You Answered Their Call
Now They Walk for Others

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

Also Inside:
• President’s Message • Sleep Manual • Get Moving! • Training & Education
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.

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 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.

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

“Are you 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 Eleanora 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!
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.
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.

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

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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