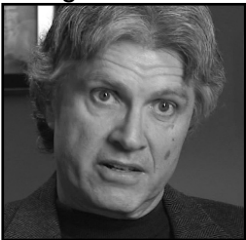


## The Caring and Cancer Project

If you are caring for a person with cancer you and your loved one may be eligible to participate together in a special project in the greater Boston and Portland areas sponsored by the **National Cancer Institute**. This is an experimental study to evaluate an instructional DVD program for caregivers in how to use simple touch and massage techniques at home to provide comfort and relaxation to the cancer patient. Researchers have found these methods can safely reduce symptoms and side effects. This study is to see how effective the DVD program is in teaching caregivers at home. The caregiver may be a spouse, family member, partner or close friend who provides care.



The project is being conducted by Dr. William Collinge of Collinge and Associates. He is especially committed to the empowerment of caregivers in ways that not only improve the outcomes for recipients of care, but also make caregiving a more rewarding and satisfying experience for the giver. "One of the most effective forms of support for a person with cancer is the use of touch and massage techniques," he states. "However, many people have concerns over the use of touch, and wonder how it could be used safely and effectively. We want to empower caregivers with the tools that will not only help the patient, but help the caregiver find greater satisfaction in caregiving." The project is recruiting participants now and through the summer. Participants receive an honorarium of up to \$640 per couple for completion of the study over a five month period. With the



cooperation of the Latino Health Institute and the Greater Boston Chinese Golden Age Center, in addition to English the project is also accepting speakers of Spanish, Cantonese and Mandarin. For more info phone **Miriam Price-Eubanks**, Project Manager, at **617-459-7714**, or visit [www.collinge.org](http://www.collinge.org).

## A Bittersweet Comedy

This year's Sundance Film Festival premiered a fascinating and funny movie about a family coping with Alzheimer's disease in Terry Kinney's new film "Diminished Capacity" starring Alan Alda and Matthew Broderick.

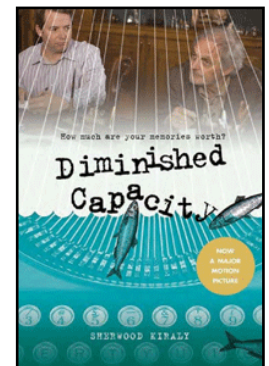
The Sundance film synopsis read as follows: "After a concussion leaves him unfocused,



short on short-term memory, and demoted from the political pages to the comics, Cooper (Matthew Broderick), a Chicago newspaper editor, travels home to Missouri to visit his aging Uncle Rollie (Alan Alda). On the verge of losing his home and exhibiting signs of senility, Rollie spends his time stubbornly refusing to pay bills, compulsively drying socks, and sitting by the lake editing "fish poetry" (think typewriter keys tied to baited fishing lines).

But when he shows Cooper a near-mint-condition Frank "Wildfire" Schulte baseball card, the two muddled men—along with Cooper's high school sweetheart, Charlotte (Virginia Madsen)—drive back to Chicago hoping to sell the antique card at a memorabilia convention".

The film, opening in movie theatres on July 4<sup>th</sup>, is an adaptation of a book by Sherwood Kiraly. The Alzheimer's Association praises both the book and film. You can read a few chapters of the novel by going to their website [www.alz.org](http://www.alz.org). The caregiver program is planning an outing to see the film and afterwards stop for refreshments and a discussion. All are welcome. Just call **Leslie Ahern** at **617-522-6700 x376** to sign up.



## There is No Place like Home

Click your ruby slippers three times and you may find yourself at the new residential program for elders that Ethos is opening on July 1st, 2008 called **Summer House**.



It's a new concept in elder care, group apartment living, as an alternative to nursing home care. Four elders will share a four bedroom/two bathroom apartment and have round-the-clock

personal care and homemaking services.

All personal care services and homemaking will be provided; bathing, dressing, grooming, medication management, housekeeping, etc. Home health aides will provide continuous care every day and evening from 8 am until 10 pm and an overnight caregiver will live in the apartment directly upstairs and will be available on call every night at the touch of a button.

Summer House is located at the Malone Apartments in Hyde Park, a housing complex for elders and people with disabilities, owned by the Boston Housing Authority. Residents must have incomes at or below \$1,911 per month, assets of \$2,000 or less or MassHealth Standard. For more info on the program and eligibility criteria, call Special Programs Manager, **Julie Joy** at **Ethos 617-522-6700x377**.

## New Alzheimer Education Group Forming



The group provides support and education about dementia and the Alzheimer's disease process. We will learn behavioral techniques called Habilitation therapy. We will problem solve how to manages challenges like bathing, eating, toileting and anxiety. Our goal is to make "smoother sailing" of your

every day care. While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails. Call **Leslie Ahern** at **617-522-6700 x376**

## Caregiving on Community TV

### AgeWise Boston: Bridging Generations

The BNN Live cable show is on every second Tuesday of the month at 2:30 PM on Comcast channel 9 and RCN channel 15.



### Taking Care

Family Care Advisor Leslie Ahern and her husband Paul Antokolsky who is a eldercare specialist and SHINE counselor host their one-hour show "Taking Care" live every Wednesday at 6:00 PM on Comcast channel 9 and RCN channel 15. The program is then repeated on Friday at 10:00 AM and Sunday at noon.

## Caregiver Support Groups

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting on a monthly basis. Everyone is welcome and there is no charge to participate.



Refreshments are provided. If this is your first time coming to a group, **please contact the group leader first**.

### LGBT\* Caregiver Support Group

**Monday, July 7, 2008** from 6:00 -7:30 PM at the Ethos' office, 555 Amory Street, Jamaica Plain. It is accessible by MBTA and there is plenty of free parking. Contact: **Joanne Peskowitz** at **(617) 271-4182**

*\*Lesbian/Gay/Bisexual/Transgender*

### Roslindale Evening Support Group

will meet Thursday, **July 17, 2008** at 6:00 PM at The Boston Center for Rehabilitative and Sub-Acute Care, 1245 Centre Street, Roslindale. It is accessible by MBTA and there is plenty of free parking. Refreshments are provided. Contact: **Leslie Ahern** at **617-522-6700 x376**

**Are you interested in participating in a Caregiver Support Group in Downtown Boston during lunchtime?** If so, contact **Betsy Downton** at **617-635-3979**



For more information, please contact:

**Leslie Ahern**

**Family Care Advisor**

ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130

617-522-6700 x376