

caringkind *The Heart of
Alzheimer's Caregiving*

Issue 3, 2022

Longtime
partners
Chris Paolillo
and
David Tanner,
walking in
memory of
Rosemarie
"Rosie"
Paolillo.

You Answered Their Call Now They Walk for Others

Also Inside:

• President's Message • Sleep Manual • Get Moving! • Training & Education

You Answered Their Call – Now They Walk For Others

A Missed Birthday Raises Questions

Chris: When my mother, Rosie, was 77, she broke her femur. Within a year, I noticed she was different somehow. My entire life, she had never missed my birthday. She would always call me that morning to wish me a happy birthday. But that year, she didn't. Later that year, she was diagnosed with dementia. My sister and I cared for her; I took one half of the week, and my sister the other.

We Knew We Needed Help

Chris: Initially, we could take care of her on our own. But after about two years, the challenge became too great. We weren't trained in dementia care, so we knew we needed help. There were times when I simply couldn't handle it. Then, in 2011, I started calling CaringKind for support. The Helpline staff offered some great advice. For example, I learned not to disagree with my mother when she was incorrect. That really helped!

Walking Is Empowering

Chris: We started walking with CaringKind because it made us feel like we were doing something. In that first year, not only did we raise awareness, but we also raised over \$5,000. That was exciting.

David: Chris is really wired into the immediate family and the Coney Island community. She coordinates this team every year as a service, yes, but it's really the spirit of unity and family that keeps us coming back each year.

A Beloved Mother and Neighbor

Chris: Everyone loved my mother. Whenever I walked around Brooklyn and talked to someone I knew, the first question they'd ask was, "How's your mother?" People just thought so highly of her

David: Because Rosie was so loved, our Walk team grew large. And now there are others from the neighborhood

Longtime partners Chris Paolillo and David Tanner, walking in memory of Rosemarie "Rosie" Paolillo.



who have joined our team even though they might not have known her! There's a real camaraderie among these friends and family.

Chris: This is our 10th year walking for Rosie at the Brooklyn Walk. Because Rosie passed away in February, this is the first year we'll be walking in her memory. But we won't be alone. In fact, our latest Walk team member is Rosie's new great-granddaughter, Margaret Rose Mercedes.

David: Our Walk team has a nuclear family at the center. And that family is surrounded by extended family and ultimately friends. Together, our team represents the whole community. And when you look around and see familiar faces of your community, it's comforting.

Chris and David with the members of Team Rosie.



Your Partner in Caregiving

by Eleonora Tornatore-Mikesh, *CaringKind President & CEO*



Happy Summer! Hope you are staying safe and healthy.

It has been a busy summer at CaringKind as we continue to create and implement new programs to support family caregivers and persons with dementia. The feedback has been overwhelmingly positive.

I had the pleasure of speaking with a daughter of a parent who was recently diagnosed. After going to the doctors with her dad, she was wondering where to turn. She had many questions and concerns. Her friend and colleague, who owns a yoga wellness program, told her about CaringKind.

The daughter learned that this was what was needed:

1. My entire family needs to be involved in virtual support groups.

2. My family needs to meet with a Dementia Specialist so they can begin to understand any financial aspects of the diagnosis and paperwork needed for the future.

3. There are other treatment options for my dad - not only physical support, but emotional support to help him through this difficult diagnosis.

These needs she discovered are the core of what we do. Please visit our website: caringkindnyc.org/programsandservices to learn about all the new programs

and services that are now available at CaringKind. It is our mission to work hard for caregivers and persons with dementia today while hoping that tomorrow we can end this disease.

What can you do to help someone who was recently diagnosed? Let them know they are not alone and that CaringKind is ready to guide them every step of the way.

Speaking of steps on a journey, the **CaringKind Alzheimer's Walk is on September 25th in Coney Island and October 23rd in Central Park**. Please join us as we walk united as one community in honor of our loved ones and in celebration of all that we accomplish together.

See you there!

With Your Support, CaringKind Helps Caregivers Get The Sleep They Need

Introducing *Nine Ways To Better Sleep*

Let's face it - caregivers aren't getting the sleep they need to stay healthy. Former caregiver and journalist, Gurney Williams, III, knows that experience all too well. And so, Gurney led the effort in partnership with CaringKind to develop a new resource for caregivers to help them address trouble with sleeping.

The self-care sleep manual outlines nine tips that are essential to getting the most out of a good night's sleep. Good sleep provides caregivers with the energy and focus required to give the deserved level of care to loved ones with Alzheimer's or dementia.

Among the tips the manual offers are:

- (1) Assess your sleep habits
- (2) Test to ensure they're working
- (3) Learn how much sleep you need
- (4) Choose start/stop times
- (5) Prep your bedroom
- (6) Get moving today
- (7) Eat, drink, pause, and sleep

- (8) Avoid an apnea nightmare
- (9) Deal with unwelcome awakenings.

The manual provides in-depth information tied to each tip to help caregivers bring their best selves to the important task of caring for a loved one with Alzheimer's or dementia.

"*Nine Ways to Better Sleep* welcomes all types of readers, whether they are current caregivers or anyone preparing for a healthier future," said Gurney Williams III. "The sleep manual offers tips on establishing healthy habits, discusses evidence-based ways to counter insomnia, and describes what the stages of good sleep are," he added.

"We are proud to introduce the new sleep manual as another important resource we offer families and caregivers who are in the midst of caring for an Alzheimer's or dementia patient," said Eleonora Tornatore, Caringkind CEO.



The sleep manual can be found online here: www.caringkindnyc.org/sleepmanual

We'll also have printed copies of the sleep manual at the CaringKind Alzheimer's Walks in Brooklyn and Manhattan. Register for the Walks today and go home with a new tool to get better sleep!



Get Moving!

By Carol A. Butler, Ph.D.

Exercise improves cognitive functioning and lowers the risk of developing Alzheimer's disease in the aging brain.

Thanks to modern medicine, many people will survive into old age even if they remain sedentary, but it is unlikely that they will remain fully healthy and avoid cognitive decline if they aren't as physically active as their abilities and conditions allow. Healthy brains shrink and work less efficiently as we get older, but the rate of cognitive decline is variable, and there are actions you can take to slow down the process and remain as mentally fit as possible.



In 2019 the CDC found that nearly half of U.S. adults over 45 years of age have poor cardiovascular health, hypertension, obesity, and/or diabetes. These conditions are modifiable risk factors for cognitive decline and Alzheimer's disease (AD). Increased physical activity appears to have the most impact on reducing the risk of cognitive decline because it directly impacts brain health.

Physical activity improves both cerebral blood flow and the brain's executive functioning, and some research suggests that it may also reduce amyloid and tau levels in the brain, the two hallmarks of AD. In contrast, there

is evidence that sedentary behavior has a detrimental effect on the brain because it leads to decreased circulation, and poor circulation compromises the ability of cells to produce the proteins that stimulate the formation of blood vessels and new neurons in the brain.



There have been a wide variety of controlled clinical trials over the past 20 years that measured the effect of exercise on brain health. The physical activities involved ranged from walking, jogging, moderate cycling, gardening, dancing, and Pilates, to more vigorous sports and resistance exercises. The studies varied in duration, but all the studies reported improvements in cognitive functioning in the exercise group, and, where before and after brain scans were administered, the exercise group had increased gray matter volume in the hippocampus and in other areas of the brain related to cognitive functioning.

There is no prescription for the ideal amount and type of activity necessary for staving off memory loss, but there are general exercise guidelines that are a good beginning. For adults aged 65 and older, the CDC recommends at least 150 minutes a week of moderate intensity activity such as brisk walking, or 75 minutes a week of vigorous intensity activity such as hiking, jogging, or running.



They also recommend at least 2 days a week of activities that strengthen muscles, and regular activities to improve balance, such as standing on one foot.

Engaging in regular and appropriate physical activity has clearly been demonstrated to safely improve physical and mental functioning, even for older people who are frail and for people living with long-term conditions. Physical activity can be both preventative medicine and a therapeutic agent. Take the advice of an 82-year-old competitor at the 2022 National Senior Games track-and-field event in Miramar, Florida. He said, simply, "You got to keep moving."

Dr. Butler is a psychoanalyst in private practice in New York City who works with individuals and couples. She is a support group leader with CaringKind where she runs a group for adults who are caring for a parent with Alzheimer's disease. She has written eight books and several articles, and she is also a docent at the American Museum of Natural History in their butterfly vivarium.



Want to get moving?
Join us this fall at the
CaringKind Alzheimer's Walk:
Brooklyn: September 25
Central Park: October 23
Register online:
www.caringkindnyc.org/walk



Free Live Webinars in October and November

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

October

Understanding Dementia

Oct. 14 10 am – 12 pm

Legal and Financial

Oct. 17 5:30 – 7 pm

In Chinese (Cantonese):

Oct. 4 10 am – Noon

Medicaid Home Care

Oct. 6 5:30 – 7:00 pm

Monthly

Education Meeting

*Dignity for the Deeply
Forgetful*

Oct. 3 6:00 – 8:00 pm

CaringKind Alzheimer's
Walk

Central Park Bandshell

Oct. 23

November

Understanding Dementia

Nov. 4 10 am – Noon

Legal and Financial

Nov. 7 12:00 -1:30 pm

Medicaid Home Care

Nov. 3 5:30 – 7:00 pm

Chinese Music Workshop

In Chinese (Mandarin)

Nov. 1, Nov. 8, Nov. 15

1:30 -2:45 pm

Monthly

Education Meeting

Bathing Without A Battle

Nov. 14 6:00 – 8:00 pm

Brain Health Salon

Nov. 16 6:00 – 7:00 pm

CaringKind Annual Meeting

Hybrid in-person and virtual

Nov. 21

Ways to Give

Giving by Check

Please make checks payable to CaringKind and mail to:

360 Lexington Avenue, 3rd Floor
New York, NY 10017

Online/Credit Card

Visit www.caringkindnyc.org and click on Donate or call 646-744-2908. We accept MasterCard, Visa, and American Express.

Appreciated Securities

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

Bequests

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

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

Life Insurance and Retirement Plans

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

Donor Advised Funds

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

Corporate Giving

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

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

Please contact Carol Berne at

646-744-2905 or cberne@cknyc.org if you would like additional information.

Training

Dementia Care Training for Professional Caregivers

Oct. 4, 11, 18, 25, Nov. 1, 8, 15 9:30-3:30 pm

Understanding Dementia for Professionals

Oct. 25 2:00-4:00 pm

Register here:

www.caringkindnyc.org/unde-professional-rsvp

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

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.



FREE
PERSONAL
ASSISTANT TO
HELP WITH
BILLS



ARE YOU A CAREGIVER OF
A LOVED ONE WITH
ALZHEIMER'S OR
DEMENTIA?



The National Institutes of Health
has provided funding so that you
can receive free SilverBills' services
for 1 year!

You will be paired with a dedicated, U.S. based SilverBills Account Manager to assist with your loved one's bills. SilverBills will help you by ensuring that household bills are correct and paid on time. You can speak to your Account Manager whenever you want over phone, email, text or fax. Recommended by AARP, SilverBills is bonded and insured.

Contact us today at (855) 553-7330 or email NIHStudy@silverbills.com