



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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Matters of the Mind and Heart

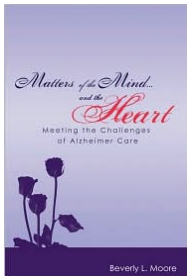
It has been my pleasure to work with the author of **Matters of the Mind and Heart**, **Beverly L. Moore, RN, and CS** (shown below) for many years.

As a Family Care Advisor, I have referred many families to her practice called Alzheimer Coaching.



In every case, the families reported they were helped and rejuvenated by the skills and support that they were given.

She (and her staff) works with families who are caring for a loved one with dementia who are having anxiety and exhibiting problematic behavior. First, using principles based on



Habilitation Therapy developed by the Alzheimer's Association, Moore teaches caregivers the nature of the disease. She then shows how nothing they have learned up to now prepares them to manage the sensory and behaviors changes their

loved ones are experiencing. One Caregiver told me, "Once I began to really understand what Beverly was saying, I knew I had to change my way of dealing with my dad. When I changed is when the fighting and arguing stopped. We learned to solve situations in a more relaxed and peaceful way". Now you can consult with Beverly through her book which is written clearly and with great care. The Barnes and Noble reviewers' description is as follows. "It is possible to relate well with your loved ones through their memory loss! Matters of the Mind...and the Heart will share ways your family can meet the challenges of Alzheimer care using real family scenarios to illustrate the principles of dementia care. Understand brain function and dysfunction, behavior and its meaning, and how to address the behaviors of dementia. For caregivers, ease your

experience in the days ahead and keep family relationships vital. For those suffering from Alzheimer's learn what to expect and how to appreciate your family as they care for you and attempt to stay in touch. Methodical, humorous, lighthearted, and unique in the Alzheimer genre, the overall message is this: the diagnosis of Alzheimer's does not have to be catastrophic. Families can learn how to keep their family member integrated into family life in a satisfying way. Beverly will show you how!" You can purchase the book by going to www.alzheimercoachingservices.com for an online price of \$14.99 or you can call Advantage Books at **1-888-383-3110** or **Ms. Moore at 617-233-1145**.

"Out to Brunch" Group Blooms

This brunch group of LBT elders and caregivers is sponsored by the **LGBT Aging Project**.



The next gathering of the "Out to Brunch" group for older LBT women will be on **Saturday March 15, 2008** from 11am to 1pm in Jamaica Plain (this is a rescheduled date due to the weather). For more information email Gloria Tower at outtobrunch@gmail.com.

The LGBT Aging Project also co-sponsors with Ethos a weekly luncheon for LGBT Seniors Every Thursday from 11 to 1:00 at Emmanuel Church, 15 Newbury St. in Boston. The Café Emmanuel offers regular concerts and speakers. In March we have two concerts on **March 13** and **March 27** and a poetry reading on **March 20**. For more information or to reserve a meal, call **Bob Linscott at 617 522-6700 x 310**. For more information about the LGBT Aging Project, visit our website at www.LGBT AgingProject.org.

McCourt Foundation Invites You

Recent scientific progress on treating Alzheimer's and MS disease will be presented **Saturday, March 15th** at the Newton Marriott Hotel, Newton, MA.

- 10am - 11:30am Alzheimer's Update
- 12:30 - 2pm MS Update
- Open to patients, care givers, family and friends.
- The event is free but you must call 781-444-2544 to reserve a seat.
- Complimentary Continental breakfast will be provided.

Alzheimer's Update

presented by Dr. Dennis Selkoe
10 am - 11:30 am

Dr. Dennis Selkoe, a neurologist of Harvard Medical School and co-founder of the Center for Neurologic Diseases at Brigham and Women's Hospital will present the latest word on the diagnosis and treatments of Alzheimer's disease.



MS Update



presented by **Samia Khoury, M.D.** and **Maria Houtchens, M.D.**
12:30 – 2:00pm

Dr. Samia Khoury of Harvard Medical School and co-director of the Partners MS Center are at Brigham and Women's Hospital.

Dr. Maria Houtchens also of Harvard Medical School and MS clinical specialist at the Partners MS Center will give you the latest insights in the understanding multiple sclerosis.



Caregiving on Community TV

Age Wise 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 elder care specialist and SHINE counselor host their one-hour show **"Taking Care" Live every Wednesday at 6 PM** on Comcast

channel 9 and RCN channel 15.

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.



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

LGBT* Caregiver Support Group

Monday, March 3, 2008 from 6:00 -7:30 PM
At the Ethos' office in Jamaica Plain
Contact: **Joanne Peskowitz (617) 271-4182**

*Lesbian/Gay/Bisexual/Transgender

Roslindale Evening Support Group

Thursday, March 20, 2008 at 6 PM. We will be back in our beautifully remodeled room at the Boston Rehabilitation Center in Roslindale. It is accessible to MBTA and there is free parking. Refreshments are provided. Contact: **Leslie Ahern 617-522-6700 x376**

Are you interested in participating in a Downtown Lunchtime Caregiver Support Group? If so, please 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