

Care Partners Becoming Dance Partners

For people struggling with Parkinson's disease, there may be something that offers them a better quality of life- **dancing**.

Michael Long has been suffering from the disease for the past eight years. "I'm not letting it rule me; I'm trying to rule it," Long says" taking part in *Dance for Parkinson's* is giving him the upper hand in his fight. It has been the source of great inspiration and a source of hope," he says.

Parkinson's robs people of their ability to move and it affects 1 percent of the population. There's plenty of ongoing research into the illness, but still no cure. One thing doctors say they do know is dance seems to have an impact on the illness and researchers are trying to explain why. "They have sort of a new life, to improve the quality of the rest of their days and weeks," says Dr. James Young of Rush University Medical Center.

Some say dance may even be more beneficial than regular exercise because music stimulates parts of the brain affected by Parkinson's disease, and being together with a caregiver in a stress relieving activity.



"It's enabled me to perform movements that I didn't think were possible for me," Long added "not only gained more flexibility and balance, but a new outlook on life. Research is

also being done on whether dance could be beneficial in other illnesses that affect movement such as stroke, Alzheimer's disease, and Huntington's disease. But for now, experts believe as long as it's done safely it certainly can do no harm.

A Matter of Balance

Ethos Agewell West Roxbury is continually offering a Falls Prevention course for senior citizens. Many seniors experience fear of falling and restrict their activities.



Matter of Balance: Managing Concerns about Falls

The class emphasizes practical strategies to reduce this fear and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. The program was developed by the Roybal Center at Boston University and has been nationally recognized.

The next class starts **Thursday, October 16th 5:00-7:00 PM** and will be held at **Rockingham Glen Senior Housing** located on 30 Rockingham Road in West Roxbury.

If you would like to learn more about or register for a free, **Matter of Balance** course, contact Agewell Coordinator, **Cathy Slade** at **617-477-6616**.

If you would like information about all of **Ethos' services to elders and their families** call **617-522-6700** or visit www.ethocare.org

Alzheimer’s Series at City Hall

October 9, 2008

Success at Home: Using Environmental Supports, Safety Planning and Activities in the Home Setting. **Lindsay Brennan**, Manager of Helpline Services, Alzheimer’s Association, MA/NH Chapter

November 13, 2008

Finding the Words: Learning how Effective Communication can Improve Life for the Person with Dementia and their Caregiver. **Debra Katt-Lloyd**, Manager of Northeast Regional Office, Alzheimer’s Association, MA/NH Chapter.

For more information contact: **Betsy Downton**, Director of Caregiver Support Services at **617-635-3979** or send an email to: **elizabeth.downton@cityofboston.gov**



Caregiver Alliance of Suffolk County has a website which is waiting to keep you informed on all caregiver related information, support groups and activities. Visit www.caregiveralliance.org or call Jasjot Kaur at 617-277-

7416 for locations and languages of support groups throughout Boston.

Care giving 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 6:00 PM** on Comcast channel 9 and RCN channel 15. The program is then repeated on Friday at 10:30 AM and Sunday at noon.



For more information, please contact: **Leslie Ahern, Family Care Advisor**
ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130
617-477-6676
www.caregiveralliance.org and www.ethocare.org

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**. We ask that you pre-register first.

“Smoother Sailing”

Alzheimer Education Group

This free monthly group will meet on **Monday, October 6, 2008** at the Boston Center for Rehab, 1245 Centre St. in West Roxbury. 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 manage challenges like bathing, eating, toileting and anxiety. Our goal is to make “smoother sailing” of your every day care. We also will look at therapeutic activities to brighten everyone’s day. *“While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails”.* ©Contact Family Care Advisor, **Leslie Ahern at 617-477-6676** to pre-register. **This Group Meets Every First Monday of the Month**

LGBT* Caregiver Support Group

Monday, October 6, 2008 from 6:00 -7:30 PM at the Ethos’ office, 555 Amory St.in Jamaica Plain. Contact: **Joanne Peskowitz (617) 271-4182**
*Lesbian/Gay/Bisexual/Transgender

“Taking Care of Me” Support Group

The group will meet **Monday, October 20, 2008** at 6:00-7:30 PM at the Boston Center in Roslindale. It is accessible to MBTA and there is free parking. Refreshments are provided. Contact: **Leslie Ahern 617-477-6676. This Group meets every Third Monday of the Month.**

