We are pleased to report on accomplishments, made possible by your support:

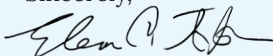
- **Our Helpline, staffed by trained dementia care specialists, is available at 646-744-2900, and has responded to 6,054 callers seeking information, referrals and guidance.**
- **Our Support Groups are taking place via telephone conferencing and zoom, and we have 83 support groups up and running.**
- **Our Social Workers are providing one-on-one and family consultations and support and we have held 746 counseling sessions, helping caregivers to manage the complexities of dementia care.**
- **We trained 123 home care workers, in English, Spanish and Chinese to become specialized in dementia care, helping to improve quality care for a person with dementia, and provide a much-in-demand job skill for the graduate.**
- **Our connect2culture® programs are being offered, via webinars, with our arts and cultural partners — with an archive of recorded tours and experiences.**
- **Our MedicAlert® Wanderer's Safety Program is enrolling more families who are anxious and worried for their relative with dementia who wanders and goes missing.**
- **Our Understanding Dementia for Family Caregivers, Legal and Financial Planning, Medicaid Home Care, and monthly special topic seminars have returned to a normal schedule and are being offered via webinar. Over 650 caregivers have attended.**
- **Our COVID-19 Resource Page on our website continues to add resources, advice, and creative ideas for activities for both caregivers and the person in their care.**
- **Outreach to African American, Chinese, Latinx, and Orthodox Jewish communities reached over 8,000 caregivers, providing invaluable tools and guidance.**
- **Early in the pandemic, we received free of charge, 10,000 sterile face masks and distributed them to partner hospitals, nursing homes, and home care workers and clients.**

Though our “virtual” doors have stayed open, this has been a challenging time for us financially. As a small non-profit with a much bigger footprint, we rely on charitable donations to make our work possible and keep our programs free of charge.

We hope that you will strongly consider making a generous 100% tax-deductible year-end donation. We acknowledge that for many, this has also been a challenging time, and please know that a gift of any amount would be greatly appreciated and have a life-changing impact on the caregiver families we serve. CaringKind would not be here without you!

On behalf of CaringKind, I wish you a healthy, peaceful, and productive 2021 and thank you for supporting our work today and into the future.

Sincerely,



Eleanora Tornatore-Mikesh  
President and CEO



## CaringKind Gala and Year-End Giving



**CAROL BERNE**

Senior Vice President of Development  
cberne@cknyc.org

When CaringKind closed its office in mid-March and transitioned to our staff working remotely from home, one of our most important fundraising events was in jeopardy. Our Forget-Me-Not Gala takes place annually in the spring of each year, just before we close our fiscal year on June 30th. The gala accounts for roughly 20% of our operating budget, so losing these critical funds presented significant financial challenges. Our Gala leadership was already in place, including our Gala emcee Bill Ritter, our Corporate Leadership honoree Mr. Ivan Cheung, CEO of Eisai USA, and our Gala chair, Rachel L. Posner. We were also honoring our own Jed Levine, with the Lifetime Leadership Award.

After discussion with our Board, we moved from an on-site gala to a virtual event on October 26th. In addition to Gala leadership, we added a few new names and elements to the 40-minute program. David Hyde Pierce, our generous dear friend, stepped in as Special Guest and made a significant gift in honor of Jed. As we were celebrating our renowned connect2culture® program, we held a roundtable discussion on the arts and Alzheimer's moderated by Dr. Max Gomez, CBS-2 Medical Reporter, and rounding out the evening, an orchestra musician and teaching artist with The New York Pops, one of our cultural partners, performed.

Holding a virtual event presented challenges but also offered new opportunities. We are proud and delighted to have raised our goal of \$750,000 to support our much-needed and free caregiver programs and services. As tickets were complimentary this year, we were able to introduce new friends to our work and raise funds from donors who traditionally are not able to attend the gala because of price. We could not have reached our goal without the generosity of our sponsors, and would like to highlight the following: Board member Elaine Thomas and her husband, Joseph Healey for their Visionary support, Innovator support from The Allergan Foundation and Eisai; Trailblazer support from Envision Communications, LLC, Board member Mark Zurack and wife, Kathy Ferguson, The Henes Family, Inspir Carnegie Hill, Board member Ben and Meredith Jenkins, Board member Linda LaGorga and Sunrise at East 56th Street. For a complete list of our sponsors, please visit our website at [caringkindnyc.org/gala](http://caringkindnyc.org/gala). Thank you all!

As CaringKind is 95% privately supported, we have continued without interruption our fundraising efforts by launching our **2020 Year-End Campaign**. You can read more about what we have accomplished this year, both in person and virtually, and how important your support is to us by reading our CEO's letter on page 3. We know that this has been a very hard time for many — emotionally and financially. Please know that CaringKind is here if and when you need us. Donations, both large and small, ensure that CaringKind can continue to be the compassionate voice and knowledgeable counsel that thousands of families have relied on for 40 years.

Thank you, as always. Be well.

### 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

## Help and Protection for People Who Wander



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

2020 has been an extraordinary year and as a society we have been forced to adjust to a new normal. Person-to-person engagement has migrated to virtual platforms, masks are mandatory in many settings, and standards for cleanliness are tighter than ever.

But with all these changes, one thing remains the same: wandering continues to be common among persons diagnosed with Alzheimer's disease or other forms of dementia. As caregivers stay home more, they are beginning to realize that the person with dementia may be at risk for wandering.

Though the Covid-19 pandemic has created difficult challenges for caregivers, mainly due to the change of the daily routine, there are steps we can take to reduce the risk of wandering.

First, recognize some familiar signs that may indicate a person may be at risk for wandering: saying things like "I want to go home" or "I need to go to work"; demonstrating increased restlessness, agitation, and pacing; and/or not remembering to come back into the house or apartment when outside, especially if they are in unfamiliar surroundings.

Second, it is important for caregivers to identify the time of day when signs of potential wandering occur and begin to plan indoor activities to occupy the person. Some activities you may consider include dancing, singing along to some Motown music, and cooking; or perhaps you have several household plants that need re-potting; and there is nothing wrong with just sitting together, giving each other a hug, and reminding the person you are there for them.

We know that six out of ten people with dementia will wander, not remember their name, and become disoriented — even in familiar places. So, if you have not done so already, I recommend you enroll the person you are caring for into our MedicAlert®NYC Wanderer's Safety Program.

Our service provides:

### **24/7 Emergency Response Service**

Trained professionals are available around the clock to provide critical information to emergency responders.

### **Emergency Health Record and Personal Profile**

Stored in a secure national database and includes a current photo, important physical characteristics of the person, medical conditions, medications or any known allergies, and emergency contact information.

### **24/7 Wandering Support**

First responders will know exactly who the person is. Local law enforcement who partner with CaringKind and MedicAlert will assist in responding to incidents of persons who have wandered locally or far from home, or who have a medical emergency.

To better serve you, we now offer Spanish, Chinese, and English online enrollment for all New York City residents. Feel free to contact our Helpline if you have any questions at 646-744-2900. Stay safe and healthy!

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## Facing Fatigue and Burnout



**JED A. LEVINE**  
President Emeritus,  
Director of External Relations  
jlevine@cknyc.org

I am writing this on Dec. 1st, 2020. Exactly one year ago, the first case of COVID-19 was detected. It was the start of a worldwide pandemic and has turned our lives upside down. It has been nine months since the virus came to the U.S., and if you are anything like me, you are very tired of it. We've had to adjust to new routines like wearing a face mask, frequent hand washing, sanitizing work spaces and phones, daily news bulletins about the number of new cases, and reports of hospitalizations and deaths. It's been bleak and scary. We're all living with heightened

levels of stress. Our holiday traditions have been altered. There is little stability, and it is very unsettling. We're all exhausted. There's a name for it: Pandemic Fatigue.

Sound familiar? For dementia caregivers, they are familiar with the feelings of exhaustion, constant stress, heightened anxiety, always being on high alert, and not knowing what tomorrow will bring. It is called Caregiver Burnout. Because Alzheimer's and other dementias have a long timespan, it can feel like there is no end in sight. The parallels to Pandemic Fatigue are many.

**The antidote to both Caregiver Burnout and Pandemic Fatigue are based on the same principles:**

**Breath, being, and balance.**

Find time for self-care. Remember to breathe deeply and consciously. Be with

your feelings. Connect with friends and family. Seek professional support, such as that offered by CaringKind. Make opportunities to balance your life with affirming and pleasurable activities that will restore and heal you. Spend time in nature, exercise, meditate, laugh, or make music.

For COVID-19, we can see a future without the virus, when the vaccine is available to all. Until that time arrives, continue to follow the CDC guidelines. Taking a positive action against the spread of this virus also lowers our anxiety about it.

For dementia caregivers, your best line of defense is reaching out and getting help. Call the Helpline (646-744-2900) for more information about how to cope when you're feeling burnt out.

**Thank you  
to the community of  
CaringKind supporters  
who make this work possible.**  
  
**– The Hirsh Family**



# The Value of Education and Training During a Pandemic



**AMY TORRES**

Director of Training

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We understand that caregivers struggle with stress, lack of self-care, social isolation, and empathy fatigue. These issues have become exacerbated by the Covid-19 pandemic. Typically, caregivers create a network of support for themselves and the person in their care. We have learned, however, that the quarantine has disrupted normal routines and support systems. No longer possible are visits from friends, family members, or hired caregivers. Adult Day Care programs are no longer accessible. Additionally, people with dementia may not understand why they have to social distance or why caregivers are wearing masks, which may be confusing or even frightening, leading to additional behavioral challenges.

Social connectedness is needed now more than ever. Attending online seminars or virtual trainings is crucial in bolstering emotional and spiritual health. Connecting with caregiving communities, receiving information, getting advice, listening to the experiences of others, and being heard by peer caregivers can be part of caring for yourself.

CaringKind has transitioned all its education and training services to a virtual platform to ensure caregivers have the much-needed opportunity to connect to support in a safe, convenient way. Our education and training programs seek to highlight the importance of preserving

the person with dementia's "personhood" while helping caregivers understand the world through the lens of somebody with dementia.

**Virtual Educational Seminars** are learning experiences to assist caregivers with understanding all aspects of dementia and the type of care that the person with dementia will require throughout the trajectory of their disease.

**Virtual Family Caregiver Workshops** provide family and friend caregivers the information, tools, and skills necessary to manage their own needs while supporting the person with dementia. Each session builds on the prior one, so that participants can have the opportunity to tackle the issues around dementia care that most affect them. Participants are encouraged to share and learn from each other, while simultaneously providing the emotional support necessary to meet the challenges of caring for someone with dementia.

**Virtual Dementia Care Training for Professional Caregivers** is one of our most successful and sought-after programs, and has evolved significantly since its inception over 20 years ago. The training is available for direct paid care workers, including home health aides, home attendants, certified

nursing assistants, and others. The participants meet one half-day per week for six weeks, and the program is capped by a graduation ceremony. This training program focuses on the importance of building skills and understanding dementia from both emotional and practical points of view. The goal is to ensure that persons with dementia receive the highest quality of care possible. Graduates are also eligible to participate in CaringKind's useful web-based networking resource, TogetherWeCare.com, which matches families with professional caregivers who have completed our training program.

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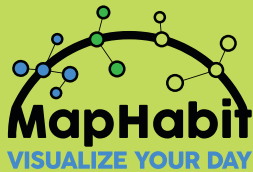
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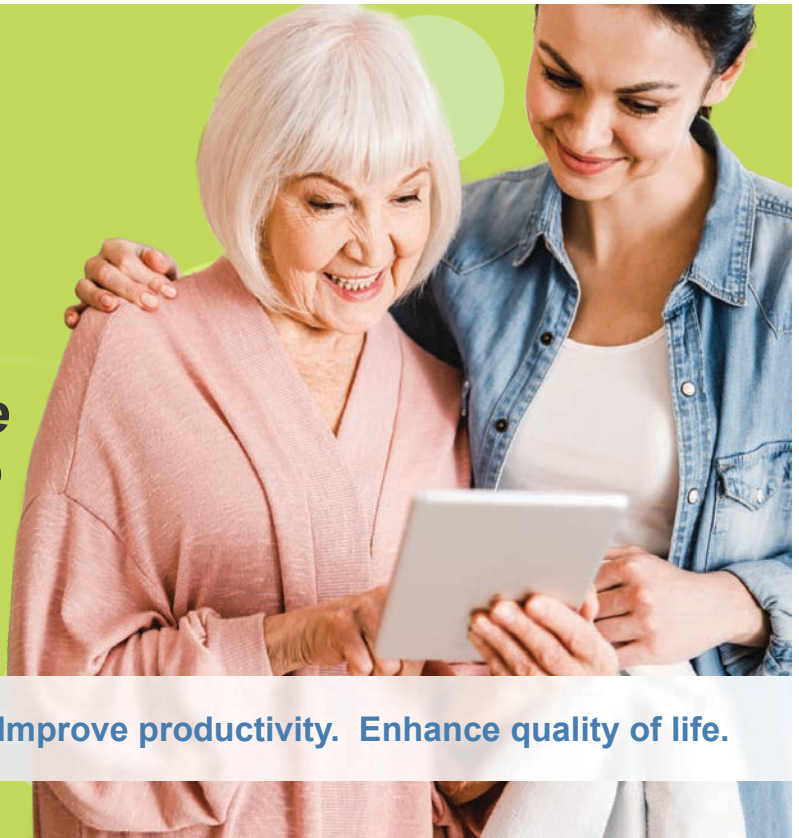
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## **JOIN OUR RESEARCH STUDY**

Want to be part of something big? CaringKind and MapHabit are looking for research participants to join a caregiver-focused study about quality of life and independence. Primary family or professional caregivers of individuals with Alzheimer's disease, dementia, or related cognitive impairments with next-of-kin support are encouraged to apply. Compensation will be provided.

Visit [caringkindnyc.org/maphabit](https://caringkindnyc.org/maphabit) to learn more.

## **SPECIAL OFFER FOR BUSINESSES**

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\*Limited time offer. Valid for services contracted through 12/31/2021.

🌐 [www.maphabit.com](http://www.maphabit.com)    ✉ [info@maphabit.com](mailto:info@maphabit.com)    ☎ 404.666.9341



# Nursing Homes Responding to the Crisis



**ANN WYATT**

Manager of Palliative & Residential Care  
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As we all know, in these hard, sad days for the country, people living in nursing homes have been hit particularly hard, with terrible loss of life, and a degree of isolation that is truly unimaginable.

For nursing homes, the challenge has been to keep people safe and to do whatever possible to help residents be as comfortable as possible in the midst of great stress. Nursing homes have been working to normalize routines and to find

ways to minimize the isolation experienced by residents who are now disconnected from their families and even from other residents. The challenge is especially difficult for people with dementia because they often no longer recognize staff because of all the necessary protective gear.

In homes, most helpful for residents is the re-establishment of normal, comfortable routines, and as much contact with families and friends as possible. If residents have to move, whether to another room or another unit, it is essential that the new staff understand not only daily care needs, but also the specific routines and preferences that bring the most comfort.

In some situations, the stress in the environment may recall for residents past times when they experienced trauma (floods, fires, military service, etc.); here

again, the goal is comfort, and helping residents feel safe.

Finally, CaringKind had originally scheduled a conference on **Pain and Dementia** for June, which we moved to this fall and reformatted into a four-part webinar series, now available on our website: [www.caringkindnyc.org/pain](http://www.caringkindnyc.org/pain). Issues covered include the importance of understanding pain for people with dementia, tools for assessing pain, drug and non-drug options for preventing or minimizing pain, and health disparity and cultural competence considerations. It is important for caregivers to remember that behavioral expressions are signals of distress, and people with later stages of dementia communicate their distress through their behavior, rather than words. Pain is often undiagnosed and untreated for people with dementia and is often a cause of their distress.

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## Free Live Webinars

Until we can safely offer in-person Education Seminars, we are offering live webinars online.



## Monthly Education Meetings

Meeting topics change monthly and are in English.

Online Live Webinars – Register at:

[caringkindnyc.org/rsvp-monthlyeducation](https://caringkindnyc.org/rsvp-monthlyeducation)

**Monday, December 14 ..... 6:00–8:00 pm**

*Creating a Sense of Purpose: Meaningful Activities for a Person with Dementia*

**Monday, January 11 ..... 6:00–8:00pm**

*Home Modifications for People with Dementia*

**Monday, February 8 ..... 6:00–8:00 pm**

*Moving Your Relative to a Nursing Home*

## Family Caregiver Workshops

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.

**Online Interactive Workshops - In English:**

Mondays, 10:00 am - 1:00 pm

December 7, 14, 21, 28

Fridays, 12:00 - 3:00 pm

January 8, 15, 22, 29

Tuesday, 10:00 am - 1:00 pm

February 9, 16, 23, March 2

**Online Interactive Workshops - In Spanish:**

Mondays 2:00 - 5:00 pm

February 22, March 1, 8, 15

## 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.*

Online Live Webinars

*Dates in English:*

Thursdays, 5:30 - 7:00 pm Dec. 3, Jan. 7, Feb. 4

## 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.

**Online Live Webinars**

*Dates in English:*

Friday, Dec. 11..... 12:00 - 2:00 pm

Monday, Dec. 14 ..... 5:30 - 7:30 pm

Friday, Jan. 8 ..... 10:00 am - 12:00 pm

Tuesday, Jan. 19 ..... 5:30 - 7:30 pm

Friday, Feb. 12 ..... 10:00 am - 12:00 pm

Tuesday, Feb. 16 ..... 5:30 - 7:30 pm

*Dates in Spanish:*

Tuesday, Jan. 26 ..... 5:30 - 7:30

## Legal & Financial Seminars

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.*

**Online Live Webinars In English, on Mondays:**

Dec. 7 12:00 - 1:30 pm Feb. 1 12:00 - 1:30 pm

Dec. 14 5:30 - 7:00 pm Feb. 22 5:30 - 7:00 pm

Jan. 4 12:00 - 1:30 pm

Jan. 25 5:30 - 7:00 pm

## Seminars & Training for Professional Caregivers

### Virtual Dementia Care Training for Professionals

30 hour program – attendance required at all sessions.

**In English – Online Live Webinars**

Fridays

From January 15 to February 26 (skipping Feb.12)

Mondays and Thursdays

From February 1 to March 1

**In Spanish – Online Live Webinars**

Tuesdays and Thursdays

From January 15 to February 4

Wednesday and Fridays

From February 17 to March 19

Tuesdays and Thursdays

From March 30 to April 29

### Understanding Dementia for Professionals

January 26, 2:00 -4:00 pm

**To register, call the Helpline at 646-744-2900.**  
All meetings are free of charge and subject to change.  
Online links provided upon registration.

**SAVE THE DATE**

**Caringkind's Virtual  
Diversity  
Conference**



# **Lifestyle Factors and Dementia Among African Americans**

**February 10, 2021  
5:30 – 7:00pm**

**Learn how lifestyle changes can affect and  
lower your risks for dementia.**



*Keynote Speaker:*  
**Dr. Karen Bell, Neurologist,  
Columbia University Medical Center**

*Speakers:*  
**Nick Buettner, *Blue Zones*  
Dan Gasby, author, *Before I Forget***

*Cooking Demo:*  
**Melba Wilson, *Melba's Restaurant***

*Exercise Demo:*  
**Lisa Charles, *Embrace Your Fitness***

**To register, please call the CaringKind Helpline: 646-744-2900.**

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