Going the Extra Miles to Fight Alzheimer’s

Bill Glass’ incredible 640 mile walk to Washington

Plus

One on one with NASCAR’s Ryan Blaney
MISSION: “TO PROVIDE OPTIMAL CARE AND SERVICES TO INDIVIDUALS LIVING WITH DEMENTIA—AND TO THEIR CAREGIVERS AND FAMILIES—THROUGH MEMBER ORGANIZATIONS DEDICATED TO IMPROVING QUALITY OF LIFE”

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WE WANT TO HEAR FROM YOU!
Send your questions, feedback and comments to info@alzfdn.org.

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A message from our
PRESIDENT & CEO

“One person can make a difference, and everyone should try.”– John F. Kennedy

Fall is full swing, which means the holidays are right around the corner. It also means the kickoff of Alzheimer’s Awareness Month in November.

We here at AFA believe that education and awareness are empowering. The more people know about, and understand, Alzheimer’s disease, the more we will be able to help those living with it. As caregivers learn more about the resources, programs and services that are available, the easier it will be for them to get the support they need. Each of those changes lives for the better. That’s why every program we do, including our National Memory Screening initiative, Light the World campaign, Educating America Tour and professional training courses, focuses on those priorities.

This issue features stories about people who are raising awareness in their own ways to help others affected by Alzheimer’s.

Our cover story tells the amazing story of Bill Glass, who walked by himself from Atlanta to Washington, DC. Inspired by his mother, who is living with Alzheimer’s, Bill completed the 640 mile journey in 33 days to heighten awareness and show support for all those affected by the disease.

NASCAR driver Ryan Blaney describes how his family inspired him to use his celebrity status to give back and join the fight against Alzheimer’s.

Deborah Shouse discusses how families can create dementia friendly holiday celebrations. Penny Hamilton shares some of the lessons she learned while caring for her mother, Lois Rafferty, who had Alzheimer’s, to help other families who are going through the same experience. Tips to help caregivers manage the added stress of the holiday season are also included in this issue.

As always, we welcome you to share your own stories and thoughts with us. If you would like to submit something for possible publication in a future issue of AFA Care Quarterly, please send it to our office at 322 Eighth Avenue, 7th Floor, New York, NY 10001, call us at 866-232-8484 or email us at info@alzfdn.org.

Wishing you a wonderful fall and a happy holiday season.

Take good care,

Charles J. Fuschillo, Jr.
President & CEO
Alzheimer’s Foundation of America
At Merck, we are inventing for life. So when it comes to diseases like Alzheimer’s, which can cast a shadow over a person’s sense of hope, optimism, and even their identity, we’re committed to the fight.

Merck is inventing because the world still needs cures for cancer, Alzheimer’s disease, HIV, and so many other causes of widespread suffering in people and animals.

We are taking on the world’s most challenging diseases so that people can go on, unburdened, to experience, create and live their best lives.

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Caregivers’ Guide to MANAGING HOLIDAY STRESS

One of the best things about the holiday season is celebrating with family and friends. While the holidays bring joy, cheer and fun, they also often bring additional stress and tasks; getting the shopping done, shipping out packages, and preparing for family gatherings to name a few.

Family caregivers tending to a loved one with Alzheimer’s, who are already dealing with the pressures of balancing their caregiving responsibilities with the needs of their own lives, often feel that stress even more.

Fortunately, there are steps caregivers can take to help manage stress during the holiday season and throughout the year.

Start by making time for yourself.
So often caregivers devote themselves entirely to caring for their loved one and neglect to take care of themselves. But that causes harm all around; it is much harder to provide care effectively if you are run down, burnt out or sick. Caregivers need to prioritize their own wellbeing too.

Incorporating exercise and activity into your daily routine is also important. Exercise is an integral part of a healthy lifestyle, and it’s a great way to reduce stress. Whether it’s walking, jogging, bicycling, sports, or any other physical activity, make sure to get up, move around and channel that stress energy into something positive! Utilizing yoga, meditation and deep breathing, even for just a few minutes at a time, are also quick and easy ways to help clear your mind and relieve stress.

Additionally, make a point to get enough sleep (seven to eight hours a night) and eat a balanced diet. Sleep rests and restores our bodies and minds. It also helps mobilize the body’s defenses against illness. By contrast, sleep deprivation worsens the effects of stress and makes people more susceptible to mood swings, agitation, forgetfulness and sickness.

A balanced, healthful diet full of fruits, vegetables and water can actually help reduce stress and replenish vitamins and minerals that are drained when your body is under strain.

Caregivers should also never, ever be reluctant or embarrassed to ask for help.
Caregiving is a massive undertaking which no one should do all on their own. There are a variety of different types of respite care programs available to help support caregivers and give them break. These include home care (where a medical professional comes in to help with personal care for the person living with Alzheimer’s); adult day programs (offer activities and services in a community-based group setting); and facility based care (provides a short stay in a nursing home or facility). And of course, family and friends, who can help with supervision and other important tasks, chores and responsibility. Don’t be afraid to ask them!

HAVE A QUESTION OR NEED ASSISTANCE?
Connect with one of AFA’s licensed social workers by calling our national, toll-free helpline at 866-232-8484 or online through AFA’s website, www.alzfdn.org
When my mother was diagnosed with Alzheimer’s, I felt like Dorothy in the beginning of the Wizard of Oz; swept up in a whirlwind out of the blue, totally unprepared for the unknown world into which fate plunged our family. Many others have the same types of feelings when Alzheimer’s disease enters their lives. Over the course of her seven year fight with this disease, I learned several valuable lessons which, had I known at the start, would have made the journey a little easier.

First, help the care staff. Be available for them in person and by telephone. Actually listen to their concerns and ideas on ways to improve care. If allowed, put up photographs from your loved one’s past and milestones in their life. This helps the staff know the person better. Memories may be jogged for your loved one, too.

It’s also important to learn the care staff’s language; the first day my mother was placed in a memory care facility, the staff told me to talk to “DON.” After spending several minutes
Books have been written on the importance of body language and smiling when communicating. As you approach the person, be sure to identify yourself, especially if you or they have a pet name. I would always say, “Mom, it is your daughter, Princess Penny,” because that was mine. Because of her advanced memory loss, it helped her put a familiar name with my face.

Next, do what you can to promote communications. Because your loved one may be too ill to speak, you can reminisce about good times. Or, even quietly read a favorite poem. Another tool to connect are old and new photographs. The old ones bring back memories. The new ones connect your words to actual pictures of people, places, or events. As they say, “A picture IS worth a thousand words.”

Sometimes, you don’t even need to say anything. Many senses are used to communicate. Just hold hands. All of us appreciate a gentle hand massage, especially if the hand lotion (with the approval of the care staff) smells pleasant. Studies show lavender can even promote relaxation.

When you do speak, always speak so that your loved one can see your face and expressions. Hearing impairment affects many individuals with Alzheimer’s, and some even read lips to help make up for their hearing loss. Many

Penny Rafferty Hamilton is a Colorado-based writer and photographer whose mother, Lois B. Rafferty, died in September 2007 from aspiration pneumonia as a result of advanced Alzheimer’s at the age of 84.
Ryan generously donated over $6,000 in winnings and appearance fees to AFA to help support programs and services for families affected by the disease. He recently talked to us about why the fight against Alzheimer's is so personal for him.

AFA: Ryan, thanks so much for speaking with us. As one of NASCAR’s rising stars, you’ve been using your celebrity to help make a difference in the lives of others. We are so grateful that you’ve chosen to support AFA. What led you to choose us?

Ryan Blaney: This is a cause that’s close to my family. My grandfather, Lou Blaney, had Alzheimer’s in the later part of his life and it’s something my family had to deal with over the years. Given the personal connection to the disease, this was a cause that was important to me.

AFA: How old were you when your grandfather was diagnosed and how did that affect you?

Ryan Blaney: Around 10 years old. It was a tough time for me. I was too young to really get to know him, but old enough to have an understanding of what was going on when he got diagnosed. As a young kid, you don’t really have an understanding of what your grandparents are all about, their history and their background. You just know they’re your grandparents, that you love them and they love you. I feel I really didn’t get to know him as well as I would’ve liked to, because by the time I was older, he was at the end stages of the disease and ultimately passed away.
AFA: What signs did you or your family notice in your grandfather’s behavior that indicated something was wrong?

Ryan Blaney: Typical symptoms of the disease. It started small with forgetful moments, but grew into not being able to remember who we were or what his children and grandchildren’s names were. Then it ultimately progressed into him not being able to function properly.

AFA: Did your relationship with your grandfather change as his illness progressed?

Ryan Blaney: The disease really robbed me of the opportunity to get to know him as I got older. As I said before, when he was diagnosed, I was pretty young, and by the time I got older, the disease made it impossible; he was no longer himself and was physically unable to relate to us. That was pretty hard for me, but the hardest part was seeing my dad react to it. He and my grandfather were pretty close, and as the disease progressed, they weren’t able to talk like they used to and relate to one another in the same way. That was a tough thing to see.

AFA: Racing is a huge part of your family’s life. How did racing help your grandfather and your family during his battle?

Ryan Blaney: Racing was always an escape for everyone, and it helped take our minds off of things. My grandfather loved racing, and he was still at the racetrack even after he was diagnosed. My dad owns a dirt racetrack in Sharon, Ohio and my grandfather would still work there and be involved. Whenever he was there, that’s when he seemed to be most himself. Racing really helped bring back the glimpses of what he was before he was diagnosed, and that was great for all of us to see.

AFA: As a third generation racer yourself, what role or source of inspiration did your grandfather play in getting you to where you are today?

Ryan Blaney: He started everything; there would be no Blaney racing family without Lou Blaney. He passed on his passion for racing to my dad and my uncle, and then on to me. And I carry it with me every day.

AFA: What words of advice or encouragement can you offer to families who are going through the same thing, caring for a loved one affected by Alzheimer’s disease?

Ryan Blaney: Stay positive. Dealing with this disease is hard. It’s hard to see how it changes the people you love, but it’s important to stay positive. Bringing back good memories also helps. For our family, it was racing. Racing always helped bring my grandfather back and stimulate his mind. No matter who they are or where they came from, your loved one is a special person. Keep reminding them of who they are.
Mylan is proud to support the AFA

Providing patients with access to high quality medicine, and being a leader in generics, is at the heart of Mylan’s mission. It has been since day one. Our focus is on making better health in the part of the world that matters most to you.
Embracing the Holiday Spirit of Giving

Giving, kindness and generosity are what the holiday season is all about.
At this time of the year, we reflect on our blessings and make an extra effort to help others. Following are a few easy ways that everyone can embrace the giving spirit of the holidays and help families affected by Alzheimer’s!

**USE AMAZONSMILE FOR YOUR HOLIDAY SHOPPING**

AmazonSmile is a simple and automatic way for you to support the Alzheimer’s Foundation of America every time you shop, at no cost to you. When you shop at smile.amazon.com, you’ll find the exact same prices, selection and shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the Alzheimer’s Foundation of America.

How to select Alzheimer’s Foundation of America as your charity of choice:

1. Sign in to smile.amazon.com on your desktop or mobile phone browser.
2. Go to your account from the navigation at the top of any page, and then select the option to change your charity.
3. Select Alzheimer’s Foundation of America to support.

**DONATE YOUR SOCIAL MEDIA STATUS ON GIVING TUESDAY, NOVEMBER 28TH**

Following the shopping and sales of Black Friday and Cyber Monday is Giving Tuesday, a worldwide campaign which encourages people to give to charity. This year, Giving Tuesday takes place on November 28th. You can help encourage people to support AFA on Giving Tuesday by posting on your social media pages. Post your own personal message or sign up for AFA’s “Thunderclap” to have a post scheduled and sent for you.

Visit AFA's Facebook page, facebook.com/AlzheimersFoundationofAmerica for more information.

**SET UP A COMMUNITY FUNDRAISER**

Community fundraisers can be as simple as getting one of AFA’s “donate your change” coin cans and bringing it to your office or business, holding a bake sale or any other activity you’d like. If you’re someone who already has everything they want, ask your friends and family to make a donation to AFA instead of buying you holiday gifts.

Visit fundraising.alzfdn.org or call AFA at 866-232-8484 for more information about setting up a community fundraiser.
Bill, an Illinois native now living in Georgia, walked 640 miles through multiple states this summer to raise awareness about Alzheimer’s disease, as well as AFA’s programs and services to help people living with Alzheimer’s and their caregivers.

Like so many who join the fight against Alzheimer’s, Bill has a personal connection with it; his mother, Eileen, has been battling Alzheimer’s disease for the past eight years. At first, Bill had trouble accepting the diagnosis; according to him, he treated it as if it didn’t happen and let his siblings handle the bulk of the responsibilities. After a few years, Bill came to the realization that he needed to step up and do his part. Eileen’s home served as the starting point for Bill’s journey.

“Mom’s my motivation for doing this,” Bill said. “What I did was nothing compared to what she’s had to go through. No one should have to endure what this disease puts you through. Until there’s a cure, we can’t stop fighting.”

He started in Atlanta on July 5th and set off for Washington, DC, 640 miles away, where he hoped to meet with federal officials to let them know that more needs to be done in the fight against Alzheimer’s.

“The federal government needs to step up, starting with more research funding,” said Bill. “For a disease which has no cure, no treatment and is the sixth leading cause of death in the US, we’re spending just $1.4
billion this year. It’s not enough. Caregivers need better support; they need more resources and training to help them do their jobs. The only way these problems will go away is if we work hard to fix them.”

Over the course of 33 days, Bill walked through Georgia, South Carolina, North Carolina and Virginia before reaching the nation’s capital. With a pack and a tent strapped to his back, he trekked an average of 20 miles a day along main highways and back roads, stopping in towns along the way to speak with people and meet with caregivers.

“I was alone on my walk, but not on my journey,” Bill stated. “Every place I went through, whether it was a big city or small town, someone came up to me and told about how their parent, spouse or someone else they loved had Alzheimer’s and what they were going through. It was really moving, and every story I heard was more heartbreaking than the last. All of them said ‘I’m with you in spirit. We need to beat this. Please relay that to the people who have the power to change this.’ And I carried those stories with me.”

Incredible acts of kindness met Bill along the way. Strangers invited him into their homes for a meal. Firefighters welcomed him into their stationhouse for a warm bed, hot food and a shower. A group of hotel workers all pitched in to buy Bill a room for the night so he wouldn’t have to sleep in his tent. A homeless man felt so strongly about what Bill was doing that he offered to give Bill money to help him along his walk.

And when things got tough, Bill forced himself to push on “just like the caregivers do.”

“There were times when the weather was brutal, with temperatures above 100 degrees or driving rains. Aches, pains and sunburns built up as the walk progressed. Towards the end, I was totally exhausted, both physically and mentally. But it’s nothing compared to what caregivers have to do on a daily basis. Whatever life throws at them, they deal with it and keep moving forward. So that’s what I did; when it rained, I got wet. When I was sore, I kept going. Mom can’t quit, caregivers can’t quit, so I wouldn’t let myself quit either,” Bill added.

The final part of the walk began 50 miles outside of Washington, and Bill walked it straight through without sleeping. He did so in order to replay the entire journey in his mind, relive every moment of the prior month and gather his thoughts.

After a very good night’s rest, Bill walked up to Capitol Hill the next day, beginning a two day series of meetings with officials from the US Department of Health and Human Services, as well several different Congressional offices. During his meetings, Bill, for the first time ever, talked about his mother and his family’s journey, shared the stories he heard along the way and made an impassioned plea for action from Washington.

When it was all over, he made the trip back to Atlanta (by train this time), eager to get home to see his mother.

“The hardest part about the trip was being away from Mom for so long. She was my strength every step of the way, the reason I have dedicated my life to fighting Alzheimer’s, so that others do not have to endure the daily heartache our family endures. She’s the reason I did the trip, so seeing her was the best way to end it,” Bill concluded. “I walked up to her, gave her a big hug and told her, ‘You fought hard, and you won.”’
One of AFA's signature awareness programs is Light the World, an annual initiative to literally shine a spotlight on Alzheimer’s disease as part of Alzheimer’s Awareness Month. On a single day in November, sites across the world unite to light up teal to help raise awareness about Alzheimer’s disease and show support for those who are affected by it. This year’s Light the World program takes place on November 8th.

Since its inception in 2014, Light the World has grown from eight sites in its first year to over 200 sites this year.

Some of America’s most iconic landmarks, together with sites in countries such as Canada, the UK, Australia, New Zealand and China, will be taking part.

You can participate in Light the World too!

Help AFA raise Alzheimer’s awareness by:

1. Wearing teal colored clothing and encouraging your loved ones, friends and coworkers to do the same.
2. Sporting an AFA cause bracelet (teal colored of course! Contact AFA to get one free).
3. Replacing your porch light with a teal colored bulb.
4. Light your building teal.
5. Taking pictures and posting them on social media with the hashtag #AFALightTheWorld.

Call AFA at 866-232-8484 for more information or to join Light the World!
A healthy diet may help you feel better. So may exercising better, sleeping better, and so much more. It all leads to more well-rounded health, and Lilly for Better Health® is a resource and partner that provides tips to help you get closer.

Lilly for Better Health®

Visit lillyforbetterhealth.com to get started.
November is Alzheimer’s Awareness Month and National Memory Screening Month, which means it’s the perfect time to get a memory screening and encourage your family and friends to do the same. Even if you are not experiencing any symptoms of memory loss or cognitive impairment, a memory screening will provide you with a baseline for future comparisons.

Memory screenings are a quick, easy and non-invasive way to give your brain a checkup. Each screening takes approximately 10 minutes and consists of a series of questions and/or tasks which test memory and critical thinking skills. Qualified professionals conduct the screenings in a completely confidential manner and provide you with the results onsite.

If the screening indicates that you may have a memory problem, make an appointment with your doctor to discuss your results and arrange further testing. Know that the results themselves are not a diagnosis of a particular illness or ailment, but rather an indicator that you should seek additional medical follow-up.

Like all medical conditions, early detection of memory issues is critically important; it enables your doctor to identify the underlying condition and treat it or slow it down as soon as possible. Oftentimes, memory issues can be a symptom of other conditions besides dementia, such as a thyroid problem or vitamin deficiency, which are correctible.

If you’ve never had a memory screening before, or haven’t yet gone for your annual checkup, now is the perfect time to get one (and bring a loved one or friend with you too)! If you have, remember to get screened again in 2018.

AFA, in partnership with its member organizations, holds free memory screening programs across the country, screening over 3.5 million people to date. Additionally, K-Mart Pharmacy will once again be partnering with AFA to offer free memory screenings at all of their locations nationwide during the month of November.

**WHAT YOU SHOULD KNOW**

Memory screenings are a valuable part of good health for all of us. Just as we do annual wellness visits for other parts of our bodies, it’s important to get our brains checked out too!

**TO FIND A MEMORY SCREENING SITE NEAR YOU, VISIT AFA’S WEBSITE, WWW.ALZFDN.ORG OR CALL AFA AT 866-232-8484.**
How can our parents feel calm, connected, and cared for, during the holidays?

As my mother’s dementia deepened, that question was of prime concern to me. When my partner Ron’s parents developed dementia, we searched for additional ideas. With contributions from other care partners and dementia experts, here are some areas we explored.

Make Your Celebration Dementia-friendly

“I want to go home,” Ron’s mom Mollie said within 20-minutes of arriving at our Thanksgiving festivities. We had given her a comfortable spot on the sofa next to a friend she enjoyed talking to. But Mollie’s face was stern as she repeated, “I want to go home.”

Conversations were blooming in every corner of the room and I suddenly realized the noise level was too much for her. I gently escorted Mollie and her companion to a quiet side room and invited other guests to visit her one at a time. When it was time to eat, Mollie was smiling.

Noise, too many people, and too long a gathering may be wearing and confusing for people who are living with dementia. Here are tips for making your festivities more dementia-friendly.

Schedule your celebration at a time of day when your loved one feels most lively and alert. Keep the core part of the festivities relatively short. That way, after a couple of hours, if your loved one wants to rest or go home, they’ll have enjoyed the essence of the holiday fun.

Be an advocate. Communicate with relatives and friends in advance and help them understand any special needs of your loved one. Remind them to re-introduce themselves, which may diminish the stress of remembering.

(continued on page 16)
Honor and Adapt Favorite Traditions

Making food with my mom was one of the holiday traditions I treasured. When Mom could no longer decipher a recipe or deal with the chaos of the kitchen, I seated us at the dining room table and we cleaned and chopped mushrooms for gravy, tore lettuce for a salad, and de-stemmed grapes for a fruit cup. Here are a few suggestions for keeping everyone engaged and involved.

**Food:** To enjoy food preparation together, choose simple, safe tasks you can do together. Examples include snapping beans, separating orange slices, mixing nuts and raisins, frosting and decorating cookies. You might also enjoy setting the table and washing and drying dishes together. Use the foods, the preparation, or the occasion as a catalyst for conversation, encouraging stories and asking open-ended questions. Even if the person living with dementia can’t help prepare food, they can still enjoy sitting in on the action and the conversation.

**Music:** Include beloved holiday music at your gatherings. Create a play list with seasonal songs that are meaningful to your loved one. Talk about the tunes, asking, “What does that song remind you of?” For family sing-alongs, make a large print book with the words to your family’s favorite tunes. Invite talented relatives or friends to share their musical or dance abilities.

names. Advise them to ask open-ended questions that embrace a variety of responses, rather than pointed questions that demand a correct answer.

**Embrace the buddy system.** Assign a compassionate and trusted person to stay with your loved one. That person can introduce people, keep your loved one informed about what is going on and make sure they get a break when needed.

**Create a quiet haven** for one-on-one conversations, rest, listening to music, or even a relaxing activity, such as putting a puzzle together.

**Capture informal cellphone videos of the event, highlighting the guests, the activities, and the food.** Watching those treasured moments later on can bring you and your loved one great joy.

**Use video-conferencing to connect out of town relatives.** Choose a time of day that’s best for the person living with dementia. Keep visits short and remind people to introduce themselves and ask open-ended questions.
Movies: Create a cozy dementia-friendly film experience at home. A film can bridge generations, giving parents, children, and grandchildren something to share. To cozy up at home and have a fun and meaningful holiday movie experience, pick a time of day when the person living with dementia will have good energy. Select a seasonal favorite film or shorts or clips from films that your family enjoys. Offer your favorite movie-treats and arrange for comfortable seating and minimal distractions. Before you start watching, talk about what you’re going to see and do. Stop as often as you wish to talk about what you’ve seen and ask open-ended questions. After the viewing, talk about what you liked, what you didn’t like, and what the movie made you think about.

Create New Traditions

With my mom’s dementia, we had to think creatively and find new dementia friendly holiday ideas and activities.

We created a Thanksgiving themed story, The Little Kitchen that Could, starring our entire family. It was an all-encompassing project; we created a storyline, staged photos, then put the scrapbook together, all while listening to my parent’s favorite 40s melodies, and eating our traditional fancy mixed nuts. This project gave our gatherings a new focus. Plus, we made copies of the booklet to share with long distance family and friends.

Ideas for celebrating in a Care Community: Have Holiday, Will Travel

If your loved one is in a long-term care home, take the holiday to them.

Decorate their room in a festive manner. Reserve a private dining area or lounge in the care facility and invite friends and family over to celebrate. Encourage family members to visit in small groups over the holiday weekend, bringing food, stories, and presents to enjoy.

Deborah Shouse is a writer, speaker, editor, former family caregiver, and dementia advocate who is the author of “Connecting in the Land of Dementia: Creative Activities to Explore Together.”

To learn more, about Deborah and her work, visit www.dementiajourney.org

Author’s note: Several esteemed experts and organizations contributed ideas to this article, including Natasha Goldstein-Levitas, MA, BC-DMT; Tryn Rose Seley; Eleanor Feldman Barbera, PhD; Kelly Gilligan; and Judith Fertig. I’ve also referenced the Music and Memory Program.
It can seem like an insurmountable task at times. How do we continue to provide services and make time for continued training and skill building? AFA’s Dementia Care Professionals of America is the division within AFA that provides professional training in a variety of different formats. It all starts with AFA’s signature training program – Partners in Care: Supporting Individuals Living with Dementia. This comprehensive training DVD was designed with you in mind. AFA understands the demands of the health care professionals, or as we call it, our care partners. Each day can bring a variety of different tasks, challenges, stressors, as well as rewards and celebrations when working in dementia care. It’s important to build a relationship with the person you are caring for, and be flexible to adjust this relationship and how you engage with that person as the disease progresses. And that’s what we teach participants how to do.

During this training, participants gain a better understanding on how to reframe what are commonly believed to be “problem” behaviors as an expression or communication of an unmet need. Specifically, we highlight a variety of ways that individuals can express themselves without the use of verbal communication.

The Partners in Care (PIC) training also explores opportunities to facilitate meaningful living and quality of life for individuals living with dementia related illness, as well as how to facilitate care transitions, assist an individual in feeling safe and secure, work with individuals and their support networks around end of life matters, as well as highlighting the importance of care partner self-care.

This training can be optimally integrated into regular in-service training programs, or utilized to supplement staff when a challenge may arise. There is also an opportunity to receive certification as an AFA Dementia Care Partner with this training, in addition to social work continuing education credits.

Beyond those programs, AFA provides monthly webinars, workshops, and numerous educational materials to help your staff further develop their skills and ensure quality living and meaningful life to individuals living with dementia.

If you’d like to learn more about these programs, just reach out to us at 866-232-8484!

(continued on page 19)
**QUESTION:** I'm an administrator at a new nursing home. How do we make sure people know about the great care we provide?

**ANSWER:** On AFA's national toll free helpline, our social workers are always getting calls about how to select the right care setting for a person living with dementia. There are so many options out there! AFA developed its Excellence in Care (EIC) Dementia Care Program of Distinction to establish a nationwide standard of excellence for care settings that provide care to individuals with Alzheimer’s disease or related dementias. This program, built with the insight from key community stakeholders around the country, provides a comprehensive on-site evaluation by specially trained AFA EIC specialists. Crucial facets of care, including staff and community education, exploration of the physical environment, and how settings promote meaningful living and active engagement, are all evaluated.

Facilities across the country have achieved the status of Alzheimer’s Foundation of America Excellence in Care Dementia Care Program of Distinction, demonstrating their commitment to quality care and meaningful living for their community members. This program highlights the great work you are providing within your nursing home and can ensure that the community is aware as well. It also is a great tool to grow talented care partners, who remain motivated to work in a setting where their education and well-being is valued as well.

Reach out to learn more about this program or how to become an EIC specialist. We look forward to working with you and your care community as you start your journey to excellence!

**HAVE A QUESTION?**
AFA’s licensed social workers are available Monday through Friday, from 9 a.m. to 9 p.m. ET, and Saturdays, from 9 a.m. to 1 p.m. ET, via AFA’s National Toll-Free Helpline—866-232-8484. They are also available by e-mail, live chat and Skype.
TO YOUR HEALTH

Nothing says autumn like pumpkins; this fall favorite can be found in pies, muffins, lattes and more. In addition to being tasty, pumpkins are packed with the powerful antioxidant beta-carotene. But you don’t need to cut, cook and scrape out pumpkins to enjoy them; whip up this quick and delicious no-cook dish in no time!

No-Cook Pumpkin Parfait

SERVES 2

INGREDIENTS:
(choose organic when available)

1 cup pumpkin puree
1 cup plain low-fat yogurt
2 tablespoons maple syrup
¼ teaspoon pumpkin pie spice plus more for garnish
6 tablespoons quick-cooking oats
Whipped cream for garnish (optional)

METHOD:

• In a small bowl, whisk together pumpkin, yogurt, maple syrup and pumpkin pie spice. Feel free to adjust the ratio of yogurt to pumpkin.

• In a parfait or wine glass, layer 1 tablespoon of oats, then 2 tablespoons of pumpkin yogurt mixture and repeat. This makes two parfaits.

• Garnish with optional whipped cream and pumpkin pie spice. Serve chilled.

Nutrition Facts per serving (281 grams) without whipped cream: 240 calories, 2.9 grams fat, 95 mg sodium, 42.5 grams carbohydrates, 5.1 grams dietary fiber, 10.4 grams protein.
Based on a 2,000 calorie diet- Vitamin A (383%), Vitamin C (10%), Calcium (28%), Iron (15%).

Recipe and photo by Layne Lieberman, M.S., R.D., C.D.N., culinary nutritionist and award-winning author of “Beyond the Mediterranean Diet: European Secrets of the Super-Healthy.”

For more information and recipes, visit www.WorldRD.com.
Recently, AFA celebrated the grand opening of its new Education and Resource Center. Created in response to the growing demand for AFA’s programs and services, the new center enables AFA to significantly expand the size of its on-site training workshops, educational seminars and support for healthcare professionals, family caregivers and the general public.

The programs and services offered in the Center will help people gain a better understanding of dementia, learn effective communication strategies and help develop relationships with the individuals in their care in order to foster more meaningful living. Also included are health and wellness seminars, therapeutic programs and consumer protection classes.

Programs being offered in the center thus far include AFA’s Partners in Care professional training, free memory screenings, dance and music therapy seminars, and protecting seniors from healthcare fraud.

The center also serves as the home of AFA’s national toll-free helpline.

The Center is located at 322 8th Avenue, Suite 800 in Manhattan, in the same building as AFA’s headquarters.

Visit AFA’s website, www.alzfdn.org, for a complete list of the upcoming programs.

AFA’s Medical, Scientific and Memory Screening Advisory Board recently met in Washington, DC to discuss ways to solve some of the emerging issues in the fight against Alzheimer’s disease.

The meeting began with an interactive presentation by Dr. Marie Bernard, Deputy Director of the National Institute on Aging (NIA) at the National Institutes of Health, on steps the federal government is taking to combat Alzheimer’s disease, invest in research and support those affected by the disease.

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Members of the board next reviewed ways to develop more comprehensive information for caregivers. The board’s goal is to have a guide to help caregivers throughout the entire caregiving journey, from the moment Alzheimer’s disease enters their lives until the time it leaves. Discussion then shifted to examining the growing use of testing to identify a genetic predisposition to Alzheimer’s disease and how that information is used.

The final topic was aimed at addressing the unique needs of individuals with young-onset Alzheimer’s. Because of their age, people living with young-onset Alzheimer’s are often still in the workforce and supporting children. They are not old enough to retire or qualify for assistance through Medicare or programs and services under the Older Americans Act. The board explored potential changes to public policy to deal with these challenges and improve quality of life for those with young-onset Alzheimer’s and their families.

The discussions will be the basis for policy recommendations that the advisory board will be issuing in the coming months.
The path to wellness starts by taking one step. Or eating one healthy meal. Or making one visit to your doctor. And each step, each meal, and each visit can make the next one easier. Lilly for Better Health® goes beyond medicine to encourage people to live healthier lives.

Visit lillyforbetterhealth.com for resources that can help you enjoy active, healthy living.