

Blue Skies and Orange Pumpkins

October means cooler nights and the sun setting earlier each day. However, don't despair, because October is also the month that has the most days filled with blue skies and bright sunshine filled days of any month of the year in New England.

Caregivers and when possible their care partners should get out to see the brilliant foliage we enjoy here in Boston. The **Arnold Arboretum** which has a brilliant display. A limited number of permits (first-come, first-served) are available at the front desk of the Hunnewell Visitor Center Monday through Friday between the hours of 10 AM and 2:30 PM for special-needs individuals. During busy seasons (spring and fall), a time limit of one hour is imposed. You can call 617-384-5209 for permits and tours. This years **Pumpkin Festival** will be on City Hall Plaza On **Saturday October 17** from 1 PM with the lighting of thousands of pumpkins beginning around 6 PM. Its breathtaking and all for charity. Rain date is Sunday.



In keeping with the Alzheimer's Associations recommendation for **Activity Based Alzheimer Care**, make your own pumpkin festival right at home. Caregivers can do



the carving but care partners will enjoy other tactile activities like painting pumpkins, bagging candies, rolling apples in caramel. We will be having a workshop on **activity based Alzheimer care** in early November, call **Leslie Ahern (617-477-6676)** for information and to register.

New Help for Caregivers

I am thrilled tell you about a new technological application which will bring piece of mind to thousands of caregivers by finding their loved ones faster and keeping them out of harms way.



LoJack SafetyNet is a comprehensive system that in conjunction with the Project Lifesaver enables public safety agencies the ability to track and rescue people with cognitive conditions that tend to wander, including those with Alzheimer's, autism, Down syndrome and dementia.

LoJack SafetyNet is comprised of a Personal Locator Unit (PLU) worn by the client, a Search and Rescue (SAR) Receiver for law enforcement, a database of key information about the clients to assist in search and rescue, and 24/7 emergency caregiver supports. A Personal Locator Unit is typically worn by the person at risk around their wrist or ankle. The PLU constantly emits a Radio Frequency signal, which can be tracked regardless of where the person has wandered -- even into a densely wooded area, a body of water, a concrete structure, or a building constructed with steel.

The Radio Frequency signal enables police to pinpoint the precise location of the missing person using the handheld, portable SAR Receiver. The receiver can actually detect the Radio Frequency signal from the PLU within a range of approximately one mile in on-the-ground searches and 5-7 miles in searches by helicopter.

The database, a critical component of the solution, includes key information that provides insight as to where the person might have wandered if he/she goes missing, and provides searchers with a recent photo and other pertinent information. LoJack's caregiver support organization is available by phone and e-mail and is accessible 24/7 for emergencies. *(continued on back)*

New Help for Caregivers

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Project Lifesaver International, a non-profit organization specializing in search and rescue programs, conducts mandatory training and provides certification, ongoing management and support to public safety agencies that enroll in the LoJack Safety Net/Project Lifesaver service.

The LoJack SafetyNet/Project Lifesaver solution is available in the U.S. and Canada. There is a \$99 initial enrollment fee and a recurring \$30 monthly service charge for clients in the service. For availability in your area, call 1-877-4-FINDTHEM (1-877-434-6384) or visit www.lojacksafetynet.com.

Excerpted from John Paul Marosy's' newsletter BringingelderCarehome.com.

Caregiving on Community TV - BNN

Remember to watch **Agewise** on BNN-TV every Tuesday at 2:30PM. The second Tuesday of the month is always on Caregiver issues and will be hosted by **Haris Hardaway**. BNN is aired on Comcast Channel 9 and RCN channel 15.

Taking Care Show Returns on Wednesdays

Family Care Advisor **Leslie Ahern** and her husband **Paul Antokolsky** who is a elder care specialist and SHINE



counselor host their one-hour TV 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.

Topics planned so far are **Deciphering Health Care Reform (10-7)**, **Home improvement and Safety for seniors (10-14)**, and **Mental Health Help (10-28)**.

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 5, 2009 from 6:00 -7:30 PM** at the Boston Rehabilitation Center in West Roxbury. Call Family Care Advisor, **Leslie Ahern at 617-477-6676** to pre-register. 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"*. © **Group Meets Every First Monday of the Month**

LGBT* Caregiver Support Group

This group usually meets the first Monday but please contact **Joanne Peskowitz at 617-271-4182** for date and time of meetings.

*Lesbian/Gay/Bisexual/Transgender

"Taking Care of Me" Support Group

The group will meet **Monday, October 19, 2009** at 6:00-7:30 PM in the Boston Rehabilitation Center in West Roxbury. It is accessible to MBTA and there is free parking. Contact: **Leslie Ahern at 617-477-6676**. **Group usually meets the third Monday of the Month.**



For more information, please contact:

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